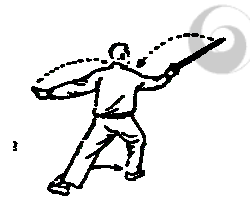


太 CHEN TAIJI QUAN 極 13 ENERGIES SWORD 劍 Xin Qi Shen Dojo



*Some styles and systems choose to highlight 5,8,10,13 or more different energies with sword movements. Instead of being restricted to the 8 of Bagua, the 10 of Sun Lu Tang, the 13 of Taiji, or the 14 of Wushu, this list includes all I've seen listed, even the ones I'm not familiar with.

Some Energies of the Jian*

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|--------------------|------------------------|------------------|-----------------|
| 1. Pi - splitting | 6. Lan - deflect | 11. Mo - smear | 16. Sao - sweep |
| 2. Kan - chop | 7. Chan - spiral, bind | 12. Tiao - flick | 17. Dai - carry |
| 3. Xiao - slice | 8. Jien - cut/scissors | 13. Pian - slice | 18. Bi - close |
| 4. Ce - thrust | 9. Jiea - intercept | 14. Gua - parry | |
| 5. Beng - snapping | 10. Liao - stir up | 15. Ti - raise | |

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|--|---|
| 1. Open Taiji Sword - <i>taiji jian qi shi</i> | 26. Eagle and Bear Contest Knowledge |
| 2. Immortal Points The Way - <i>xianren shi lu</i> | 27. Great Bird Spreads Wings - <i>da peng dan zhan chi</i> |
| 3. Flower Hiding Under Leaf | 28. Agile Cat Catches Rat - <i>ling mao bu shu</i> |
| 4. Crimson Phoenix Faces Sun | 29. Golden Rooster Shakes Feathers |
| 5. Splitting Sword Searching The Sea | 30. Night Demon Explores The Sea - <i>nacha tan hai</i> |
| 6. Azure Dragon Emerges From The Water - <i>Qin Lung Choo Shui</i> | 31. Su Chin Shoulders Sword - <i>Su Chin Bei Jian</i> |
| 7. Protect Knee left and right | 32. Ancient Tree with Twisted Root |
| 8. Turn Body and Close The Door | 33. Diagonal Flying - <i>Xie Fei Shih</i> |
| 9. Azure Dragon Emerges From The Water | 34. Left & Right Carry & Block - <i>zuo you kua lan</i> |
| 10. Overturn, Back Splitting Sword | 35. Sweep 1000 soldiers - <i>Heng Zao Chen Jwin</i> |
| 11. Follow Step Thrust Sword - <i>Shang Bu Ce Jian</i> | 36. Cut Wrist left & right |
| 12. Diagonal Flying - <i>Xie Fei Shih</i> | 37. Golden Hanging Needle |
| 13. Phoenix Opens Wings - <i>feng huang shuang zhan chi</i> | 38. White Ape Offers Fruit - <i>baiyuan xian guo</i> |
| 14. Phoenix Nods Head | 39. Sweep Falling Flowers l & R - <i>Tso Yo Boh Tsao Shun She</i> |
| 15. Night Demon Explores The Sea - <i>Yea Cha Tan Hai</i> | 40. Thrust Sword Upward - <i>Ce Jian</i> |
| 16. White Ape Offers Fruit | 41. Thrust Sword Downward - <i>Ce Jian</i> |
| 17. Retreating Turning Upper Arm | 42. Diagonal Flying - <i>Xie Fei Shih</i> |
| 18. Weave through Woods with Open Wings | 43. Lean Forward Reaching Into the Sea - <i>Tan Hai</i> |
| 19. Turn & Behead Chao Dragon | 44. Overturning Sparrowhawk l & R |
| 20. Golden Rooster Stands On One Leg - <i>Jin Ji To Li</i> | 45. Yellow Dragon Emerges From The Cave |
| 21. Part Grass Look For The Snake - <i>bo cao xun she</i> | 46. Grinding Stone Sword - <i>mo jian</i> |
| 22. Wild Horse Leaps Over Stream - <i>yema tiao jian</i> | 47. Advance and Point Compass - <i>shang bu zhinanshen</i> |
| 23. White Snake Spits Tongue - <i>Bai She To Xin</i> | 48. Embrace and Return Sword - <i>bao jian gui yuan</i> |
| 24. Two Dragons Play with Pearls | |
| 25. Black Bear Flips Back - <i>Hei Shun Fan Bei</i> | |