



Taoist Movement Arts

Sun Taiji Broadsword

Symmetrical Form

太極拳



SHORT FORM

<p>Section 1</p> <ol style="list-style-type: none"> 1. Wuji 2. Open 3. Lazily Tying Coat 4. Kai - He 5. On Guard 6. Upper Cutting Dao 7. Cat Flicks Tail 8. Stab 9. Chop Left, Right, Split 10. Deflect Left, Push Vertical Dao 	<ol style="list-style-type: none"> 11. Sweep to Rear, Push Dao 12. Three Rings Circle the Moon 13. Dragon Lashes Tail 24. (<i>Change Hands</i>) On Guard 25. Upper Cutting Dao 26. Cat Flicks Tail 27. Stab 28. Chop Left, Left, Split 29. Deflect Left, Push Vertical Dao 30. Sweep to Rear, Push Dao 31. Three Rings Circle the Moon 32. Dragon Lashes Tail
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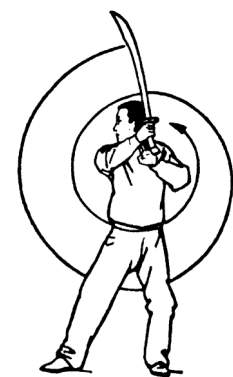


<p>Section 2</p> <ol style="list-style-type: none"> 33. Spiral Dao Right <i>Chang Hands (corner)</i> 34. Golden Rooster on One Leg 35. Fair Lady at Shuttles 36. Fair Lady at Shuttles 37. Deflect, Parry 38. Cut, Slice 39. Spiral Dao to Rear 40. Disperse the Clouds 41. Sweep, Spiral Left Dao 42. Splitting to Right 43. Draw, Stab 	<ol style="list-style-type: none"> 44. Dragon Lashes Tail (<i>Change Hands</i>) 45. Spiral Dao Left (<i>corner</i>) 46. Golden Rooster on One Leg 47. Fair Lady at Shuttles 48. Fair Lady at Shuttles 49. Deflect, Parry 50. Cut, Slice 51. Spiral Dao to Rear 52. Disperse the Clouds 53. Sweep, Spiral Right Dao 54. Splitting to Left 55. Draw, Stab
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<p>Section 3</p> <ol style="list-style-type: none"> 56. Spiral Dao Right (<i>Change Hands</i>) 57. Big Dipper 58. Overturning Dao, Thrust 59. Dog Chases Tail 60. Fair Lady at Shuttles 61. One Ring Circles Moon 62. Splitting Dao Forward & Back 63. Upper Cutting Dao 64. Wind Disperses Plum Blossoms (<i>Change Hands</i>) 65. Dragon Lashes Tail 	<ol style="list-style-type: none"> Spiral Dao Right 66. Big Dipper 67. Overturning Dao, Thrust 68. Dog Chases Tail 69. Fair Lady at Shuttles 70. One Ring Circles Moon 71. Splitting Dao Forward & Back 72. Upper Cutting Dao 73. Wind Disperses Plum Blossoms (<i>Change Hands</i>)
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<p>Section 4</p> <ol style="list-style-type: none"> 74. Return Dao 75. Sweep Lotus Right 76. Brush Knee, Strike 77. Flip Dao Ban, Strike 78. Flip Dao Lan 79. Right Tornado Kick 80. Sweep Lotus Left 81. Brush Knee, Strike 82. Stab to Rear 83. Wind Fills Ears 84. Slash Right, Left 85. Return Dao 86. Sweep Lotus Left 87. Brush Knee, Strike 88. Flip Dao Ban, Strike 89. Flip Dao Lan 90. Left Tornado Kick 91. Sweep Lotus Right 92. Brush Knee, Strike 93. Stab to Rear 94. Wind Fills Ears 95. Slash Left, Right (<i>Change Hands</i>)

<p>Section 5</p> <ol style="list-style-type: none"> 96. Dog Chases Tail 97. Monkey Offers Fruit 98. Turn Upper Pushing Dao 99. Protecting the Heart 100. Turn, Hilt Strike 101. Chop 102. Crescent Moon Stab 103. Dog Chases Tail 104. Splitting Dao 105. Splitting Rainbow 106. Deflect, Flowing Dao 107. Deflect, Swallow Brushes Water 108. Snatching Mantis 109. Eagle Opens Wings 110. Dragon Lashes Tail (<i>Change Hands</i>) 	<ol style="list-style-type: none"> 111. Dog Chases Tail 112. Monkey Offers Fruit 113. Turn Upper Pushing Dao 114. Protecting the Heart 115. Turn, Hilt Strike 116. Chop 117. Crescent Moon Stab 118. Dog Chases Tail 119. Splitting Dao 120. Eagle Opens Wings 121. Deflect, Flowing Dao 122. Deflect, Swallow Brushes Water 123. Snatching Mantis 124. Eagle Opens Wings 125. Dragon Lashes Tail (<i>Change Hands</i>) 126. Return Dao
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This Broadsword form was created by Sifus A. T. Dale and Joel Hartshorne, inspired by the Wu Taiji Broadsword. Sun and Wu Taiji have many similarities in their solo forms. These similarities are not shared by Yang or Chen Taiji Quan. The uniqueness of this form is the Sun footwork which is quick and agile. Sun Taiji does not emphasize stances or large postures like the other Taiji methods thus is very unique. Also, this form is symmetrical which is characteristic of Sifu Dale's method of teaching all forms.