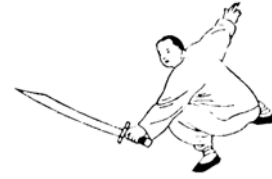


太極刀

Xin Qi Shen Dojo Yang Taiji Dao Simplified

Everything revolves around the waist.
Yin is emphasized, joints very soft.
Move within a large sphere.
Soft, slicing, drawing, chopping
Actions eventually whip like.



1. Form seven stars left
2. Retreat to ride the tiger
3. Ban, Lan, Pull Level Knife
4. Hit the Tiger
5. Thrust
6. Draw Left, Push Vertical Knife
7. Withdraw, Push Vertical Knife
8. Step Up, Chop to Rear
9. Draw Knife Left, Fan Through Back
10. Twist and Cradle Knife
11. Warrior Stands on One Leg
12. Single Whip
13. Fair Lady Works at Shuttles
14. Withdraw, Push Level Knife
15. Right Spiraling Knife
16. Fair Lady Works at Shuttles
17. Withdraw, Push Level Knife
18. Right Spiraling Knife
19. Fair Lady Works at Shuttles
20. Withdraw, Push Level Knife
21. Right Spiraling Knife
22. Upper Cutting Knife
23. Chop With Knife
24. Return Knife
25. Kick with Right Leg
26. Hit The Tiger at Left
27. Snake Creeps Down
28. Kick With Left Leg
29. Hit the Tiger at Right
30. Snake Creeps Down
31. Kick with Right Heel
32. Turn, Spiral Knife Right
33. Withdraw, Pull Level Knife
34. Withdraw, Shave Left, Chop Right
35. Golden Rooster Stands on One Leg
36. Chop with Knife
37. Fair Lady Works at Shuttles
38. Return Knife
39. Sweep the Lotus, Snake Creeps Down
40. Step To Form Seven Stars
41. Return Dao

13 Energies of the Dao

1. *Pi* - splitting
2. *Kan* - chopping
3. *Beng* - snapping
4. *Lan* - block
5. *Chan* - spiral
6. *Dao* - vibrate/shake
7. *Jien* - cut/scissors
8. *Yun* - Cloud like
9. *Jiea* - block intercept
10. *Liao* - stir up
11. *Mo* - smear
12. *Cha* - Stab
13. *Tiao* - flick