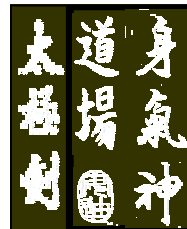
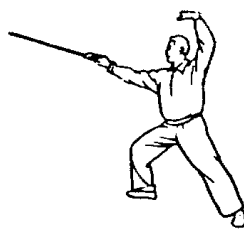


Xin Qi Shen Dojo YANG TAIJI SWORD



*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*

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

1. Open Taiji Sword - *taiji jian qi shi*
2. Immortal Points The Way - *xianren shi lu*
3. Three Rings Circle The Moon - *san huan tao yue*
4. Waiting for the Fish - *deng yi shi*
5. Green Snake Ambushing Sword
6. Big Dipper - *da kui xing*
7. Swallow Brushes The Water - *yanzi chao shui*
8. Parry Left, Sweep Right 2x - *zuo lan, yo sao*
9. Open & Close - *kai he*
10. Little Dipper - *xiao kui xing*
11. Wheeling Sword - *chelun jian*
12. Swallow Enters The Nest - *yanzi ru chao*
13. Agile Cat Catches Rat - *ling mao bu shu*
14. Dragon Fly Touches Water - *qing ting dian shui*
15. Wasp Enters Cave - *huan feng ru dong*
16. Phoenix Opens Wings - *feng huang shuang zhan chi*
17. Center Sword - *bi jian*
18. Advancing Cyclone - *shang bu xuanfeng*
19. Little Dipper - *xiao kui xing*
20. Dragon Turns Head - *lung hui toh*
21. Retreating Cyclone - *tui bu xuanfeng*
22. Archduke Goes Fishing - *deng yi shi*
23. Part Grass Look For The Snake - *bo cao xun she*
24. Black Dragon Wags Tail - *wulong hai wei*
25. Embrace The Moon - *huai zhong bao yue*
26. Chase The Birds From The Tree - *su niao tou lin*
27. Overturning Swallow l & R
28. Sweep 1000 soldiers - *Heng Zao Chen Jwin*
29. Wind Curles Lotus Leaves - *feng juan heyue*
30. Thrust Sword - *Ce Jian*
31. Lion Shakes Head - *shizi yao tou*
32. Tiger Covers Head - *hu bao tou*
33. Wild Horse Leaps Over Stream - *yema tiao jian*
34. Turn Rein In The Horse - *fan shen le ma*
35. Advance and Point Compass - *shang bu zhinanshen*
36. Wind Flicks The Dust - *yingfeng fu chen*
37. Shooting Star Follows The Moon - *liuxing gan yue*
38. Cut Across The Ocean Stream
39. Shoot The Geese - *she yan shi*
40. Water Current Pushes The Boat - *shun shui tui zhou*
41. Shooting Star Follows The Moon - *liuxing gan yue*
42. Celestial Horse Traverses The Void - *tianma xing kong*
43. Lift The Curtain - *tiao lian shi*
44. Cart Wheel Sword L & R - *zuo you chelun jian*
45. Great Peng Spreads Wings - *da peng dan zhan chi*
46. Moon At Sea Bottom - *hai di lao yue*
47. Night Demon Explores The Sea - *yecha tan hai*
48. Rhino Watches The Moon - *xiniu wang yue*
49. Turn Body, Shoot The Goose - *she yan shi*
50. Thrust Sword - *Ce Jian*
51. Phoenix Spread Wings - *Feng huang shuang zhan chi*
52. Left & Right Carry & Block - *zuo you kua lan*
53. Dragon Turns Head - *lung hui toh*
54. Thrust Sword - *Ce Jian*
55. White Ape Offers Fruit - *baiyuan xian guo*
56. Falling Flowers l & R - *zuo you lou hua*
57. Fair Maiden Works Shuttles - *yunu chuan suo*
58. White Tiger Plays With Tail - *bai hu jiao wei*
59. Carp Jumps At the Dragon Gate - *liyu tiao longmen*
60. Black Dragon Wraps Pillar - *wulong jiao zhu*
61. Wind Sweeps The Plum Blossoms - *feng sao meihua*
62. Tiger Holds Its Head - *hu bao tou*
63. Present The Ivory Scroll
64. Embrace and Return Sword - *bao jian gui yuan*