



THE T'AI CHI CENTRE

Straight Sword / Jian

1. Attention
2. Beginning
3. Three Circles Embrace the Moon
4. Major Star of the Literary God
5. Swallow Takes Water
6. Obstruct and Sweep, Right
7. Obstruct and Sweep, Left
8. Minor Star of the Literary God
9. Swallow Enters the Nest
10. Agile Cat Catches the Rat
11. Dragonfly Touches the Water
12. Bee Enters the Hive
13. Phoenix Spreads Wings
14. Left Cyclone
15. Minor Star of the Literary God
16. Right Cyclone
17. Waiting for Fish
18. Parting the Grass Looking for Snakes
19. Embrace Moon
20. Send the Birds into the Trees
21. Black Dragon Hits with its Tail
22. The Wind Moves the Lotus
23. Lion Shakes its Head
24. Tiger Holds its Head Between its Paws
25. Wild Horse Jumps the Mountain Stream
26. Rein in the Horse
27. The Compass
28. Shake the Duster in the Wind
29. Drift with Current
30. Shooting Star Follows the Moon
31. Skylark Flies Over the Waterfall
32. Raise the Bamboo Curtain
33. Sword Cartwheels Left and Right
34. Great Roc Spreads One Wing
35. Fishing the Moon Out From the Bottom of the Sea
36. Embrace Moon
37. Yak-Sha Searches the Depths
38. Rhinoceros Gazes at the Moon
39. Shoot the Geese
40. White Ape Offers Fruit
41. Phoenix Spreads its Wings
42. Cross and Obstruct Left and Right
43. Shoot the Geese
44. White Ape Offers Fruit
45. Falling Flowers Left and Right
46. Maiden Threads the Shuttle
47. White Tiger Snaps its Tail
48. Tiger Holds its Head Between its Paws
49. Carp Jumps the Dragon Gate
50. Black Dragon Twines Around the Pillar
51. Immortal Points the Way
52. Wind Sweeps Away the Plum Blossoms
53. Tiger Holds its Head Between its Paws
54. The Compass
55. Turn Sword Over, Return to Beginning