



Single Straight Sword 49 Form

진씨태극검 49식

陳氏太極單劍 四十九式 Chén Shì Tà i Jí Dā n Ji à n Sì Sh í Ji ǔ Sh í

Section 1

01. 태극검초세 太極劍初勢 Tà i Jí Ji à n Chū Shì - Taiji Sword First Form
02. 조양검 朝陽劍 Cháo Yáng Ji à n - Morning Sun Sword
03. 선인지로 仙人指路 Xi ā n Rén Zhǐ Lù - Immortal Points Way
04. 청룡출수 靑龍出水 Qī ng Lóng Chū Shuǐ - Blue Dragon out of Water
05. 호슬검 護膝劍 Hù Xī Ji à n - Protect Knee Sword
06. 폐문식 閉門式 Bì Mén Shì - Close Door Form
07. 청룡출수 靑龍出水 Qī ng Lóng Chū Shuǐ - Blue Dragon out of Water
08. 번신하벽검 翻身下劈劍 Fā n Shē n Xi à Pī Ji à n - Turn Body Low Split Sword
09. 청룡전신 靑龍轉身 Qī ng Lóng Zhuǎ n Shē n - Blue Dragon Turns Over Body
10. 사비세 斜飛勢 Xi é Fē i Shì - Oblique Fly Form

Section 2

11. 전시점두 展翅點頭 Zhǎ n Chì Diǎ n Tó u - Open Wing Point Head
12. 발초심사 拔草尋蛇 Bá Cǎ o Xún Shé - Pull Grass Search Snake
13. 금계독립 金鷄獨立 Jī n Jī Dú Lì - Golden Rooster Stands Alone
14. 선인지로 仙人指路 Xi ā n Rén Zhǐ Lù - Immortal Points Way
15. 개란세 蓋攔勢 Gài Lán Shì - Cover Block Form
16. 고수반근 古樹盤根 Gǔ Shù Bàn Gē n - Ancient Tree Tray Root
17. 아호복식 餓虎扑食 è Hǔ Pū Shí - Hungry Tiger Hits Food
18. 청룡파미 靑龍擺尾 Qī ng Lóng Bǎ i Wě i - Blue Dragon Sways Tail



19. 도권굉 倒卷肱 Dào Juǎn Gōng - Step Back Whirl Arms
20. 야마도간 野馬跳澗 Yě Mǎ Tiào Jiàn - Wild horse Leaps over Stream
21. 백사토신 白蛇吐信 Bá i Shé Tǔ Xìn - White Snake Spits Tongue

Section 3

22. 창룡파미 烏龍擺尾 Wū Lóng Bǎi Wěi - Black Dragon Sways Tail
23. 종귀장검 鍾魁仗劍 Zhōng Kuí Zhàng Jiàn - Zhong Kui Wields Sword
24. 나한강룡 羅漢降龍 Luó Hàn Jiàng Lóng - Arhat Subdues Dragon
25. 흑웅번배 黑熊翻背 Hēi Xióng Fān Bèi - Black Bear Reverse Back
26. 연자락니 燕子啄泥 Yàn Zi Zhuó Ní - Swallow Pecks Soil
27. 백사토신 白蛇吐信 Bá i Shé Tǔ Xìn - White Snake Spits Tongue
28. 사비세 斜飛勢 Xié Fēi Shì - Oblique Fly Form

Section 4

29. 응웅두지 鷹熊斗智 Yīng Xióng Dòu Zhì - Eagle Bear Fight wisdom
30. 연자락니 燕子啄泥 Yàn Zi Zhuó Ní - Swallow Pecks Soil
31. 적성환두 摘星換斗 Zhāi Xīng Huàn Dòu - Pluck Star Change Fight
32. 해저로월 海底撈月 Hǎi Dǐ Lāo Yuè - Sea Bottom Recoup Moon
33. 선인지로 仙人指路 Xiān Rén Zhǐ Lù - Immortal Points Way
34. 봉황점두 鳳凰點頭 Fèng Huáng Diǎn Tóu - Phoenix Nod head
35. 연자락니 燕子啄泥 Yàn Zi Zhuó Ní - Swallow Pecks Soil
36. 백사토신 白蛇吐信 Bá i Shé Tǔ Xìn - White Snake Spits Tongue
37. 사비세 斜飛勢 Xié Fēi Shì - Oblique Fly Form

Section 5

38. 좌탁천근 左托千斤 Zuǒ Tuō Qiān Jīn - Left Hold 1000 Pound



39. 우탁천근 右托千斤 Yòu Tuō Qiān Jīn - Right Hold 1000 Pound
40. 연자락니 燕子啄泥 Yàn Zi Zhuó Ní - Swallow Pecks Soil
41. 백원헌과 白猿獻果 Bái Yuán Xiàn Guǒ - White Ape Offers Fruit
42. 낙화세 落花勢 Luò Huā Shì - Falling Flower Form
43. 상하사자 上下斜刺 Shàng Xià Xié Cì - Up Down Oblique Thrust
44. 사비세 斜飛勢 Xié Fēi Shì - Oblique Fly Form
45. 나락탐해 哪砵探海 Nǎ Dā Tàn Hǎi - Exorcised Tree Search Ocean
46. 괴망번신 怪蟒翻身 Guài Mǎng Fān Shēn Guai - Monstrous Serpent Reverse Body
47. 위타헌저 韋駝獻杵 Wéi Tuó Xiàn Chǔ - Wei Tuo Offers Pestle
48. 마반검 磨盤劍 Mò Pán Jiàn - Grinding Tray Sword
49. 태극검환원 太極劍還原 Tà i J í Ji à n Hu á n Yu á n - Taiji Sword Returns



Chen Family Taiji Double Straight Sword 40 Form

진씨태극쌍검 40식

陳氏太極雙劍 40式 Chén Shì Tà i Jí Shu ā ng Ji à n 40 Sh ì

Section 1

01. 쌍검기세 雙劍起勢 Shu ā ng Ji à n Qǐ Shì - Double Sword Beginning Form
02. 낙화유수조양검 落花流水朝陽劍 Luò Huā Liú Shuǐ Cháo Yáng Jiàn - Falling flower Flowing Water Morning Sun Sword
03. 전신미녀망월 轉身美女望月 Zhuǎn Shēn Měi Nǚ Wàng Yuè - Turn Body Beauty Admire Moon
04. 야차탐해 夜叉探海 Yè Chā Tàn Hǎi - Ye Cha Reconnoiter Ocean
05. 흑웅번배조양검 黑熊翻背朝陽劍 Hēi Xióng Fān Bèi Cháo Yáng Jiàn - Black Bear Reverse Back Face Sun Sword
06. 전신봉황쌍전시 轉身鳳凰雙前翅 Zhuǎn Shēn Fèng Huáng Shuāng Qián Chì - Turn Body Phoenix Double Open Wing
07. 상삼검 上三劍 Shàng Sān Jiàn - Up Three Sword
08. 고수반근 古樹盤根 Gǔ Shù Bàn Gēn - Ancient Tree Tray Root
09. 일투삼환 日套三環 Rì Tào Sān Huán - Sun Cover Three Rings

Section 2

10. 흑웅번배조양검 黑熊翻背朝陽劍 Hēi Xióng Fān Bèi Cháo Yáng Jiàn - Black Bear Reverse Back Face Sun Sword
11. 좌나한강룡 左羅漢降龍 Zuǒ Luó Hàn Jiàng Lóng - Left Arhat Subdues Dragon
12. 우나한강룡 右羅漢降龍 Yòu Luó Hàn Jiàng Lóng - Right Arhat Subdues Dragon
13. 전신호접흡수 轉身蝴蝶吸水 Zhuǎn Shēn Hú Dié Xī Shuǐ - Turn Body Butterfly Absorbing Water
14. 흑웅번배조양검 黑熊翻背朝陽劍 Hēi Xióng Fān Bèi Cháo Yáng Jiàn - Black Bear Reverse Back Face Sun Sword
15. 좌나한강룡 左羅漢降龍 Zuǒ Luó Hàn Jiàng Lóng - Left Arhat Subdues Dragon



16. **우나한항룡** 右羅漢降龍 Yòu Luó Hà n Ji à ng L ó ng - Right Arhat Subdues Dragon
17. **전신이랑퇴산** 轉身二郎推山 Zhuǎn Shēn èr Láng Dān Shān - Turn Body Double Men Push Mountain

Section 3

18. **흑웅번배조양검** 黑熊翻背朝陽劍 Hēi Xióng Fān Bèi Cháo Yáng Jiàn - Black Bear Reverse Back Face Sun Sword
19. **종괴장검** 鐘魁仗劍 Zhōng Kuí Zhàng Jiàn - Zhong Kui Wields Sword
20. **고수반근** 古樹盤根 Gǔ Shù Bàn Gēn - Ancient Tree Tray Root
21. **번신하벽검** 翻身下劈劍 Fān Shēn Xià Pī Jiàn - Reverse Body Low Split Sword
22. **흑웅번배조양검** 黑熊翻背朝陽劍 Hēi Xióng Fān Bèi Cháo Yáng Jiàn - Black Bear Reverse Back Face Sun Sword
23. **우번신하벽검** 右翻身下劈劍 Yòu Fān Shēn Xià Pī Jiàn - Right Reverse Body Low Split Sword
24. **좌번신하벽검** 左翻身下劈劍 Zuǒ Fān Shēn Xià Pī Jiàn - Left Reverse Body Low Split Sword
25. **전신조양검** 轉身朝陽劍 Zhuǎn Shēn Cháo Yáng Jiàn - Turn Body Face Sun Sword
26. **좌우마반검** 左右磨盤劍 Zuǒ Yòu Mò Pán Jiàn - Left Right Grinding Tray Sword
27. **패왕권정** 霸王舉鼎 Bà Wáng Quán Dǐng - Overload Rises Throne
28. **호슬검** 護膝劍 Hù Xī Jiàn - Protect Heart Sword
29. **백사토신** 白蛇吐信 Bá i Shé Tǔ Xìn - White Snake Spits Tongue
30. **좌봉황쌍전시** 左鳳凰雙前翅 Zuǒ Fèng Huáng Shuāng Qián Chì - Left Phoenix Double Open wings
31. **우봉황쌍전시** 右鳳凰雙前翅 Yòu Fèng Huáng Shuāng Qián Chì - Right Phoenix Double Open wings

Section 4

32. **전신조양검** 轉身朝陽劍 Zhuǎn Shēn Cháo Yáng Jiàn - Turn Body Morning Sun Sword
33. **연환자호** 連環刺虎 Lián Huán Cì Hǔ - Connected Thrusting Tiger
34. **좌우쌍무검** 左右雙舞劍 Zuǒ Yòu Shuāng Wǔ Jiàn - Left Right Double Dance Sword



35. 좌반룡검 左盤龍劍 Zuǒ Pán Lóng Jiàn - Left Tray Dragon Sword
36. 우와호검 右臥虎劍 Yòu Wò Hǔ Jiàn - Right Laying Tiger Sword
37. 사자곤수구 獅子滾繡球 Shī Zi Gǔn Xiù Qiú - Lion Flow Embroider Ball
38. 발운망일 拔云望日 Bō Yún Wàng Rì - Pull Cloud Admire Sun
39. 회중포월 懷中抱月 Huai Zhong Bao Yue - Brood Center Embrace Moon
40. 쌍검수세 雙劍收勢 Shuāng Jiàn Shōu Shì - Double Sword closing Form