



UPPER OTTAWA VALLEY TAI CHI CLUB



TAIJI SWORD

The 13 Motions of Taiji Sword

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|----------------|------------------------|
| 1. Draw | 8. Chop |
| 2. Bring Along | 9. Split |
| 3. Lift Up | 10. Support |
| 4. Thrust | 11. Brush |
| 5. Beat | 12. Intercept |
| 6. Hang | 13. Bring Along Slowly |
| 7. Point | |

The Names of Taiji Sword

The preparing form and starting form: The Immortal Pointing the Way

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| 1. Dragonfly Touches the Water | 17. Shoot Wild goose |
| 2. Big Chief Star | 18. Whit Ape Offers Up Fruits |
| 3. Swallow Skims over the Water | 19. Clean Up Dust in Wind Left |
| 4. Bring Along sword to Right Side | 20. Clean Up Dust in Wind Right |
| 5. Bring Along sword to Left Side | 21. Clean Up Dust in Wind Left |
| 6. Gauge the Depth of the Sea | 22. Push Boat with the Current |
| 7. Hold the Moon against the Chest | 23. Shooting Star Chases the Moon |
| 8. Resting Bird Enters the Woods | 24. Swallow picks up Mud with its Beak |
| 9. Split down the Sword with
Legs in Empty Space | 25. Raise the Screen |
| 10. Blue Dragon out of Water | 26. Left Wheel Sword |
| 11. Wind Blows the Lotus Leaf | 27. Right Wheel Sword |
| 12. Lion Shakes its Head | 28. A Roc Spreads its Wings |
| 13. Tiger Holds Head | 29. Swallow Enters the Nest |
| 14. Wild Horse Jumps over Stream | 30. Hold the Moon against the chest |
| 15. Lift sword with Left Leg in Empty Stance | 31. Wind Blows away the Plum Flowers |
| 16. Lift Sword with Right Leg | 32. Compass |

The Closing Form