

## Xiong Style Tai Chi Paired Sword 熊氏太極對劍

Michael DeMarco ~ Instructor

WINGED LION School of Taijiquan

### Side - A

1. Beginning
2. Fairy POints the Way
3. Cross sword
4. Wasps enter the hole
5. Small Dipper
6. Phoenix double wings spread
7. Shooting goose
8. Progressive split
9. To mention-first back and two forwards
10. Go around and change steps
11. Holding the moon in your arms
12. Left block sweep
13. Right span
14. Phoenix double spread wings
15. White tiger crashing; advanced backward
16. Split
17. Right whirlwind 2x
18. Left cyclone 2x
19. Turn right and turn left
20. Huilong right block sweep
21. Rhino watching the moon
22. Right span to block Dapeng's wings
23. Right cross block-right dial
24. Shooting goose
25. Progress left block sweep
26. Shooting goose
27. Yasha exploring the sea
28. Swallows enter the nest
29. Shooting goose
30. Dapeng spread its wings
31. Oolong wagging
32. Windy lotus leaf
33. Right cross
34. Left cross
35. Oolong wagging
36. Snake hunting; retreat first
37. Wrist movement
38. Sending birds to the forest
39. Shooting goose
40. Turning swords back

### Side - B

1. Beginning
2. Fairy Points the Way
3. Cross sword
4. Wasps enter the hole
5. Small Dipper
6. Right hurdle (upwind)
7. Shooting goose
8. Backward mention-connect the following formula
9. To mention-advanced back twice each
10. Go around and change steps
11. Left-handed stop
12. Holding the moon in your arms
13. Oolong Wagging
14. Windy lotus leaves send birds to the forest
15. White tiger stir tail; retreat first
16. Split
17. Left cyclone 2x
18. Right whirlwind 2x
19. Turn left and scan left
20. Right wheel sword
21. Right across the block (windward and dusty)
22. Left loose and enter
23. Xiao Kuixing; regression
24. Shooting goose
25. Right and left
26. Shooting goose
27. Yasha exploring the sea
28. Swallows enter the nest
29. Shooting goose
30. Left and right
31. Right wheel sword
32. Right cross stop; follow up left step
33. Left cross
34. Right cross
35. Pick the snake; advanced back
36. Wrist movement; advanced backward
37. Curtain
38. Right dial
39. Shooting goose
40. Turning swords back