

Xiong Style Tai Chi Straight Sword—58 Movement

Winged Lion School of Tai Chi • Michael DeMarco, Instructor

熊氏太極劍 58式為例

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| 1. 起勢 | Beginning gesture |
| 2. 上步合劍 | Enclose with sword |
| 3. 仙人指路 | Immortal points the way |
| 4. 三環套月 | Three rings envelop the moon |
| 5. 大魁星 | Big dipper |
| 6. 燕子抄水 | Yellow jacket skims the water |
| 7. 右攔掃 | Right; block, the clear the away |
| 8. 左攔掃 | Left; block, the clear the away |
| 9. 小魁星 | Small dipper |
| 10. 黃蜂入洞 | Yellow jacket enters cave |
| 11. 靈貓捕鼠 | Civet cat catches mouse |
| 12. 蜻蜓點水 | Dragonfly skims over water |
| 13. 燕子入巢 | Yellow jacket enters nest |
| 14. 鳳凰雙展翅 | male and female phoenixes spread their wings |
| 15. 蜻蜓點水 | Dragonfly skims over water |
| 16. 右旋風 | Right; whirlwind |
| 17. 小魁星 | Small dipper |
| 18. 懷中抱月 | Bosom center, embrace moon |
| 19. 左旋風 | Left whirlwind |
| 20. 等魚式 | Waiting like a fish |
| 21. 撥草尋蛇 | Poking the grass in search of a snake |
| 22. 懷中抱月 | Bosom center, embrace moon |
| 23. 送鳥上林 | See the bird off to the woods |
| 24. 烏龍擺尾 | Dark dragon waves his tail |
| 25. 風捲荷葉 | Rolling wind sweeps the lotus leaves |
| 26. 獅子搖頭 | Lion shakes his head |
| 27. 虎抱頭 | Tiger carries a head |
| 28. 野馬跳澗 | Wild horse jumps over a ravine |

29. 翻身勒馬	Turn over, rein in the horse
30. 指南針	Compass
31. 迎風揮塵	With the wind; brush away the dust
32. 順水推舟	Push the boat along the current
33. 流星趕月	Moving as quickly as a meteor running after the moon
34. 天鳥飛瀑	Sky bird comes down like a waterfall
35. 挑簾式	Carry a screen pattern
36. 左右車輪劍	Left and right; wheeling the sword
37. 燕子啣泥	Yellow jacket holding mud
38. 大鵬展翅	Large mythic bird; spreads its wings/readies to fight
39. 海底撈月	Lift the moon from the bottom of the sea
40. 懷中抱月	Bosom center, embrace moon
41. 夜叉探海	Malevolent spirit (Buddhist Yaksha) explores the ocean
42. 犀牛望月	Rhinoceros full moon
43. 射雁式	Wild goose form
44. 青龍探爪	Green dragon sticks out his talons
45. 鳳凰雙展翅	Male and female phoenixes spread their wings
46. 左跨欄	Left hurdle over
47. 右跨欄	Right hurdle over
48. 射雁式	Shoot the wild goose form
49. 白猿獻果	White ape gives fruit
50. 落花式	Fallen leaf style
51. 玉女穿梭	Jade lady shuttles back and forth
52. 白虎攪尾	White tiger
53. 魚躍龍門	Dive to the dragon's gate
54. 烏龍絞柱	Dark dragon twists around a post
55. 仙人指路	Immortal points the way
56. 風掃梅花	Sweep the plum flowers
57. 手捧牙笏	Present the ivory tablet with both hands
58. 抱劍歸原	Embrace the sword, return to original posture
