

YANG STYLE TAI JI SWORD FORM

According to Doc-Fai Wong

Taught by Jake Paul Fratkin, OMD

Part 1. (8 forms)

Taiji Sword points Upwards, Step Up and Enclose With Sword

1. Immortal Points the Way
2. Three Rings Loop the Moon
3. The Big Star Position (Big Dipper)
4. Swallow Skims the Water
5. Right Blocking Sweep
6. Right and Left Blocking Sweep
7. The Little Star Position (Little Dipper)

Part 2. (7 forms)

8. Swallow Returns to the Nest
9. Agile Cat Catches a Rat
10. Dragonfly Touches the Water
11. Phoenix Raises It's Head
12. Bees Enter the Hole
13. Phoenix Spreads Both Wings
14. The Little Star Position (Little Dipper)

Part 3. (8 forms)

15. Waiting to Catch a Fish
16. Parting the Grass to Search for a Snake
17. Embracing the Moon
18. Sleepy Birds Return to the Forest
19. Black Dragon Wags it's Tail
20. Green Dragon Emerges from the Sea
21. Wind Whirls the Lotus Leaves
22. Left and Right Lions Shake Their Heads

Part 4. (8 forms)

23. Tiger Holds It's Head
24. Wild Horse Jumps Over the Brook
25. Turn Around and Pull The Horse's Rein
26. Step Up and Point Like a Compass Needle
27. Facing the Wind to Do Dusting
28. Pushing a Canoe Downstream
29. Shooting Star Chases the Moon
30. Heavenly Horse Walking in the Sky

Part 5. (8 forms)

31. Curtain Lifting Position
32. Left and Right Cart Wheeling
33. Swallow picks Up Mud
34. Eagle Spreads One Wing
35. Netting the Moon From the Sea Bottom
36. Embracing the Moon
37. Night Ghost Visits the Sea
38. Rhinoceros Gazes At the Moon

Part 6. (8 forms)

39. Shooting Geese Position
40. Green Dragon Extends Its Claws
41. Phoenix Spreads Both Wings
42. Left and Right Step Over Block
43. Shooting Geese Position
44. White Ape Offers Fruit
45. Left and Right Falling Flowers
46. Fair Lady Works at Shuttles

Part 7. (9 forms)

47. White Tiger Wags Its Tail
48. Tiger Holds Its Head
49. Carp Jumps Over the Dragon Gate
50. Black Dragon Coils the Pillar
51. Pointing the Way Position
52. A Pillar of Incense Points to the Sky
53. Wind Sweeps the Plum Blossoms
54. Holding the Royal Plaque Position
55. Return Sword to Original Position