

Old Frame Single Sword (Jian) 陈式太极剑
Posture Names (49 postures)

Commencement

預備式

1. Taiji Beginning (太极剑初式) 東峰銜日
2. Face the sun 朝陽劍
3. Immortal points the way 仙人指路
4. Green dragon emerges from the water 青龍出水
5. Protect the knee 左右護膝
6. Close the door 閉門式
7. Green dragon emerges from the water 青龍出水
8. Turn body, chopping Down 黑熊翻背 (转身下劈)
9. Green dragon turns its body 青龍转身
10. Diagonal flying 斜飛式
11. Spread wings, lower the head 展翅点头
12. Part the grass to search for the snake 撥草尋蛇
13. 14. Golden cockerel stands alone 金雞獨立
14. 15. Immortal points the way 仙人指路
15. Pushing–blocking posture 蓋攔式
16. 17. Ancient tree wraps its roots 古樹盤根
17. 18. Hungry tiger pounces on its prey 饿虎撲食
18. 19. Green dragon sways its tail 青龍擺尾
19. 20. Reverse pulling the forearm 倒卷肱
20. 21. Wild horse jumps the creek 野馬跳澗
21. 22. White snake flicks its tongue 白蛇吐信
22. 23. Black dragon sways its tail 烏龍絞尾
23. Zhong Kui bares his sword 鍾馗杖劍
24. Luo Han subdues the dragon 罗汉降龙
25. Black bear turns its back 黑熊翻背
26. Swallow pecks at the mud 燕子啄泥
27. White snake flicks its tongue 白蛇吐信
28. Diagonal flying 斜飛式
29. Eagle and bear matches wits 鷹熊鬥智
30. Swallow pecks at the mud 燕子啄泥

31. Pluck the star to alter the constellations 金雞抖翎，摘星換斗
 32. Scoop the moon from the bottom of the sea 海底撈月
 33. Immortal points the way 仙人指路
 34. Phoenix nods its head 鳳凰點頭
 35. Swallow pecks at the mud 燕子啄泥
 36. White snake flicks its tongue 白蛇吐信
 37. Diagonal flying 斜飛式
 38. Hold a thousand pounds on the left 左托千斤
 39. Hold a thousand pounds on the right 右托千斤
 40. Swallow pecks at the mud 燕子啄泥
 41. White ape presents fruit 白猿獻果
 42. Falling flowers 落花式
 43. Up, down, diagonal thrust 上下斜刺
 44. Diagonal flying 斜飛式
 45. Na Zha explores the sea 哪吒探海
 46. Great python turns its body 怪蟒翻身
 47. Wei Tuo presents pestle 韋佗獻杵
 48. Millstone grinding sword 磨盤劍，
 49. Needle to the south 指南針 (華佗獻針)
- Taiji sword returns to its origin 收式