

鄭榮光吳家太極刀

Cheng Wing Kwong Wu Style Sabre

	中文	English
1	太極勢	Beginning of Tai Chi Sabre
2	攬雀尾	Grasp Bird's Tail
3	上步擣膝	Turn Body, Brush Knee and Push
4	分刀式	Separate Sabre
5	閃展看刀式	Evade, Stretch and Watch Sabre
6	左摘星	Step Forward (Left), and Take Star
7	右摘星	Step Forward (Right), and Take Star
8	卸步擣刀	Retreat and Capture Sabre
9	分心刺	Sabre Points to Heart
10	左掛金鈴	Left-sided Hanging Golden Bell
11	推窗望月	Open Window and Gaze at Moon
12	回身劈	Retreat and Strike
13	回身撩陰刀	Turn Body and Strike to Groin
14	左掛金鈴	Left-sided Hanging Golden Bell
15	登山遠眺	Climb up Mountain and Overlook
16	鷂子翻身	Accipiter Turning its Body
17	大鵬展翅	Big Bird Spreading its Wing
18	燕子入巢	Swallow Enter the Nest
19	進步擣刀	Step Forward and Grasp Sabre
20	迎面刺	Sabre Points to Face
21	翻身藏刀式	Turn Body and Hide Sabre
22	指襠刀	Sabre Strikes Groin
23	打虎式	Fighting Tiger Posture
24	燕子入巢	Swallow Enter the Nest
25	進步擣刀	Step Forward and Grasp Sabre
26	蒼龍出水	Dragon out of water
27	翻身藏刀式	Turn Body and Hide Sabre
28	上三開式	Stand on One Leg and Open Body
29	帶醉脫靴	Get drunk and Push the Boot Out
30	推窗望月	Open Window and Gaze at Moon
31	翻身藏刀式	Turn Body and Hide Sabre

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32	回身劈	Retreat and Strike
33	回身撩陰刀	Turn Body and Strike to Groin
34	橫掃千軍	Cross Sweep a Thousand Soldiers
35	左掛金鈴	Left-sided Hanging Golden Bell
36	推窗望月	Open Window and Gaze at Moon
37	翻身藏刀式	Turn Body and Hide Sabre
38	回身劈	Retreat and Strike
39	探海式	Test the Sea
40	撈月式	Fish Up the Moon
41	卸步擄刀	Retreat and Capture Sabre
42	分心刺	Sabre Points to Heart
43	玉環托刀式	Lift Sabre
44	七星式	Seven Star Posture
45	臥虎跳澗	Tiger Jumps Over the Mountain Stream
46	迎面刺	Strike at Face
47	臥虎式	Crouching Tiger Posture
48	藏刀式	Hide Sabre
49	盤龍式	Hold Sabre Like Coiling Dragon
50	趕步盤龍式	Step Sideward Three Times
51	雲刀藏刀式	Cross Leg and Turn Round and Hide Sabre
52	護膝劈刀式	Protect Knee and Strike
53	左掛金鈴	Left-sided Hanging Golden Bell
54	臥魚式	Lying Fish Posture
56	藏刀式	Hide the Sabre
56	迎面刺	Sabre Points at Face
57	退步臥虎式	Step Back and Perform Crouching Tiger
58	進步臥魚式	Step Forward and Perform Lying Fish
59	藏刀式	Hide the Sabre
60	進步分心刺	Step Forward and points at Heart
61	轉身截刀式	Turn Body and Block Sabre
62	青蛇伏地	Green Snake Concealing on the Floor

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63	分心刺	Sabre Points at Heart
64	回馬提鈴	Holding the Horse's Bell and Retreat
65	斜飛式	Slanting Flying Posture
66	金針指南	Golden Needle Pointing South
67	懷中抱月	Embrace Moon
68	順水推舟	Follow the Current to Push the Boat
69	退步斜飛式	Step Back and Post Slanting Flying Posture
70	提刀探海式	Lift Sabre and Test the Sea
71	卸步閃展式	Step Back and Guard
72	進步劈刀式	Step Forward and Strike
73	左掛金鈴	Left-sided Hanging Golden Bell
74	推窗望月	Open Window and Gaze at Moon
75	青龍獻爪	Blue Dragon Points Claw
76	橫掃千軍	Cross Sweep a Thousand Soldiers
77	流星趕月	Moving Star Catches the Moon
78	斜飛式	Slanting Flying Posture
79	抱月式	Embracing the Moon
80	乘風破浪	Riding on the Wind and Cut Across Current
81	分心刺	Sabre Points at Heart
82	右摘星	Step Forward (Right), and Take Star
83	左摘星	Step Forward (Left), and Take Star
84	卸步擲刀	Withdraw and Hold Sabre with Two Hands
85	進步棚刀	Step Forward and Flick Sabre
86	反臂插秧	Twist Arm and Insert Sprouts
87	青蛇伏地	Green Snake Concealing on the Floor
88	分心刺	Sabre Points at Heart
89	轉環提籃式	Lift Sabre Behind Back Pointing Downward
90	進步提籃式	Step Forward Three Times
91	雲龍戲水	Clouded Dragon Playing in the Water
92	翻身劈	Turn Right and Chop
93	回身刀	Turn Back and Chop

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94	臥虎式	Crouching Tiger
95	藏刀式	Hide the Sabre
96	進步交刀式	Step Forward and Sabre Exchange Hand
97	撻膝拗步	Brush Knee and Push
98	退步收刀式	Step Backward and Withdraw Sabre
99	合太極	Closing of Tai Chi Sabre

