

Taichi 太极内功
Internal Arts
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太极内功刀术 Sabre Set

1起势

Commencement

4赤龙较水

Crimson Dragon Stirs Water

7马步推刀

Sabre Block

10进步横刀

Forward Horizontal Slash

13进步劈刀

Step & Forward Slash

16弓步斩刀

Lunge & Slash

19右蹬脚

Lift Right Leg

22右蹬脚

Lift Right Leg

25转身斜刀

Turn & Slanting Slash

28进步劈刀

Forward Slash

31翻身砍

Turn, Rise & Chop

34转身斩蛇

Turn & Slash White Snake

2虚步抱刀

Embrace Sabre

5青龙出水

Green Dragon Emerges

8青龙出水

Green Dragon Emerges

11进步劈刀

Step & Forward Slash

14转身藏刀

Turn & Hide Sabre

17进步斜刀

Forward & Slanting Slash

20左打虎

Hit Tiger Left

23翻身砍

Rise Up & Chop

26进步横刀

Forward Horizontal Slash

29转身防守

Turn & Defend

32转左再砍

Turn Left & Chop

35双峰灌耳

Hit Tiger On Both Ears

3腰斩白蛇

Slash White Snake

6撤步削刀

Slashes & Retreat

9马步防守

Sabre Defence Block

12转身藏刀

Turn & Hide Sabre

15金鸡独立

Golden Cock On 1 Leg

18转身藏刀

Turn & Hide Sabre

21转身右打虎

Turn & Hit Tiger Right

24金鸡独立

Golden Cock On 1 Leg

27左右挂刀

Reverse Slash Right & Left

30夜叉探海

Night Spear At Sea

33进步斜刀

Slanting Slash

36十字收势

Cross Hand To Complete

