Pa Kua Three Harmonies Turning Sword

ACCORDING TO LIU HSING-HAN
The following is a traditional Pa-kua set. "Turning Sword" refers to the fact that all the turns are to be found in this sixty-four posture set. Characteristic of the movements of this set are extension, fluidity, and the quality of the ch'i, which is vast and powerful. When practicing, one should be like a moving cloud, the sword should be like a swimming dragon. The sword's intent (in this set): It is unlike all other sets. Its movements seek, in their appearance, to be like the dragon and phoenix. The dragon excels in the overturning body and swishing tail techniques. The phoenix's talent is in opening its wings and dotting the head. Each has its own special nature. The movements and transitions are accomplished through the three harmonies. The left and right turning sword is obviously ingenious. The advancing and retreating interlocking must be purely mastered. When practicing the sword, take the intent of the dragon and phoenix. When using the sword, display its liveliness and present its capabilities. Each kind of military weapon has its own martial nature. The sword can defeat the hard, soft, and dark weapons. When there is need (to use the sword), first consider (what is proper), then act. Clearly distinguish between what is true and what is false and only then cross blades. When you are still, I do not move. When you want to move, I move first. Concisely explained, this is the intent of the sword. Its inner techniques are an art clearly of the most noble sort.

Opening - *chien kua (lion)*
1. Preparation
   bear palm
   strike & point
   point with sword
   flower hidden beneath leaf
2. Respect ancestors
3. Immortal shoulders sword
4. Embrace the moon
5. Tiger in ambush listens to the wind
6. Riding the horse, ask the way
7. Whip the horse's back
8. Horse goes in vain twist left, rotating sword
   circle 3x's

Section 1 - *chien kua (lion)*
1. Golden phoenix strikes the earth - *chien kua*
2. Phoenix spreads its wings
3. Raising the ting vessel
4. Push boat across stream
5. Three rings envelop the moon
6. Gaze at the tablet circle 3x's

Section 2 - *kun kua (chi-ling)*
1. Cloud dragon turns its body
2. Slice-cast-split-peng-poke-dot-block
3. Dark dragon swishes its tail (circle 3x)

Section 3 - *sun kua (phoenix)*
1. Swallow searches for water
2. Left & right turning dragon
3. White snake hides in grass
4. Push boat across stream
5. Marsh dragon searches the rivers and four quarters

Section 4 - *ken kua (bear)*
1. Lunge & stab
2. Overturn body and enter the sea
3. Twist body and split top of the head
4. Turn body and agitate the yang
5. Water dragon enters the sea
6. Advance, left & right interlocking
7. Cat catches the mouse
8. Hsun step, agitate the gown left/right
9. Stap right, turn sword
10. Circle 3x's

Section 5 - *chen kua (dragon)*
1. Grinding body palm
2. Dot the knee
3. Take off helmet
4. Disperse the clouds
5. Gaze at the sun
6. Attack the waist
7. Flowing stars follow the moon, circle 3 x's

Section 6 - *kan kua (snake)*
1. Swallow searches for water
2. Split with sword
3. White snake hides in grass
4. Overturning body stab sword
5. Point to the rising sun
6. Golden rooster on one leg
7. Against the wind wave fan
8. Black dragon swishes its tail circle 3x's

Section 7 *tui kua (monkey)*
1. Tree with twisted root
2. Child embraces a bottle
3. Stab to center of the navel
4. Liu hai plays with the frog
5. Golden rooster upper frame
6. Night demon tests the sea
7. Golden rooster flutters wings
8. Horizontal sweep 1,000 soldiers circle 3 x's

Section 8 *li (rooster)*
1. Fierce tiger claws the heart
2. Interlocking split
3. Follow step agitate the yang
4. Stab the throat
5. Pierce the peak
6. Split the mountain
7. Turn to gaze at the moon
8. Part the grass search for the snake
9. Split the earth
10. Shooting star follows moon
11. Lift the curtain
12. Split the earth

Ending - *ken kua (bear)*
1. Change hands point to heaven circle
2. Split the earth
3. Man in harmoney with sword
4. Turn body (*chien kua*)
5. Returning to the start