



Xin Qi Shen

Sun Taiji Broadsword

Symmetrical Form

太極拳



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Section 1	
1. Wuji	10. Deflect Left, Push Vertical Dao
2. Open	11. Sweep to Rear, Push Dao
3. Lazily Tying Coat	12. Three Rings Circle the Moon
4. Kai - He	13. Dragon Lashes Tail
5. On Guard	24. (Change Hands) On Guard
6. Upper Cutting Dao	25. Upper Cutting Dao
7. Cat Flicks Tail	26. Cat Flicks Tail
8. Stab	27. Stab
9. Chop Left, Right, Split	28. Chop Left, Left, Split
	29. Deflect Left, Push Vertical Dao
	30. Sweep to Rear, Push Dao

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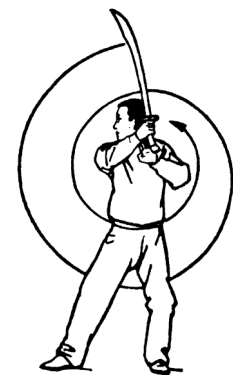


Section 2	
33. Spiral Dao Right <i>Change Hands (corner)</i>	43. Draw, Stab
34. Golden Rooster on One Leg	44. Dragon Lashes Tail (Change Hands)
35. Fair Lady at Shuttles	45. Spiral Dao Left (corner)
36. Fair Lady at Shuttles	46. Golden Rooster on One Leg
37. Deflect, Parry	47. Fair Lady at Shuttles
38. Cut, Slice	48. Fair Lady at Shuttles
39. Spiral Dao to Rear	49. Deflect, Parry
40. Disperse the Clouds	50. Cut, Slice
41. Sweep, Spiral Left Dao	51. Spiral Dao to Rear
42. Splitting to Right	52. Disperse the Clouds
	53. Sweep, Spiral Right Dao
	54. Splitting to Left

Section 3	
56. Spiral Dao Right (Change Hands)	65. Dragon Lashes Tail Spiral Dao Right
57. Big Dipper	66. Big Dipper
58. Overturning Dao, Thrust	67. Overturning Dao, Thrust
59. Dog Chases Tail	68. Dog Chases Tail
60. Fair Lady at Shuttles	69. Fair Lady at Shuttles
61. One Ring Circles Moon	70. One Ring Circles Moon
62. Splitting Dao Forward & Back	71. Splitting Dao Forward & Back
63. Upper Cutting Dao	72. Upper Cutting Dao
64. Wind Disperses Plum Blossoms (Change Hands)	73. Wind Disperses Plum Blossoms (Change Hands)

Section 4	
74. Return Dao	
75. Sweep Lotus Right	
76. Brush Knee, Strike	
77. Flip Dao Ban, Strike	
78. Flip Dao Lan	
79. Right Tornado Kick	
80. Sweep Lotus Left	
81. Brush Knee, Strike	
82. Stab to Rear	
83. Wind Fills Ears	
84. Slash Right, Left	
85. Return Dao	
86. Sweep Lotus Left	
87. Brush Knee, Strike	
88. Flip Dao Ban, Strike	
89. Flip Dao Lan	
90. Left Tornado Kick	
91. Sweep Lotus Right	
92. Brush Knee, Strike	
93. Stab to Rear	
94. Wind Fills Ears	

Section 5	
96. Dog Chases Tail	(Change Hands)
97. Monkey Offers Fruit	111. Dog Chases Tail
98. Turn Upper Pushing Dao	112. Monkey Offers Fruit
99. Protecting the Heart	113. Turn Upper Pushing Dao
100. Turn, Hilt Strike	114. Protecting the Heart
101. Chop	115. Turn, Hilt Strike
102. Crescent Moon Stab	116. Chop
103. Dog Chases Tail	117. Crescent Moon Stab
104. Splitting Dao	118. Dog Chases Tail
105. Splitting Rainbow	119. Splitting Dao
106. Deflect, Flowing Dao	120. Eagle Opens Wings
107. Deflect, Swallow Brushes Water	121. Deflect, Flowing Dao
108. Snatching Mantis	122. Deflect, Swallow Brushes Water
109. Eagle Opens Wings	123. Snatching Mantis
110. Dragon Lashes Tail	124. Eagle Opens Wings
	125. Dragon Lashes Tail



This Broadsword form was created by Sifu A.T. Dale and Joel Hartshorne, inspired by the Wu Taiji Broadsword. Sun and Wu Taiji have many similarities in their solo forms. These similarities are not shared by Yang or Chen Taiji Quan. The uniqueness of this form is the Sun footwork which is quick and agile. Sun Taiji does not emphasize stances or large postures like the other Taiji methods thus is very unique. Also, this form is symmetrical which is characteristic of Sifu Dale's method of teaching all styles and forms.