

# 太極刀

## Xin Qi Shen Dojo Yang Taiji Dao

Everything revolves around the waist.  
Yin is emphasized, joints very soft.  
Move within a large sphere.  
Soft, slicing, drawing, chopping  
Actions eventually whip like.



1. Form seven stars left & right
2. Retreat to ride the tiger
3. Spin, pull level knife
4. Push slanting knife
5. Withdraw, push slanting knife
6. Shave l, push slanting knife
7. Spin, push slanting knife
8. Spiral to cradle knife
9. Warrior stands on one leg
10. Advancing knife - 3
11. Deflect, pull level knife
12. Spiral, upper cutting knife
13. Pull level knife
14. Withdraw, push slanting knife
15. Turn, spiral knife r
16. Shave left, slash right - 2
17. Dragon lashes tail
18. Push slanting knife
19. Turn, spiral knife right
20. Upper cutting knife
21. Chop and thrust
22. Chart wheeling knife
23. Dragon lashes tail
24. Return knife
25. Sweep the lotus
26. Raise both legs
27. Spiral knife right
28. Separation of l and r legs
29. Spin, spiral knife right
30. Withdraw, push slanting knife
31. Shave up to left, push slanting knife
32. Turn, spiral knife right
33. Upper cutting knife
34. Spin, spiral knife left
35. Thrust down
36. Split open Mt. Tai
37. Embrace and thrust
38. Spin, upper cutting knife
39. Return knife

### Energies of the Dao

- |                           |                                  |                         |
|---------------------------|----------------------------------|-------------------------|
| 1. <i>Pi</i> - splitting  | 6. <i>Dao</i> - vibrate/shake    | 12. <i>Cha</i> - Stab   |
| 2. <i>Kan</i> - chopping  | 7. <i>Jien</i> - cut/scissors    | 13. <i>Tiao</i> - flick |
| 3. <i>Beng</i> - snapping | 8. <i>Yun</i> - Cloud like       | 14. <i>Pian</i> - slice |
| 4. <i>Lan</i> - deflect   | 9. <i>Jiea</i> - block intercept | 15. <i>Gua</i> - parry  |
| 5. <i>Chan</i> - spiral   | 10. <i>Liao</i> - stir up        |                         |
|                           | 11. <i>Mo</i> - smear            |                         |