



TAI CHI Dao - Movement names

1. Preparation and Opening of the Broadsword Form
2. Broadsword Protects the Heart
3. Green Dragon Emerges from the Water
4. Wind Blows the Withered Flowers
5. White Clouds Move Overhead
6. Black Tiger Searches the Mountains
7. Sun Qin Carries the Sword on His Back
8. Golden Rooster Stands on One Leg
9. Rolling Away from the Wind
10. Slice the White Snake in Two
11. Three Rings Around the Sun
12. Clouds Scatter and Reveal the Sun
13. Beat the Grass to Search for the Snake on the Left
14. Beat the Grass to Search for the Snake on the Right
15. Green Dragon Emerges from the Water
16. Wind Blows the Withered Flowers
17. Wild Goose Opens Its Wings
18. Night Demons Search the Sea
19. Turn Left to Chop
20. Turn Right to Chop
21. White Snake Spits Out Its Tongue
22. Embrace the Moon
23. Ending the Broadsword Form

