



蓓蕾中華武術協會

PEI LEI CHINESE WU SHU ASSOCIATION

楊式太極刀十三勢

Yang Style Taiji Dao 13 Postures

口訣		Poem	動作	Movement
1	七星跨虎交刀勢 Qi Xing Kua Hu Jiao Dao Shi	Seven Stars tiger riding, wielding saber posture	1. 預備式 2. 上步七星 3. 退步跨虎 4. 上步交刀	1. Preparatory Form 2. Step Up to Open the 7 Stars 3. Step Back Riding Tiger 4. Step Up to Transfer the dao
2	騰挪閃展意氣揚 Teng Nuo Shan Zhan Yi Qi Yang	Maneuvers flash showing, emotion raising	1. 提膝平掃勒刀 2. 上步轉刀扎刺 3. 左右推刀(先右後左)	1. Up knee, sweep and bridle the dao 2. Step Up, turn back and pierce 3. Pushing dao left and right (right first then left)
3	左顧右盼兩分張 Zuo Gu You Pan Liang Kai Zhang	Gazing left and right, spreading two components	1. 後顧劈刀獨立	1. Look around, chopping and stand on one leg
4	白鶴展翅五行掌 Bai He Liang Chi Wu Xing Zhang	White crane spreading wings, the five-element palm	1. 左右撩刀 2. 撩刀穿掌	1. Left right cartwheel 2. Up cutting and thrust palm
5	風捲荷花葉內藏 Feng Juan He Hua Ye Li Cang	Breeze turning lotus bloom, hiding beneath the leaves	1. 轉身負刀 2. 提膝後刺	1. Turn body and carry the dao on back 2. Up knee and pierce back
6	玉女穿梭八方勢 Yu Nv Chuan Suo Ba Fang Shi	Jade Lady weaving shuttle, facing eightfold ways	1. 翻身滾刀(西南) 2. 移步推刀(西南) 3. 翻身藏刀獻掌(東南) 4. 玉女穿梭(東北) 5. 移步推刀(東北) 6. 翻身藏刀獻掌(西北) 7. 玉女穿梭(西南) 8. 移步推刀(西南) 9. 翻身藏刀獻掌(東南)	1. Turn body over and wraparound the head (SW) 2. Move step and dao pushing (SW) 3. Turn body, dao hiding and palm showing (SE) 4. Jade Lady weaving shuttle (NE) 5. Move step and dao pushing (NE) 6. Turn body, dao hiding and palm showing (NW) 7. Jade Lady weaving shuttle (SW) 8. Move step and dao pushing (SW) 9. Turn body, dao hiding and palm showing (SE)
7	三星開合自主張 San Xing Kai He Zi Zhu Zhang	Triple stars opening and closing, extending to their will	1. 翻身截割 2. 提膝平刺 3. 跳步藏刀迎面刺 4. 滾刀交刀式	1. Turn body, intercept and cut 2. Up knee and horizontally pierce 3. Hop, dao hiding and piercing at face 4. Dao transferring in rolling style



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8	二起腳來打虎式 Er Qi Jiao Lai Da Hu Shi	Double jump kicking, striking tiger pose	1. 交刀式 2. 右蹬腳 3. 左右打虎	1. Dao transferring 2. Right heel kick 3. Left right strike tiger
9	披身斜掛鴛鴦腳 Pi Shen Xie Kua Yuan Yang Jiao	Draping over and hanging oblique, kicking like mandarin ducks	1. 披身蹬腳 2. 交刀掄劈	1. Draping over and heel kick 2. Dao transfer and swinging chop
10	順水推舟鞭作篙 Shun Shui Tui Zhou Bian Zuo Gao	Pushing boat with the current, making the whip as a punting pole	1. 鞭作篙式 (翻身截割、提膝平刺) 2. 翻身滾刀 3. 藏刀獻掌	1. Make whip as punting pole (Turn body over to intercept and cut, Up knee and horizontally pierce) 2. Turn body over and rolling the dao 3. Dao hiding and palm showing
11	下勢三合自由招 Xia Shi San He Zi You Zhao	Pushing down with thrice combining, freeing move	1. 移步推刀 2. 攔腰抹斬	1. Move step and dao pushing 2. Wipe chopping at waist
12	左右分水龍門跳 Zuo You Fen Shui Long Men Tiao	Water shedding to left and right, jumping over the Dragon gate	1. 左右撩刀 2. 跳步藏刀獻掌 (左釣馬)	1. Left right cartwheel 2. Hop, dao hiding and palm showing (left hanging horse stand)
13	卞和攜石鳳還巢 Bian He Xie Shi Feng Huan Chao	Bian-He retrieving his jade stone, phoenix returning to nest	1. 滾刀式 2. 翻身藏刀獻掌 (左釣馬) 3. 上步七星 4. 太極歸原	1. Rolling the dao style 2. Turn body over, dao hiding and palm showing (left hanging horse stand) 3. Step Up to Open the 7 Stars 4. Taiji Return back