

Xin Qi Shen Dojo

Chen Taiji Dao

13 Energies of the Dao

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

1. Beginning - *Chih Shih*
2. Protecting Heart Knife - *Hu Xin Dao*
3. Green dragon comes out of water - *Qin Lung Choo Shui*
4. Whirlwind scatters clouds - *Feng Juan San Yun*
5. White clouds cover peak - *Bai Yun Gai Ding*
6. Black tiger seeks the mountain - *Hei Hu Su Shan*
7. Su chin backs up his sword - *Su Chin Bei Jian*
8. Golden rooster stands on one leg - *Jin Ji To Li*
9. Fluttering wind cuts grass - *Yin Feng Jan Cao*
10. Waist slash kills white snake - *Yo Jan Bai She*
11. Three rings circle sun - *Jir To San Wan*
12. Dispel clouds, gaze at the moon - *Boh Yun Wan Yuea*
13. Left/right part grass to look for snake - *Tso Yo Boh Tsao Shun She*
14. Green dragons comes out of water - *Qin Lung Choo Shui*
15. Whirlwind scatters clouds - *Feng Juan San Yun*
16. Swallow parts golden wings - *Yen Bien Jin Shir*
17. Night demon searches sea - *Yea Cha Tan Hai*
18. Overturn body and chop (jump high) - *Fan Xin Kan*
19. Turn body and chop again - *Hei Xin Zai Kan*
20. Yellow dragon disturbs water thrice - *Huang Lung San Jiao Shui*
21. Double stomp feet - *Suang Jen Jiao*
22. Fair maiden at shuttles - *Yun Nu Chuan So*
23. Waist slash kills white snake - *Yo Jan Bai She*
24. Eight directions posture - *Ba Fang Shih*
25. Raise yin knife - *Liao Yin Dao*
26. White snake spits tongue - *Bai She To Xin*
27. Protecting Heart knife - *Hu Xin Dao*
28. White crane cools wings - *Bai hao Liang Shih*
29. Penetrating palm - *Chuang Xin Zhan Chuang*
30. Turn back of knife - *Fan Bei Dao*
31. Golden roosters on one leg - *Jin Ji To Li*
32. Slanted sheering - *Pi Shen Shea Gwa*
33. Sweep 1000 soldiers horizontally - *Heng Zao Chen Jwin*
34. Open and close - *Kai He Shih*
35. Night demon searchers sea - *Yea Cha Tan Hai*
36. White monkey offers fruit - *Bai Yueng Shen Guo*
37. Embrace the moon - *Wai Jung Bao Yue*
38. Close form - *Shou Shih*



太極刀

The energy and actions of the Dao (broadsword) are to be quick and fierce. It's likened to the Tiger fighting, in contrast to the Jian (sword) whose movements should reflect the Phoenix. Though each movement should be quick and strong be careful not to slur the movements together.