

Yang Style Tai-Chi Sword (32)

Tuck, step, arms up, inhale, cross, come back and tap
Immortal Guardian points the way
Three rings go around the moon, one, two, three
Catch, needle to the sea bottom
Step back and get ready, biggest star in the Big Dipper, chop
Swallow skims the water
Sit, come forward, right block, left block
Half step in, sword over the head, probe the sea bottom
Embrace the moon, bird flies to the forest for lodging

Black Dragon wags its tail, green Dragon emerges for the water
Turn, lift leg, wind rolls the Lotus leaves
Lion shakes its head, step back and get ready
Tiger holds its head, step, thrust, wild horse jumps over the stream
Smallest star in the Big Dipper, turn and chop
Fish the moon from the sea bottom

Come back, turn, chop, shoot the Wild Goose
White Ape offers fruit
Brush dust against the wind, one, two, three
Push the boat with the current
Shooting Star chases the moon
Heavenly Steed soars across the sky

Lift the curtain
Left, wheel the sword
Right, wheel the sword
Great Roc spreads its wings
Wasp enters the cave
Embrace the moon
Winds sweep the Plum Blossoms
Compass points to the South
Closing