

# COMBAT SWORDS OF THE DRAGON AND PHOENIX



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Compiled and Edited by  
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## Preface

This *Lung Feng Shuang Chien* (a pair of swords named after the dragon and the phoenix) is compiled from and based upon the *Ching Lung Shuang Chien* of the *Cha Chuan* category, the *Mei Hwa Shuang Chien* of the *Lu Ho Chuan* category, and the adoption of certain actions of the *Lung Hsing Shuang Chien* of the *Pa Kua Chuan* category, *Chuan Lin Shuang Chien* of the *Cha Chuan* category, and the *Lung Feng Shuang Chien* of the *Tsao Chuan* category. Within the Method of Body, Step, Hand, and Eyes, the basic requirements of the traditional set of styles of fencing have been retained, but the adoption of actions and arrangement of the sequences have been adjusted. It thus may be remarked that it has gathered all their specialties; it is both an inheritance and the creation of a new set of styles.

This *Shuang Chien* style is more suitable for those who have already had basic training on *Chuan Shu*. For beginners, in order to be convenient to practice, it is best to make proper revisions based upon individual capabilities or to adopt portions of the actions in order to reduce the degree of difficulty.

This *Shuang Chien* is named after the dragon and the phoenix so as to signify that after it is learned well, its set of styles will be as beautiful and as vivid as the flight of the dragon and the dancing of the phoenix; strong and gentle, vigorous and graceful.

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## NAMES OF THE ACTIONS

### Preparatory Action

1. Grasping the swords on insubstantial step (a fairy points out the road).
2. Grasping the swords with the right leg lifted at middle height (white snake discloses message).
3. Holding the swords with legs crossed (carrying the moon in the bosom).

### First Section

1. Turning, resting, and cutting (the wind blows at the lotus).
2. A rightabout stabbing (golden compass needle).
3. A rightabout dotting (*Tai Kung* fishing).
4. To stab on insubstantial step (skillful lady threads the needle).
5. Pressing the swords standing on one leg (two dragons sipping the water).
6. Jumping and spreading the swords (wild horse spreads its mane).
7. Framing parallel swords on insubstantial step (to pull up clothes while walking).
8. To pull up the swords on insubstantial step (to pull up clothes while walking).
9. Jumping and twisting the waist with legs crossed (a sparrow hawk somersault).
10. Stabbing down obliquely standing on one leg (*Na Cha* tempts the sea).

### Second Section

11. Pulling the swords rightward in walking steps (swallow flying through the woods).

12. Pulling the swords leftward in walking steps (swallow flying through the woods).
13. Pulling and stabbing at bowing step (golden compass needle).
14. To stab by turning the body and withdrawing a step (a lovely girl picking flowers).
15. To cross the swords after turning and withdrawing (a flowery cross).
16. Vaulting and balancing (*Liu Hai* teasing the toad).

### Third Section

17. Turning over and plunging (swallow skating over the water surface).
18. Splitting the swords with crossed legs (golden flowers falling on the ground).
19. Turning, jumping, casting, and splitting (to split the *Hua Shan* vigorously).
20. Stabbing at bowing step (young lad presenting books).
21. Stabbing at bowing step after a turn (a lovely girl presents the lute).
22. Pulling up the swords with legs crossed (the rhinoceros looking at the moon).
23. Chopping down on parallel footing (sturdily mincing the golden stone).
24. Holding the swords standing on one leg (two dragons blow their whiskers).

### Fourth Section

25. Paring rightward and piercing (piercing fish in the clear stream water).
26. Paring leftward and piercing (piercing fish in the clear stream water).
27. Right paring and piercing (piercing fish in the clear stream water).
28. Holding the swords on a resting step (old tree with gnarled roots).
29. To display the swords on a resting step after various turns (lotus leaves waving in the wind).
30. Chopping left upward followed by horse riding step (fairy sleeping).
31. Chopping right upward followed by horse riding step (fairy sleeping).

### Fifth Section

32. Casting and lifting (the roc spreads the wings).
33. To dash the swords on squatting step after a swing (dragonfly sipping the water).
34. To dash down the swords at bowing step after turning (a phoenix nodding).
35. To tighten standing on one leg (carrying the mountain to catch the sun).
36. Tightening and balancing in looking at the moon posture (a martin spreading its wings).
37. To cut down with one withdrawal step and to display by lifting the left foot up high (to flourish the whip to urge forward the horse).
38. Jumping by the left foot and poking (beat the grass to poke about for snakes).
39. Jumping with the right foot and poking (beat the grass to poke about for snakes).
40. Suspending, pressing, and squatting with legs crossed (to turn the head looking at the moon).

### Sixth Section

41. Piercing in a bowing step after turning rightabout (the green dragon coming out of the water).
42. To turn in an arc, kicking, and staying in "looking up posture" (the martin pecking the mud).
43. Suspending backward and spreading the swords on a resting step (flowers hiding beneath the leaves).
44. Casting and sweeping (the autumn wind sweeping the leaves).
45. Tightening forward, chopping backward, and balancing in a looking at the moon posture (the white hare running to the moon).
46. To stab on insubstantial step (golden compass needle).
47. Turning rightabout, casting and holding the swords standing on one leg (two dragons blow their whiskers).

### Seventh Section

48. Stabbing left and stabbing right (golden compass needle).
49. Rightabout piercing on a casting step (golden snake slinking).
50. Framing on insubstantial step (golden compass needle).
51. Drawing, kicking, and crooking the right leg high to the back (knocking the crown behind).
52. Piercing on a casting step after turning and jumping (searching for pearls at the bottom of the sea).
53. Pulling up the swords with legs crossed (the rhinoceros looking at the moon).

### Eighth Section

54. Stepping across while suspending and splitting (wind and fire wheels).
55. Jumping and turning while suspending and splitting (wind and fire wheels).
56. Splitting at bowing step (to split open the mountain and the river).
57. Turning back and cutting down (the green dragon probing with its paw).
58. Cutting down standing on one leg (the phoenix spreads its wings).

### Concluding Action

1. Taking the swords in the right hand while swinging and turning (the python turning over its body).
2. Circling the swords and resting on crossed legs (the wild goose flies down to the flat sand).
3. Standing up with the swords (the beautiful phoenix returns to its nest).

## EXPLANATION OF ACTIONS

### Preparatory Action

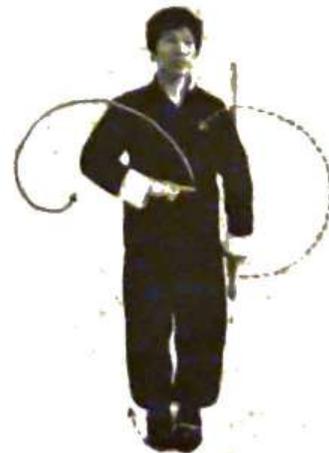


#### *Preparatory form:*

Stand erect, feet close and parallel to each other. Stick out the chest, contract the belly, straighten the waist. Both arms drop naturally to the sides. Hold the two swords by the left hand with palm backward. Hold the swords close behind the left forearm, pointing upward. Form "the sword-finger" with the right hand. Look straight ahead (See Fig. 1).

1. Grasping the swords on insubstantial step (a fairy points out the road).

a. Feet unmoved, turn the upper part of the body slightly to the left. With crooked elbow, the right arm accompanies the turn of the body. Stretch forth the sword-finger in front of the belly, palm downward; eyes follow the sword-finger (See Fig. 2).





b. Withdraw the right foot. Bend the left leg slightly, and turn the upper part of the body slightly to the right. Circle the sword-finger to the right front with a straight arm. At the right, bend the elbow to bring the finger to the waist's right side, palm upward. The reversed left hand grasps the swords with a straight arm and circles to the left front. At the front, bend the elbow to hold up the swords horizontally in front of the chest, palm downward. Hold the swords closely beneath the left forearm. Eyes follow the left hand (See Fig. 3).

c. Move back the upper part of the body. Bend the right leg, half squatting. Move the left foot slightly to the right, with toes touching the ground. Bend the left leg to form the left insubstantial step. Meantime, turn the upper part of the body to face the front. The left hands grasping the sword, draws an arc downward and leftward till dropping at the side of the left thigh, pointing upward. Point the right sword-finger horizontally to the right, palm leftward. Look ahead (See Fig. 4).



2. Grasping the swords with the right leg lifted at middle height (white snake discloses message).

Shift your gravity forward. Step forward with the left foot half a step. Straighten the left leg. From the back raise the crooked right leg; kick it out horizontally to the chest level to the front with instep flat. Meantime bend the right arm, keep the sword-finger at the right side of the waist, palm upward. Bend the left arm. Bring the swords in the left hand near the waist. Stretch out the straight arm horizontally to the front, palm downward. Keep the swords close to the forearm. Look at the left hand (See Fig. 5).

3. Holding the swords with legs crossed (carrying the moon in the bosom).

a. Plant the left foot. Step with the right foot across to the left. Do not move the right hand. Bend the left arm. Bring the left hand, which is grasping the swords, close to the left breast (See Fig. 6).





b. Plant the right foot. Move the left foot crosswise one step leftward. The right hand sword-finger, with straight arm, circles downward to stretch out rightward, *hu kou* upward. The eyes follow the right hand (See Fig. 7).

c. Plant the left leg. Step leftward with the right foot behind the left leg. Bend the left leg slightly. Turn the upper part of the body to the left and incline to the left slightly. At the same time circle the left hand downward from the chest front. Move the right hand to the sword hilt, keeping the right elbow on a plane with the left. Touch the sword hilt and circle upward and leftward. Stop at chest front, palm inward, ready to hold the swords. Look at the points of the swords (See Fig. 8).



Note: *hu kou* used in this book refers to 'tiger mouth' the part between thumb and index-finger.

### First Section



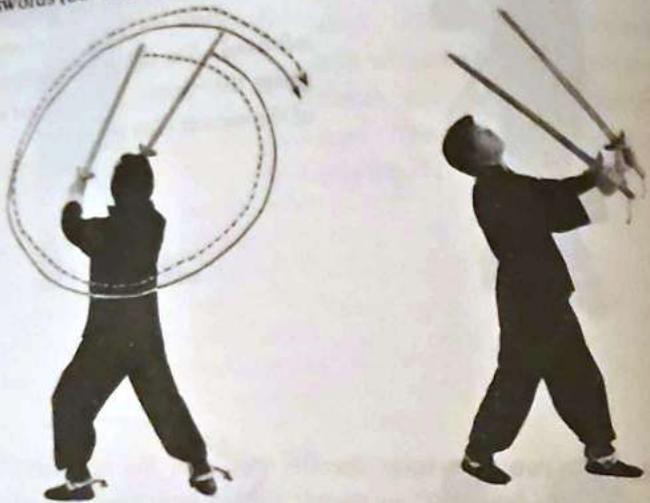
1. *Turning, resting, and cutting* (the wind blows at the lotus).

a. Plant the body. Loosen the left hand. The right hand receives and grasps the swords. Look at the points of the swords (See Fig. 9).

b. Roll the two soles upon the ground to turn the body 90° to the right. The right hand holding the swords follows after the turning of the body, drawing a half circle with the point of the swords. The path of the turn is from left downward to right upward. When the point of the swords is upward, the left hand takes one sword. Look at the swords (See Fig. 10).



c. Use the feet to pivot the body continuously to the right. Lean backward. At the same time swing the swords with the hands to circle the point of the swords to the right upward direction. Look at the points of the swords (See Fig. 11a, b).



d. Turn the body continuously to the right. Then straighten the upper part of the body. At the same time use the forearms to circle the swords above the head clockwise. Stop at chest front, the right palm downward, the left palm upward, the swords crossed. The right sword is above the left sword. Both point forward and upward. Look at the points (See Fig. 12).



e. Use the left sole and the right heel as pivot. Turn the body continuously  $90^\circ$  to the right. The legs cross each other. Crook the knees and squat, to assume the resting step, right leg on top. At the same time turn the right arm outward with the hand holding the sword. Draw it back to the right with a straight arm and swing obliquely to lift it up, palm upward. Turn the left arm inward, with the hand holding the sword. Swing it circularly downward toward the left with a straight arm. Swing obliquely to cut downward, palm downward. Both arms and swords become an oblique line. Look at the left sword point (See Fig. 13).



2. *A rightabout stabbing (golden compass needle).*  
a. Stand up and use the two soles as pivot to turn the body right about from the left. Circularly swing the left sword while turning the body to let the point pass through the front of the legs from below to the left with a straight arm. Pull it up invertedly, 'hu kou' downward. Bend the right wrist and circularly swing the right sword while turning the body to let the point pass by the body from above to below and to the left, 'hu kou' forward. Eyes follow the left sword (See Fig. 14).



b. Move the right foot one step forward. Bend the right knee, straighten the left leg to become a right bowing step. At the same time lift up the left sword above the left side of the head. Point forward. Thrust the right sword forcefully out from the side of the waist with a straight arm. Look at the right sword point (See Fig. 15).



3. A rightabout dotting (Tai Kung fishing).

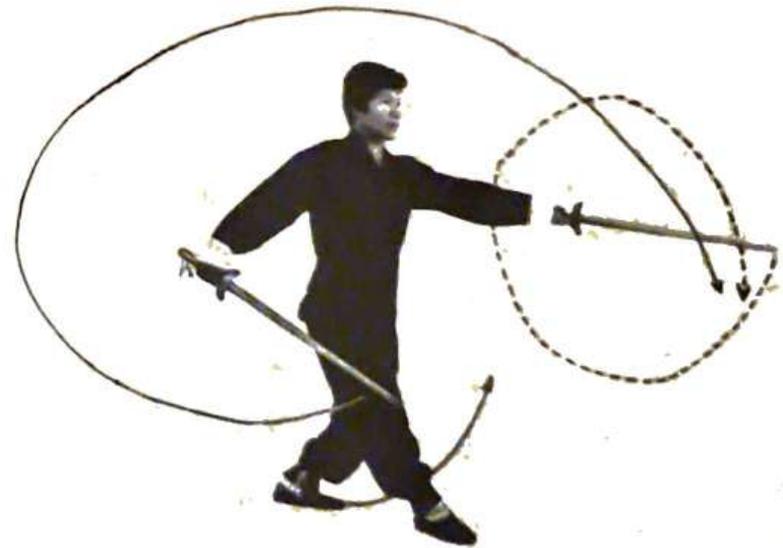
a. Use the right sole as pivot. Turn the body rightabout from the left. Then bring the left foot half a step forward. Chop the left sword down at the front, while turning the body, and bring it back to the left waist side, 'hu kou' upward. Point of the sword forward and down. Turn the sword forward and down. Turn the right arm outward. Crook the elbow to lift the sword from the back of the body, the point of the sword toward the rear. Look straight ahead (See Fig. 16).



b. Straighten the supporting right leg. Bend the left knee and lift it up in front of the body, toe downward. Turn the left arm outward. Crook and lift the elbow to let the sword draw a counter clockwise half circle. Lift it above the left side of the head. Point of the sword forward. Bend the right wrist and thrust the sword forward and down with the momentum (See Fig. 17).

4. To stab on insubstantial step (skillful lady threads the needle).

Step forward with the left foot. Then bring the right foot one step forward. Bend the left knee, half squatting, and bend the right knee with the toe touching the ground so as to become a right insubstantial step. Lower the right sword with the straight arm. Then bring it back to the right side of the body, point forward. Circle the left sword clockwise, stabbing out from the left waist side with a straight arm, 'hu kou' upward, point forward. Look at the left sword point (See Fig. 18).



5. *Pressing the swords standing on one leg (two dragons sipping the water).*

Straighten the supporting right leg. Bend the left knee and lift it in front of the body, toe downward. Turn both arms outward. Use the wrist to draw the swords simultaneously in a vertical circle by counter clockwise. Then cross in front of the left knee, both palms downward, the right sword above. Look at the intersection of the swords (See Fig. 19).



b. Lower the left foot. Bend the left leg. Step forward with the right foot, the toe touching the ground. Do not move the swords. Slightly turn the upper part of the body to the left and incline forward. Look at the intersection of the swords (See Fig. 21).



6. *Jumping and spreading the swords (Wild horse spreads its mane).*

a. Swing the left leg forward. Jump up by thrusting the right foot to the ground forcefully. Suspend the body in mid-air. While in the air, use the right elbow to turn the arm outward, letting the point of the sword circle from the left when reaching the left side, turn the palm upward. At the same time use the left elbow to turn the arm outward, letting the point of the left sword circle from the right. When reaching the right side, turn the palm downward. After circling and twisting, cross the swords in front of the belly, left sword above. Eyes follow the movement of the right sword (See Fig. 20).



c. Step obliquely to the right with the right foot. Bend the right knee. Straighten the left to form a right bowing step. At the same time swing the right sword up to the right with a straight arm. Swing the left sword obliquely with a straight arm to the lower left. Look at the right sword point (See Fig. 22).





7. *Framing parallel swords on insubstantial step (to pull up clothes while walking).*

Shift the gravity of the body to the left rear. Bend the left leg. Draw the right foot back half a step, the toe touching the ground. Crook the left elbow. Lift the sword above the left side of the head by letting the point of the sword circle upward and forward. Turn the right arm outward. Crook the elbow to draw the sword to the body front, palm rightward. The swords are parallel. Look at the right sword point (See Fig. 23).

8. *To pull up the swords on insubstantial step (to pull up clothes while walking).*

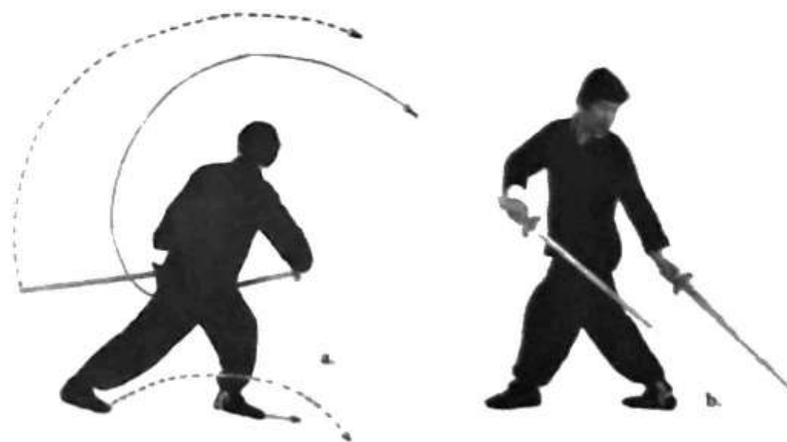
a. Step forward half a step with the right foot. Bend the right knee. Straighten the left leg. Turn the upper part of the body to the left. At same time draw a half vertical circle with both swords, passing the left side of the body backward and downward, both 'hu kua' backward, right palm inward, left palm outward. Eyes follow the swords (See Fig. 24)



b. Set the right toe outward. Turn the body to the right. Move the left foot one step forward, with the toe touching the ground. Bend the right knee, squatting to support the weight of the body in a left insubstantial step. Continue the swords movement from the back of the body downward and forward and pull them up upward as to draw another half a circle. Stop the right sword above the right side of the head. Bend the left elbow. Hold the left sword at the left chest front, both points forward and upward. Look straight ahead (See Fig. 25).

9. *Jumping and twisting the waist with legs crossed (a sparrow hawk somersault).*

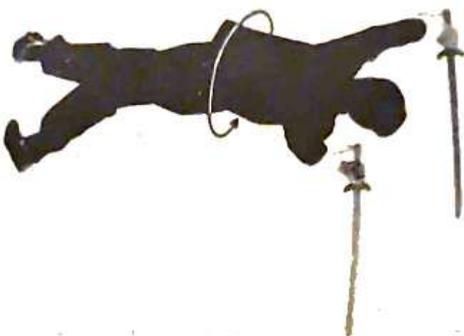
a. Point the left toe outward. Shift the gravity forward. Turn the upper part of the body to the left. At the same time draw half a circle by moving the swords downward and left rear, points toward the left rear. Look at the point of the left sword. (See Fig. 26a, b).



b. Step to the ground forcefully with the left foot and jump up. Skip the right foot a big step rightward. Continue circling the swords upward and rightward. Eyes follow the swords (See Fig. 27).



c. Meanwhile move the left foot rightward behind the right leg. Incline the upper part of the body to the right. Stab out with the swords right upward, right palm inward, left palm outward. Look at the points of the swords (See Fig. 28).



d. Use the two soles as pivots and twist and turn the body from left above. The direction of the swords remains the same. Move the head under the two arms. Look at the points of the swords (See Fig. 29).



10. *Stabbing down obliquely standing on one leg (Na Chia tempts the sea).*  
a. Roll the left sole on the ground. Turn the body to the left. Step forward one step with the right foot. At the same time circle the swords downward, passing to the rear by the left side of the body. The eyes follow the swords (See Fig. 30).



b. Shift your gravity to the right. Incline the upper part of the body. Straighten the supporting right. Bend and raise the left knee, toe downward. Continue the circling of the swords upward and right forward. Stab the right sword obliquely downward with a straight arm, palm upward. Crook right sword obliquely downward with a straight arm, palm outward. Look at the left elbow. Stop the left sword above the head, palm outward. Look at the point of the right sword (See Fig. 31).



## Second Section

11. *Pulling the swords rightward in walking steps (swallow flying through the woods).*

a. With the left foot step to the left rear. Bend the knee, bowing. The right leg straightens. Turn the body slightly to the left. Drop the swords with the momentum of the bowing step. Turn the left arm outward and bend slightly. Turn the right arm inward and straighten it, palms facing each other. Points of the swords point right and downward. The eyes follow the point of the left sword (See Fig. 32).



b. Turn the upper part of the body to the left. Step forward with the right foot. Bend the right knee slightly. Straighten the left leg naturally. Incline the upper part of the body forward. Pull the swords forward while stepping. Lift the bent left elbow. Straighten the right arm. Eyes follow the point of the left sword (See Fig. 33).



c. Step forward to the left with the left foot. Bend the left leg slightly. Straighten the right leg naturally. Continue pulling the swords forward and upward. The eyes follow the point of the left sword (See Fig. 34).



12. Pulling the swords leftward in walking steps (swallow flying through the woods).

a. Step forward to the right with the right foot. Bend the right knee, bowing. Straighten the left leg. Turn the body slightly to the left. Circle the swords with the momentum of the bowing step, upper left rear, then downward. Bend the right elbow slightly. Straighten the left arm, palms facing each other. Points of the swords point toward left rear. Eyes follow the point of the left sword (See Fig. 35).





b. Step forward to the right with the left foot. The toe touches the ground. Turn the body rightabout  $180^\circ$ . Bend the right knee slightly. Pull up the swords with the momentum of stepping from left rear to the upper right. Eyes follow the point of the right sword (See Fig. 36):

13. Pulling and stabbing at bowing step (golden compass needle).

a. Move the right foot forward to the left. The right leg bends slightly, the left leg straightens naturally. Wave the swords upward and rightward, then downward; palms facing each other; points of the swords pointing backward; the left arm bent; the right arm straight. Eyes follow the point of the right sword (See Fig. 37).



b. Move the left foot forward to the left. Bend the left leg, bowing. Straighten the right leg. With a straight arm pull the left sword forward in reverse, point downward. Turn the right arm inward. Twist the wrist to move the point of the sword so that it circles from the back downward. Eyes follow the point of the left sword (See Fig. 38).



c. Step forward one step with the right foot. Bend the right knee, bowing. Straighten the left leg to make a right bowing step. Put on the left sword by lifting the left arm. Stab out from the right waist side with the right sword horizontal. Look at the point of the right sword (See Fig. 39).



14. To stab by turning the body and withdrawing a step (A lovely girl picking flowers).

a. Lower the left sword to the right ribs, elbow bent. Use the two soles as pivots to turn the body to the left rightabout. Withdraw the straightened left foot. Bend the right leg, bowing. Point the right sword down while turning the body with the straight arm in front of the body hanging the sword. Eyes follow the point of the right sword (See Fig. 40).



b. Turn the left toe outward. Turn the body to the left. Cross the right foot to the left in front of the left leg. The left sword remains unchanged. Turn the right arm outward. Stab out the right sword by circling its point from the body front to the upper left, then rightward, palm upward. Incline the body to the right. Look at the point of the right sword (See Fig. 41).



15. To cross the swords after turning and withdrawing (a flowery cross).

a. Roll the two soles on the ground. Use the right arm as a pivot. Turn the body from the left to the rear. Pass the head under the right arm. Look at the point of the right sword (See Fig. 42).



b. Roll the feet on the ground. Turn the body to the left. Bend the right leg, squatting. The left toe touches the ground. Do not move the left sword. Swing the right sword downward from the left side of the body to the rear. Cross the arms, with the right one above. The points of the swords point to the rear. Look ahead (See Fig. 43).



c. Withdraw the left foot one step. Raise the arms. Cross the swords by moving the points forward and upward from the rear (See Fig. 44).



d. The left foot remains planted. Withdraw the right foot so as to do the splits, left toe up. Press the inner side of the right foot to the ground. Spread the swords from the body front to their respective sides, arms horizontal, swords erect, palms toward the front. Look ahead (See Fig. 45).



16. Vaulting and balancing (Liu Hai teasing the toad).

a. Press with the legs so as to jump up in the air. Return to the ground at once, feet parallel, knees bent, squatting slightly. Circle the arms upward and forward. Then bring back the swords to the sides of the waist. Hold the swords horizontally, points forward. Look ahead (See Fig. 46, 47).



Fig. 46



Fig. 47

b. Step forcefully with the left foot and jump up. Skip the right foot forward and step down. Bend the supporting right. Crook the left knee to lift the foot backward. Using wrist circle the swords vertically clockwise at the sides of the body. Then cross the swords in front of the belly, right sword above. Incline the body slightly forward. Look ahead (See Fig. 48).



c. Straighten the supporting right leg. Stretch out the left leg to the rear and lift it up high, instep flat, sole upward. The upper part of the body inclines forward, balancing in a swallow posture. Arms stretch out horizontally, palms downward. The points of the swords are forward. Look ahead (See Fig. 49).



### Third Section

17. *Turning over and plunging* (swallow skating over the water surface).

a. Cross the swords. Roll the right sole on the ground. Turn the upper part of the body from left to right (See Fig. 50).



b. Stretch the arm forward along the head. Continue the turning of the body to the rear, passing the head beneath the arms. Spread the swords naturally, with the right sword above the head. Bend the left leg. Eyes follow the point of the right sword (See Fig. 51).

c. Continue the turning of the body leftward and backward. Lower the left foot while the body turns back to the right side, knee bent slightly. Straighten the right leg naturally. Swing the swords down to the left with the momentum of turning. Bend the right arm, palm inward. Straighten the left arm, palm outward. Eyes follow the point of the left sword (See Fig. 52).

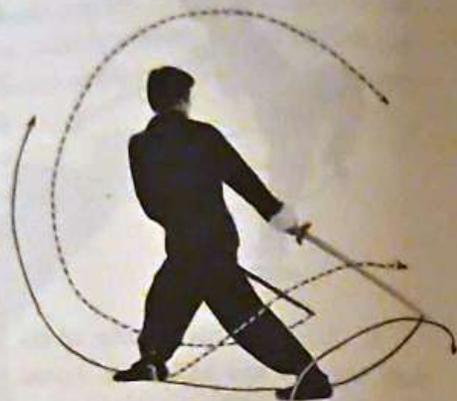


d. Step forcefully on the left foot and jump up. Skip the right foot to the right, suspending the body in mid-air. Lift the swords from the left (See Fig. 53).



18. *Splitting the swords with crossed legs* (golden flowers falling on the ground).

Lower the right foot. Move the left foot to the right rear. Bend the right leg. Straighten the left leg. Split the swords from above to the lower right. Bend the left arm, palm inward. Straighten the right arm, palm outward. Look at the point of the right sword (See Fig. 54.)



19. *Turning, jumping, casting, and splitting* (to split the *Hua Shan* vigorously).

a. Incline the upper part of the body forward. Make a turn from left to right. Pull up the swords from the right, passing downward to the left and upward circularly with a bent arm. Straighten the torso while turning to the rear and make a left turn. Raise the left foot. Step forcefully on the right foot to jump up. Suspend the body in mid-air (See Fig. 55).

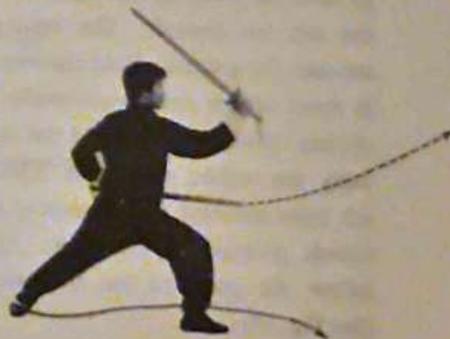


b. The left foot comes down first. Bend the left leg and squat down. At the same time turn the upper part of the body to the left. Move the right foot to the right side of the body. Thrust out the right leg, forming a right casting step. Immediately split the swords from above to the lower right. Straighten the right arm. Bend the left arm. The points of the swords are to the right. The palms face each other. Look at the point of the right sword (See Fig. 56).



20. *Stabbing at bowing step* (young lad presenting books).

a. Stand up. Shift the gravity of the body forward. Bend the right leg, bowing. Straighten the left leg. Crook the right wrist. Hold the right sword obliquely in front of the right shoulder, the point of the sword to the rear. Bring the left sword close to the left waist side. Look ahead (See Fig. 57).



b. Move the left foot one step forward. Bend the left leg, bowing. Straighten the right leg. Stab the left sword forward. Look at the point of the left sword (See Fig. 58).



21. *Stabbing at bowing step after a turn* (a lovely girl presents the lute).

a. Stand up. Pivot on the feet to turn the body to the right. Move the left toe inward. The right toe touches the ground. Hold the swords in front of the chest horizontally by circling them from above to the right using the wrists; right palm inward; left palm outward; both points of the swords pointing to the right. Eyes follow the point of the left sword (See Fig. 59).



b. Roll the left sole on the ground. Bend the right leg to raise the knee. Move the upper part of the body from the right to the rear. With the momentum of turning, thrust out the swords to the lower right. The eyes follow both points of the swords (See Fig. 60).



c. Turn the upper part of the body to the right. Step forward with the right foot. Bend the right leg, bowing. Straighten the left leg. With straightened arms stab the swords forward. Look at the points (See Fig. 61).



22. *Pulling up the swords with legs crossed* (the rhinoceros looking at the moon).

a. Straighten the right leg. Turn the body to the left. Bend the left leg. Draw half a circle vertically by moving the points of the swords from above to the left. Straighten the left arm. Bend the right arm. Palms face each other. Eyes follow the movement of the swords (See Fig. 62).

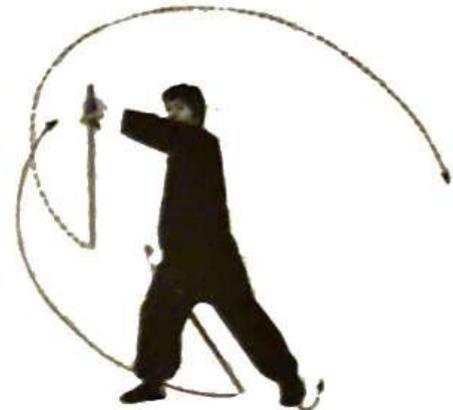


b. The right foot remains planted. Bring the left foot to the right, behind the right leg. Incline the body to the left and twist the waist to the right. From the left swing the swords circularly downward and rightward and pull them up. Turn the right arm inward. Straightening it, the palm backward. Turn the left arm outward, bent, palm forward. The points of the swords point to the right upward. Look at the point of the right sword (See Fig. 63).



23. *Chopping down on parallel footing* (sturdily mincing the golden stone).

a. Pivot on the soles. Roll them on the ground to turn the body to the left. Raise the left sword to the front of the body by drawing it down and up (while turning the body). Drop the right one with the circular momentum. Eyes follow the point of the left sword (See Fig. 64).



b. Continue the turning of the body from left to the rear. Bend the left leg, bowing. Straighten the right leg naturally. Chop the left sword down from above while the body turns. Lift the right sword above the head. The point is to the rear. Eyes follow the point of the left sword (See Fig. 65).

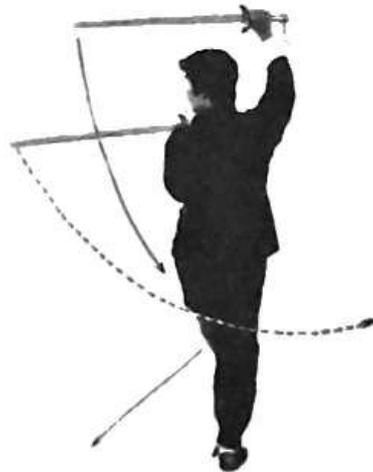


c. Bring the right foot close to the left in a parallel step. Bend both legs and squat down. Crook the left wrist and stir up the sword, point upward. Chop the right sword down with the momentum, point forward. Look at the point of the right sword (See Fig. 66).



24. Holding the swords standing on one leg (two dragons blow their whiskers).

Straighten the legs. Set the right heel outward. Turn the body to the left. Stand on the supporting right leg. Raise the left leg, knee bent, toe downward. Raise up the right arm. Hold the sword horizontally above the head, palm forward. Bend the left arm in front of the chest, palm inward. Hold the sword parallel to the right one. All point to the left side of the body. Look to the left (See Fig. 67).



#### Fourth Section

25. Passing rightward and piercing (piercing fish in the clear stream water).

a. Lower the left foot to the left of the body. Bend the knee, bowing. Turn the upper part of the body from the left toward the rear. Straighten the right leg naturally. Circling the points of the swords from the left rear, palms facing each other. Eyes follow the point of the left sword (See Fig. 68).



b. Continue the paring. Pare the left sword from the left to the upper right left by circling its point with a straight arm, palm outward. Pare the right sword to the left, palm inward. Turn the upper part of the body while paring to the right. Eyes follow the point of the left sword (See Fig. 69).



c. Plant the left foot. Step forward one step with the right foot. Bend the right leg, bowing. Straighten the left leg naturally. Pare the left sword by circling the point downward and to the rear at the right side of the body. Pare the right sword down by circling the point upward and forward from the rear. Cross the arms in front of the chest, with the left arm above. Eyes follow the point of the left sword (See Fig. 70).



d. Plant the right foot. The left foot moves one step forward. Bend the left leg, bowing. Straighten the right leg naturally. Turn the upper part of the body slightly to the right. Pare the left sword upward and forward from the rear by circling the point with a straight arm, 'hu kou' downward, palm outward; point up and forward. Pare the right sword downward and backward from the front by circling it with a straight arm, 'hu kou' downward; point to lower rear. The arms form an oblique line. Eyes follow the point of the left sword (See Fig. 71).



e. Keep the feet in the same place. Turn the upper part of the body to the left. Pare the left sword down by circling the point counterclockwise from the left side of the body with a straight arm, 'hu kou' upward, palm outward. Pare the right sword up by circling the point upward and forward with a straight arm; point forward and down; 'hu kou' downward, palm outward. Eyes follow the point of the left sword (See Fig. 72).



f. Keep the feet in the same place. From the rear circle the left sword forward and upward. The right sword pierces backward and downward. 'Hu kou' downward; palm outward. Turn the torso to the right. Eyes follow the point of the right sword (See Fig. 73).



g. Bend the left leg, squatting down fully. Thrust the right leg out. Then turn the torso to the right. Thrust the swords simultaneously downward and rightward. Incline the body slightly forward. Bend the left arm, palm inward. Straighten the right arm, palm outward. Eyes follow the point of the right sword (See Fig. 74).



h. Turn the body to the right. Move the center of gravity forward. Bend the right leg, bowing. Straighten the left leg naturally. Hold the right sword horizontally in front of the body. Bring the left sword close to the left waist side. Look at the point of the right sword (See Fig. 75).



i. Shift the center of gravity to the rear. Stand up on the left leg. Bend and raise the right leg. Do not move the left sword. Crook the right wrist to set the point of the right sword upward. Eyes follow the point of the right sword (See Fig. 76).



j. Set the left heel outward. Turn the body to the right. Hold the right sword horizontally in front of the chest, arm bent, palm inward. Lift the left sword horizontally above the head by circling the point leftward and upward with a straight arm, palm outward. Look at right (See Fig. 77).

26. *Paring leftward and piercing* (piercing fish in the clear stream water).

a. Lower the right foot to the right of the body. Bend the knee, bowing. Turn the upper part of the body from the right toward the rear. Straighten the left leg naturally. Pare by circling the points of the swords downward and rightward. Palms face each other. Eyes follow the point of the right sword (See Fig. 78).



b. Continue the movement. Pare the right sword by circling the point from the right upward and leftward, palm outward. Pare the left sword continuously to the right, palm inward. Turn the torso to the left. Eyes follow the point of the right sword (See Fig. 79).



c. Plant the right foot. Move the left foot one step forward. Bend the left leg, bowing. Straighten the right leg naturally. Pare the right sword by circling the point (from the front) downward to the rear at the left side of the body. Pare the left sword down by circling the point from the back upward and forward. Cross the arms in front of the chest, with the right arm above. Eyes follow the point of the right sword (See Fig. 80).



d. Plant the left foot. Move the right foot one step forward. Bend the right leg, bowing. Straighten the left leg naturally. Turn the body slightly to the left. Pare the right sword by circling the point upward and forward from the rear with a straight arm; 'hu kou' downward; palm outward, point up and forward. Pare the left sword by circling the point downward and backward from the front with a straight arm; 'hu kou' upward; point back and downward. The arms form an oblique line. Eyes follow the point of right sword (See Fig. 81).



e. Keep the feet in the same place. Turn the torso to the right. Pare the right sword by circling the point from the right side of the body to the rear with a straight arm, 'hu kou' upward, palm outward. Pare the left sword by circling the point upward and forward with a straight arm; point forward down; 'hu kou' downward; palm outward. Eyes follow the point of the right sword (See Fig. 82).



f. Keep the feet in the same place. From the rear circle the right sword upward and forward. Thrust the left sword downward and backward with a reverse arm; 'hu kou' downward; palm outward. The torso turns to the left. Eyes look at the point of the left sword (See Fig. 83).



g. Bend the right leg, squatting down fully. Thrust out the left leg. Turn the torso to the left. Simultaneously thrust the swords downward and leftward. Incline the body slightly forward. Bend the right elbow, palm inward. Straighten the left arm, palm outward. Eyes follow the point of the left sword (See Fig. 84).



h. Turn the body to the left. Shift the center of gravity forward. Bend the left leg, bowing. Straighten the right leg naturally. Turn the left arm outward. Hold the left sword in front of the body, 'hu kou' upward. Bring the right sword close to the right waist side. Look at the point of the left sword (See Fig. 85).



i. Shift the center of gravity to the rear. Stand up on the right leg. Bend and raise the left knee. Do not move the right sword. Bend the left wrist to set the point of the left sword upward. Eyes follow the point of the left sword (See Fig. 86).



j. Set the right heel outward. Turn the body to the left. Hold the left sword horizontally in front of the chest, arm bent, palm inward. Lift the right sword horizontally above the head by circling the point right and upward with a straight arm; palm outward. Look left (See Fig. 87).



27. *Right paring and piercing* (piercing fish in clear stream water).

- a. (Fig. 88) same as (Fig. 68) of action 25.
- b. (Fig. 89) same as (Fig. 69) of action 25.
- c. (Fig. 90) same as (Fig. 70) of action 25.
- d. (Fig. 91) same as (Fig. 71) of action 25.
- e. (Fig. 92) same as (Fig. 72) of action 25.
- f. (Fig. 93) same as (Fig. 73) of action 25.
- g. (Fig. 94) same as (Fig. 74) of action 25.



Fig. 88



Fig. 89



Fig. 90

150mm HEAVY



Fig. 91



Fig. 92



Fig. 93



Fig. 94

28. *Holding the swords on a resting step (old tree with winding roots).*

a. Straighten the body slightly and turn to the right. Bring the left foot half a step closer to the right, legs half squatting. Crook the right wrist to set the right sword straight upward. Eyes follow the point of the right sword (See Fig. 95).



b. Use the right heel and left sole as pivots to turn the torso continuously to the right. Cross the legs. Bend the knees and squat down fully on resting steps. From the left circle the swords upward and leftward. Bend the right arm and hold the sword horizontally in front of the chest, palm inward. Bend the left arm slightly. Lift the sword above the head, palm outward. The swords are parallel to each other. Look to the right (See Fig. 96).



29. To display the swords on a resting step after various turns (lotus leaves waving in the wind).

a. The legs remain unchanged. Turn the right arm inward. From the right circle the right sword by moving its point upward and leftward. Cross it with the left sword by setting it behind. Then, from above, lower the swords, palms downward. Look at the intersection of the swords (See Fig. 97).



b. Raise the body slightly. Use the soles as pivots to turn the torso to the left. The swords are still crossed and move with the body (See Fig. 98).



c. Continue the movement. Incline the torso forward and turn to the left. Move the swords with the turning of the body (See Fig. 99).



d. The feet remain unchanged. Twist the waist roundabout from the left to the rear (See Figs. 100, 101).

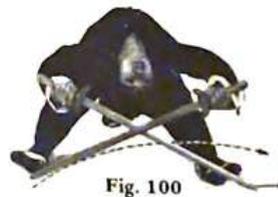


Fig. 100



Fig. 101

e. Continue the movement. Swing the swords to the upper left and turn the torso to the left. Stick out the chest and lean backward (See Fig. 102).



f. Swing the swords horizontally above the face from the leftward to backward. Straighten the torso and turn to the left. Cross the swords in front, left sword above. The palms face each other. Look at the intersection of the swords (See Fig. 103).



g. Use the soles as pivots. Turn the body to the left. Cross the legs. Crook the right wrist to swing the sword obliquely to the upper right. Turn the left arm outward with palm upward. Swing the sword obliquely to the lower left. The two hilts meet in front of the chest. The two swords form an oblique line. Look at the point of the left sword (See Fig. 104).



h. Bend the knees to squat down in resting steps. Stab out the swords in opposite directions. Bend the right elbow slightly. Look at the point of the left sword (See Fig. 105).



30. *Chopping left upward followed by horse riding step (fairy sleeping).*

a. Stand up. Move the left foot to left front. Do not move the right foot. Turn the arms inward. Set the palms downward. Swing the left sword forward to the upper right from the left. Hold it in front of the right ribs. Swing the right sword forward to the lower left from the right. Hold it in front of the left chest (See Fig. 106).



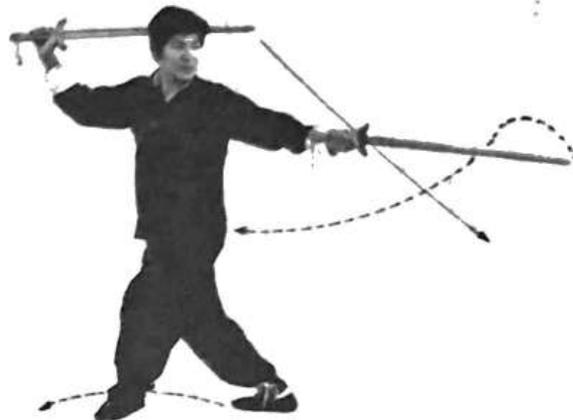
b. Move the right foot forward to the left. At the same time turn the torso to the left and lean back. From the left circle the right sword down to the upper rear. Circle the left sword to the lower front downward and upper left. Eyes follow the point of the right sword (See Fig. 107).



c. Continue the movement. Bring the left foot to the right rear. Turn the body 180° to the left. At the same time use the elbows as pivots. Turn the right arm outward. Turn the left arm inward. Swing the swords continuously above the face. Then set the point of the right sword to the left of the body upward, right palm upward. Set the left sword, point upward, to the right of the body, left palm downward. Cross the swords in front of the chest, left forearm above. Eyes follow the point of the right sword (See Fig. 108).



d. Move the right foot to the left behind the left leg. Bend the left leg slightly. Straighten the right leg naturally. Incline the torso to the right. Chop the left sword obliquely to the upper left with a straight arm, palm downward. Turn the right arm inward. Bend the elbow. Set the sword right upward behind the head, palm upward. Both points are toward the upper left. Look at the point of the left sword (See Fig. 109).



31. *Chopping right upward followed by horse riding step (fairy sleeping).*

a. Move the right foot forward to the right. Do not move the left foot. Lower the right sword to the lower left. The point of the sword is to the left, palm downward. Bend the left elbow. From the upper left circle the left sword forward and rightward and place it above the right sword. The point of the sword is to the right, palm downward (See Fig 110).



b. Move the left foot forward to the right. Meantime turn the torso from the right to the rear and look upward. The swords move with the turning of the body, swinging from the body front to the upper right. Eyes follow the point of the left sword (See Fig. 111).



c. Continue the above movement. Bring the right foot to the left rear and turn the body 180° to the right. Meantime use the elbows as pivots, left arm turned outward, right arm turned inward. Continue the swing of the swords above the face. The point of the left sword points to the right, left palm upward. The point of the right sword points to the left, right palm downward. Cross the swords in front of the body, with right forearm above. Eyes follow the point of the left sword (See Fig. 112).



d. Bring the left foot to the right behind the right leg. bend the right leg slightly. Straighten the left leg naturally. Incline the torso to the left. Chop obliquely to the upper right with a straight arm, palm downward. Turn the left arm inward and bend the elbow. Set the sword left and upward behind the head, palm upward. Both points are toward the upper right. Look at the point of the right sword (See Fig. 113).



#### Fifth Section

32. *Casting and lifting* (the roc spreads the wings).

a. Turn the body to the left. Move the left foot one step horizontally to the left. Bend the right knee and squat fully. Straighten the left leg and move it flatly in a casting step. Turn the right arm outward. Stretch out the right sword by circling it downward and leftward, palm upward. Meantime turn the left arm outward. Move the sword from up to down in front of the body, palm upward. Cross the swords. Look forward and down (See Fig. 114).



b. Stand up. Straighten the left leg. Move forward half a step with the right foot. Touch the ground with the toe. Meantime lower the swords from the body front to the two sides obliquely with straight arms, palms upward. Look straight ahead (See Fig. 115).



33. To dash down the sword on squatting step after a swing (dragonfly sipping the water).

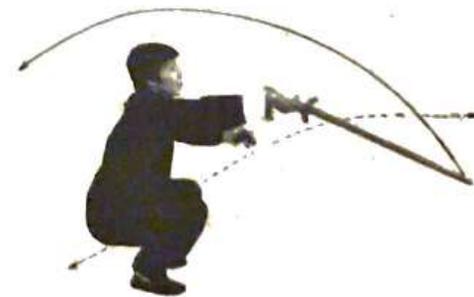
a. Step firmly on the right foot. Bend the right knee. Move forward one step with the left foot. Turn the right arm inward. Bend the elbow and draw a circle by moving the point of the right sword down and leftward, setting it in front of the left ribs, palm downward. Turn the left arm inward. Bend the elbow and draw a circle by moving the point of the left sword forward, down, and rightward, setting it in front of the right ribs, palm downward (See Fig. 116).



b. Turn the upper part of the body to the right. Continue setting the left sword to the right. Continue setting the right sword to the left. The arms are crossed (See Fig. 117).



c. Continue the above movements. Bend the left elbow so as to circle the point of the left sword upward, left, forward, and downward. Then turn the left arm inward. Bend the elbow to hold the sword horizontally in front of the chest, the point of the sword toward the right, palm downward. Meantime bend the right elbow so as to circle the point of the right sword downward, rightward, and upward. Then thrust it to the left front with a straight arm, the point of the sword slightly downward, palm toward the left. While thrusting turn the upper part of the body from the left to face the front. Bend the left leg, squatting fully. Bend the right knee to fix the instep to the back of the left calf, balancing. Look at the point of the right sword (See Fig. 118).



34. To dash down the swords at bowing step after turning (a phoenix nodding).

Lower the right foot behind. Turn the body right about. Bend the right leg, bowing. Straighten the left leg. While the body is turning, the two swords move in synchronization from the body front upward, then swing forward and backward with arms straight; both 'hu kou' upward. The points of the swords point down. Look at the point of the right sword (See Fig. 119).



35. To tighten standing on one leg (carrying the mountain to catch the sun).

Move the gravity of the body to the rear. Straighten the supporting left leg. Bend and raise the right leg, toe downward. Crook both wrists to make the points of the swords taut. Both elbows are bent slightly. The points of the swords are upward. Look at the point of the right sword (See Fig. 120).

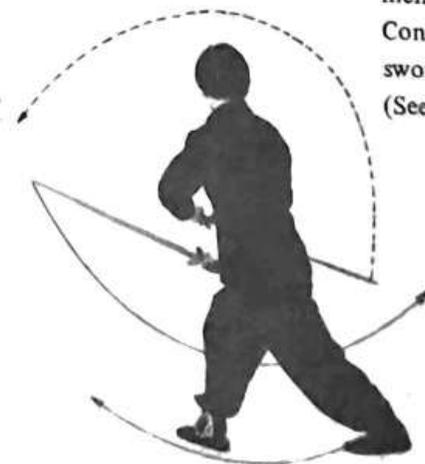


36. Tightening and balancing in looking at the moon posture (a martin spreading its wings).

a. Lower the right foot to the front. Turn the right arm inward. Circle the sword by moving the point of the sword forward and downward, then from the left side backward and upward. Meantime turn the left arm inward. Circle the sword by moving its point forward and downward. Cross the arms, right arm under-neath. Eyes follow the point of the left sword (See Fig. 121).



b. Continue the above movements. Turn the torso to the right. Continue the circling of the right sword by moving the point to the right (See Fig. 122).



c. Continue the above movement. Circle the left sword by moving the point continuously upward and leftward. Continue the circling of the right sword downward and rightward. Palms are toward the front. The points of the swords are obliquely upward. Draw the left foot from behind. Eyes follow the point of the right sword (See Fig. 123).



d. Plant the right foot. Cross the left foot to the right in front of the right leg. Turn the left arm inward. Circle the left sword by moving the point downward, passing the body front, to the right with a straight arm, palm inward. Meantime turn the right arm outward; turn the palm upward; then turn the arm inward. Circle the right sword by moving the point upward and passing it in front of the body to the left with a straight arm, palm inward. Cross the swords, the left sword underneath. Look at the intersection of the swords (See Fig. 124).



e. Bend the left leg, squatting slightly. Bend the right knee and lift the foot behind, sole upward. Incline the body to the right and twist it to the left. Circle the swords simultaneously from the body front to their respective sides and tighten the wrist as they bend. The points of the swords face inwards towards each other. Lift the arms horizontally. Look to the left (See Fig. 125).



37. To cut down with one withdrawal step and to display by lifting the left foot high up (to flourish the whip to urge forward the horse).

a. Lower the right foot. Straighten the right leg naturally. Turn the body rightabout. Chop the right sword down from above with the momentum to the right, palm downward. Turn the left arm outward and lift the sword naturally to the upper left, palm upward. Look at the point of the right sword (See Fig. 126).



b. Shift the gravity of the body and turn to the right. Bend the right leg slightly. Straighten the left leg naturally. Turn the right arm outward, palm upward. Bend the elbow and bring the right sword to the body front. Turn the left arm inward. Bend the elbow and drop the left sword in front of the body. Raise the right sword, palm downward. The two swords are crossed. Look at the intersection of the swords (See Fig. 127).



c. Turn the torso to the left. Straighten the supporting right leg. Kick the left foot high to the upper right, flattening the instep. With the lifting of the left foot, thrust the swords to upper right and lower left respectively, with straight arms spread obliquely. The left palm is downward, the right palm upward. Look at the point of the left sword (See Fig. 128).



38. *Jumping by the left foot and poking* (beat the grass to poke about for snakes).

a. Lower the left foot to the left. Set the right toe inward. Turn the body to the left. The swords turn with the body. Look ahead (See Fig. 129).



b. Bend the right knee and swing up the leg. Jump up by forcefully stepping with the left foot. Circle the right sword forward and downward, passing by the outer right leg; then backward and upward. Lift it above the head on the right. Turn the body slightly to the right. Circle the left sword backward and upward and lift it above the head on the left. Look down to the left (See Fig. 130, 131).

c. Lower the right foot and straighten the leg naturally. Lower the left foot obliquely to the left front. Bend the left knee, bowing. Turn the left arm inward. Circle the left sword, passing the front down to the right and up to the left; palm outward; point of the sword toward the front. Turn the right arm inward, 'hu kou' downward. Stab with inverted arm down to the left front, palm outward. Look at the point of the right sword (See Fig. 132).



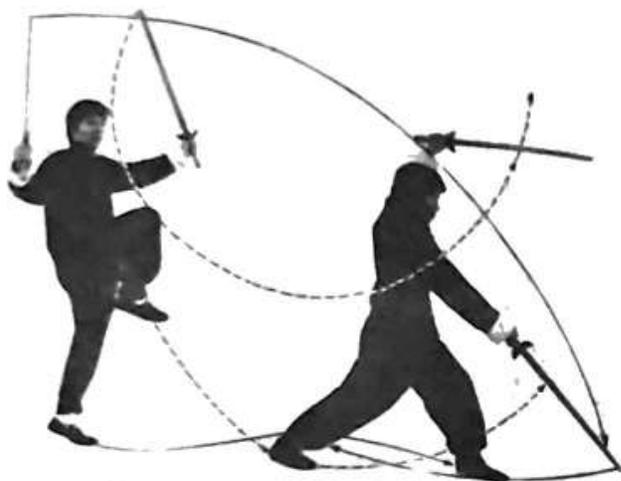


Fig. 131

Fig. 132



39. *Jumping with the right foot and poking* (beat the grass to poke about for snakes).

a. Straighten the left leg. Bend the right knee and raise the leg. Turn the body to the right. Turn the right arm outward. Turn with the right sword from lower forward to the rear. Turn the left arm outward. Lift the sword up with a straight arm, palm upward. Eyes follow the point of the right sword (See Fig. 133).

b. Turn the upper part of the body to the left. Move the right foot forward. Bend the left knee and raise the leg. Turn the right arm outward. Circle the right sword, lifting upward. Circle the left forward and downward (See Fig. 134).



c. Bend the left knee and swing up the leg. Jump up by placing the right foot forcefully to the ground. Meanwhile circle the left sword to the upper rear lifting it above the head on the left. Look down to the right (See Fig. 135).

d. Lower the left foot and straighten the leg naturally. Lower the right foot obliquely to the right forward. Bend the right knee, bowing. Turn the right arm inward. Circle the right sword, passing the front down to the left and up to the right, palm outward, point of the sword toward the front. Turn the left arm inward, 'lu kou' downward. Stab with the inverted arm down to the right front, palm outward. Look at the point of the left sword (See Fig. 136).

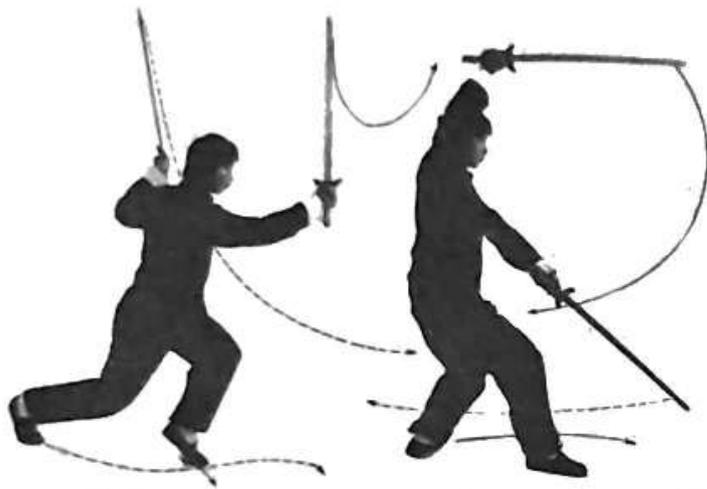


Fig. 135

Fig. 136

40. *Suspending, pressing, and squatting with legs crossed (to turn the head looking at the moon).*

a. Move the left foot forward one step. Bend the left knee, bowing. Straighten the right leg naturally. Turn the left arm outward. Suspend the left sword with bent wrist by swinging the point to the back, passing by the outside of the left leg, palm outward. Meantime swing the right sword forward and downward by passing the outside of the left leg to the back, palm inward. Eyes follow the point of the left sword (See Fig. 137).



b. Move the right foot one step forward. Bend the right knee, bowing. Straighten the left leg naturally. Continue the swing of the left sword upward and forward. Continue the swing of the right sword upward. Eyes follow the point of the left sword (See Fig. 138).



c. Plant the feet. Use the elbows as pivots to continue the swing of the left sword by setting the point of the sword downward, thus passing the right side of the body to the back. Turn the right arm outward. Continue the swing of the right sword forward. Cross the arms in front of the chest, the left arm above. The palms face each other. Eyes follow the point of the left sword (See Fig. 139).



d. Turn the upper part of the body to the right. Continue the swing of the right sword circularly downward and rightward with a straight arm, palm forward. Circle the left sword with the momentum to the upper right. Eyes follow the point of the right sword (See Fig. 140).



e. Set the right toe outward, the left foot off the ground. Bend the left knee and raise it in front of the right leg so as to cross it to the right. This forms crossed legs. Draw a vertical circle with the left sword by using the wrist as pivot to move the point in front of the body from upper right to lower left, palm downward. Turn the right arm inward. Circle the sword upward and (leftward) down to move it above the left sword, palm also downward. Cross the swords, the arms stretched naturally. Eyes follow the point of the right sword (See Fig. 141, 142).



Fig. 141



Fig. 142

f. The right foot is off the ground. Bend the right leg and raise it in front of the left leg so as to cross it to the left. This forms crossed legs. Turn the left arm outward. Draw the left sword circularly by moving its point from the lower right to the upper left. Then press it above the right sword, palm downward. The two swords cross again. Eyes follow the point of the left sword (See Fig. 143, 144).



Fig. 143



Fig. 144

g. Roll the soles on the ground to turn the body rightabout in a circle from the left. Cross the legs and bend the knees to sit down with the legs doubled under. Incline the torso and twist the waist to the left. The two swords are crossed and move with the turning of the body. Frame them above the head on the left, palms outward. Look at the intersection of the swords (See Fig. 145, 146).



Fig. 145



Fig. 146

## Sixth Section

41. Piercing in a bowing step after turning rightabout (the green dragon coming out of the water).

a. Stand up. Use the soles as pivots. Turn rightabout. Turn the right arm outward. Swing the right sword upward and rightward; then pierce both swords downward while turning (See Fig. 147).



b. Move the right foot one step forward. Bend the knee, bowing. Straighten the left leg. Bend the wrists to lift the swords horizontally and parallel in front of the body by the right side; left palm leftward; right palm rightward. Look ahead (See Fig. 148).



42. To turn in an arc, kicking and staying in "looking up posture" (the martin pecking the mud).

a. Set the right toe outward. Move the left foot one step forward to the right. Move the right foot one step forward to the left walking two steps in half a circle (See Fig. 149, 150).

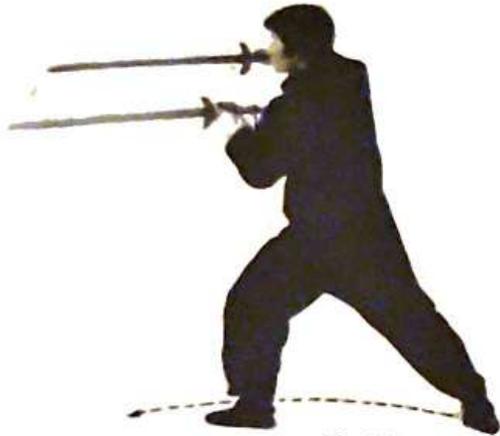


Fig. 149



Fig. 150

b. Turn the body from the left to the back by swinging the waist. Meantime circle the right sword above the left shoulder leftward and backward. Circle the left sword to the left successively (See Fig. 151).



c. Continue the circling of the right sword rightward and forward; continue the circling of the left sword backward and rightward. Cross the swords in front of the body. Incline the torso slightly forward (See Fig. 152).



d. Straighten the left leg naturally. Kick high and forward the right foot with a straight leg, instep flat. Meantime the torso inclines backward with the belly sticking out. Move the right sword to the back with the swing backward, palm upward. Chop forward with the left sword arm straightened, 'hu kou' upward. Look at the point of the right sword (See Fig. 153).



43. *Suspending backward and spreading the swords on a resting step* (flowers hiding beneath the leaves).

a. Lower the right foot behind the body. Erect the body and turn to the right. Suspend the right sword with the motion to the right rear of the body, palm outward. Drop the left sword with the motion to the left rear of the body. Eyes follow the point of the right sword (See Fig. 154).



b. Turn the torso to the right. Bend the left knee and swing it up. Place the right foot forcefully on the ground so as to jump up. In mid-air continue the turning of the body to the right. Turn the arms inward. Circle the swords simultaneously from the rear of the body upward and forward with bent wrists and cross the swords above the front of the head, the left sword is in the highest with palms forward down. Eyes follow the point of the right sword (See Fig. 155).



c. Lower first the left foot, in front. Bring the right foot immediately to the left behind the left leg. Bend the knees and squat down fully, forming the resting step. Incline the torso to the left. Spread the swords to the upper right and lower left so that the arms form an oblique line, palms downward, both points forward. Look at the left sword (See Fig. 156).



44. *Casting and sweeping* (The autumn wind sweeping the leaves).

a. Turn the left arm outward, palm upward. Drop the right sword by the side of the right thigh, palm still downward. Roll the soles on the ground, so as to turn the body from the right to the rear, the two legs half squatting. Eyes follow the swords (See Fig. 157).



b. Continue the above movement. With the right foot off the ground, pivot on the left foot, so as to turn the body from the right to the rear. After turning, lower the right foot to the right rear. Bend the right leg naturally. Straighten the left leg. Sweep the swords with the turning of the body. Look at the swords (See Fig. 158).



45. *Tightening forward, chopping backward, and balancing in a looking at the moon posture* (the white hare running to the moon).

a. Swing the torso from right to rear with "looking up posture". Circle the right sword in front from right to left, so as to cross it with the left sword. Straighten the right leg. Bend the left knee (See Fig. 159).



b. Make erect the upper part of the body. Swing the right foot up to the left side. Jump up by placing the left foot forcefully on the ground, suspending the body in mid-air. While jumping, sink the swords in front of the body, arms turning outward. The points of the swords turn over, then spread to the sides. The point of the left sword is drawn downward and forward with a lifting of the straight arm (See Fig. 160).



c. Move the right foot firmly to the left front. Erect the supporting right leg. Bend the left knee to lift the foot up to the right rear, the sole upward, instep flattened. Incline the torso to the left side and twist the waist to the right forming a balanced looking at the left side and twist the waist drive the left sword upward, 'hu kou' upward. The right sword chops up to the right obliquely, palm downward. Look at the point of the right sword (See Fig. 161).



46. To stab on insubstantial step (golden compass needle).

a. Lower the left foot to the left. Turn the torso to the left. Bend the left knee, bowing. Straighten the right leg naturally. Turn the left arm inward. Turn the right arm inward and drop it. Eyes follow the point of the left sword (See Fig. 162).



b. Bend the left leg, half-squatting to support the body weight. Move the right foot one step forward. Bend the knee and touch the ground with the toe, forming the right insubstantial step. Continue the pulling of the left sword. Lift the sword above the head, arm bent slightly. Stab the right sword forward with a straight arm, palms leftward. Look at the point of the right sword (See Fig. 163).

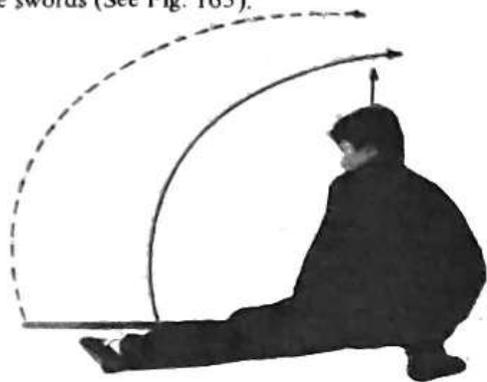


47. Turning rightabout, casting and holding the swords standing on one leg (two dragons blow their whiskers).

A. Shift the gravity of the body to the right. Step firmly with the right foot, the left toe touching the ground. The torso is turned to the left. Suspend the swords downward by circling the points down upward and leftward. Eyes follow the swords (See Fig. 164).



b. Withdraw the left foot. Then turn the body to the left rear, right leg bent and squatting fully, left leg stretched out casting. Drive up the swords from the lower left. The palms face each other. Eyes follow the points of the swords (See Fig. 165).



c. Standing up, shift the gravity to the left. Straighten the supporting left leg. Bend the right knee and raise the leg, toe downward. Circle the swords leftward up and rightward. Straighten the left arm and lift the sword above the head on the left. Bend the right elbow and hold the sword in front of the chest, the two swords parallel. Look to the right (See Fig. 166).



### Seventh Section

48. *Stabbing left and stabbing right* (golden compass needle).

a. Turn the body to the right. Move the right foot forward. Shift the gravity of the body forward. Jump up by placing the right foot forcefully on the ground. Place the right foot by the left foot. Lower first the left foot. Lower the right foot in front of the left foot. Bend the right knee, bowing. Straighten the left leg. Meantime turn the right arm inward. Stab directly forward, 'hu kou' upward. Turn the left arm inward. Bring the sword close to the left waist. Eyes follow the point of the right sword (See Fig. 167).



b. Move the left foot one step forward. Bend the knee and touch the ground with the toe in a left insubstantial step. Turn the right arm inward, palm outward. Frame up the sword with the motion. Then immediately stab the left sword forward, the two swords parallel. Look at the point of the left sword (See Fig. 168).



49. *Rightabout piercing on a casting step (golden snake slinking).*

Straighten the right leg. Raise the right foot off the ground. Pivot on the left sole. Turn the body from the right to the rear. Pivot bend the left knee, squatting. Thrust the right leg out, becoming the casting step. Circle the swords while turning by moving their points upward and rightward (down). Palms face each other. Eyes follow the points of the swords (See Fig. 169, 170).



Fig. 169



Fig. 170

50. *Framing on insubstantial step (golden compass needle).*

Stand up and turn the body to the right. Bend the right knee. Step forward with the left foot. Bend the left knee and touch the ground with the toe. Form a left insubstantial step. Turn the right arm inward. Move the sword with the motion by lifting it to the right side above the head. Stab the left sword forward, the two swords parallel, palms outward. Look at the point of the left sword (See Fig. 171).



51. *Drawing, kicking, and crooking the right leg high to the back (knocking the crown behind).*

a. Move the body weight forward. Step firmly with the left foot. Straighten the supporting left leg. Hook the right toe up. Kick the right foot high up about the forehead with a straight leg. Meantime sink the swords to the front and draw them back to the waist side, points of the swords forward. Look at the point of the right sword (See Fig. 172, 173).

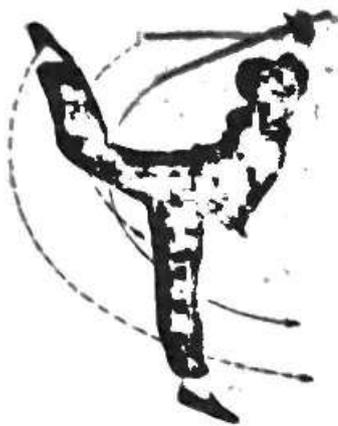


Fig. 172



Fig. 173

b. Continue the above movement. Raise the head and bend the waist. Incline the torso backward. Kick the right foot back, close to the head. The instep is flat. The knee is bent slightly. The torso and the back kicking foot form an arc. Stab back with the swords while kicking back. Palms face each other. The points of the swords point backward down (See Fig. 174).



52. *Piercing on a casting step after turning and jumping (searching for pearls in the bottom of the sea).*

a. Turn the body right and back  $270^\circ$ . Lower the right foot to the rear. Straighten the right leg. Bend the left knee, bowing. Suspend the swords to the rear on the right of the body with the motion from above. The palms face each other. Look at the point of the right sword (See Fig. 175).



b. Plant the feet. Turn the upper part of the body to the left. Turn the right arm inward, to circle the sword from the back, upward and forward and down, and suspend it to the left side, palm outward. Suspend the left sword from the right, backward and upward. Bend the left arm and place it under the right armpit. Eyes follow the point of the right sword. (See Fig. 176, 177).



Fig. 176



Fig. 177

c. Withdraw the left foot. Keep the right foot in place. Bend the right knee, bowing. Turn the torso to the left. Circle the right sword to the left side of the body. Turn the left arm outward. Circle the sword to the right side of the body. Cross the arms, right arm above. Eyes follow the point of the right sword (See Fig. 178).



d. Lower the left foot to the ground to jump up in mid-air. Bend the right knee and raise it. Turn the body to the right. Turn the right arm outward, so as to circle the sword upward and forward, then downward. Continue the circling of the right sword upward and forward, then downward along the body side. Turn the right arm inward, 'hu kou' downward; the point of the elbow upward; palm outward. Turn the left arm inward. Meantime circle the sword from the left side of the body backward and upward, then downward. Eyes follow the point of the right sword (See Fig. 179, 180).



Fig. 179



Fig. 180

e. Lower first the left foot. Continue turning the body to the right. Bend the left leg, squatting fully. Cast out the right leg straight in a casting step. Thrust the swords with the motion of casting to the right of the body, downward. Eyes follow the point of the right sword (See Fig. 181).



53. Pulling up the swords with legs crossed (the rhinoceros looking at the moon).

a. Stand up and straighten the left leg. Draw half a circle with the swords using straight arms. Palms face each other. Eyes follow the points of the swords (See Fig. 182).



b. Shift the gravity of the body to the right. Bend the right leg slightly. Bring the left foot to the right, behind the right leg. Incline the torso to the left. Turn the left arm outward. Turn the right arm inward. Pull up the swords with this motion to the right side of the body. Straighten the right arm. Bend the left arm, palms backward. Look at the point of the right sword (See Fig. 183).



### Eighth Section

54. *Stepping across while suspending and splitting* (wind and fire wheels).

a. Keep the right foot in place. Step forward with the left foot to the left front. Turn the right arm outward, 'hu kou' upward. Turn the left arm inward. Chop down with a straight arm from the right chest front by circling upward and leftward, point upward. Eyes follow the point of the left sword (See Fig. 184).



b. Roll the soles on the ground. Turn the body from the left to the rear. Cross the legs. Drop the left sword with the motion. Turn the right arm inward. Suspend the right sword to the left from the outside of the left arm by moving the point of the sword forward and downward. Cross the arms in front of the belly, palms inward. The points of the swords point to the lower right and lower left, respectively. Eyes follow the point of the right sword (See Fig. 185).



c. Keep the left foot in place. Lift the right foot in front of the left leg. Draw half a circle with the right sword from the upper left to the right with a straight arm. Draw half a circle with the left sword from lower right to the left. Palms are outward. Eyes follow the point of the right sword (See Fig. 186).



d. Cross the right foot to the left. Continue the circling of the right sword downward and leftward. Continue the circling of the left sword upward and rightward. Press the left sword above the right sword. Cross the swords in front of the knees, left arm above. The right arm is under, palms inward. Look at the intersection of the swords (See Fig. 187).



e. Roll the soles on the ground. Incline the body slightly forward and turn the waist to left rear. Raise the left sword with the motion upward. Turn the right arm and bend the elbow with the motion to lift the sword to the right, above the body, points upward. Eyes follow the point of the left sword (See Fig. 188).

55. *Jumping and turning while suspending and splitting (wind and fire wheels).*

a. Roll the soles on the ground. Turn the body from the left to the rear. Cross the legs. Crook the left elbow with the motion. Turn the right arm inward. Suspend the right sword from the outer left arm to the left by moving the point with the motion forward and downward. Cross the arms in front of the belly, palms inward. Eyes follow the point of the right sword (See Fig. 189).



b. Take the right foot off the ground and swing it to the upper left. Lower the left foot to the ground to jump up in mid-air. While in mid-air, crook the left leg behind the right leg. Meantime draw half a circle to the right with the right sword. Turn the left arm outward. Draw half a circle upward with the left sword, palms outward. Eyes follow the point of the right sword (See Fig. 190).



c. Ground the right foot first. Then step the left foot behind the right leg. Form crossed legs. The right sword continues the above movement to circle downward and leftward. The left sword continues the above movement to circle upward and rightward, pressing upon the right one. The two swords are crossed in front of the knees, left arm above, right arm under, palms inward. Look at the intersection of the sword (See Fig. 191).



56. *Splitting at bowing step* (to split the mountain and the river).

Roll the soles on the ground. Incline the body slightly forward and twist the waist to turn  $270^\circ$  from the left to the rear. Bend the left leg, bowing. Straighten the right leg. Split the swords with the motion of turning from the left to the upper front. Palms face each other. Look at the points of the swords (Fig. 192).



57. *Turning back and cutting down* (the green dragon probing with its paw). Pivot on the two heels to turn the body rightabout. Set the left toe in and the right toe outward. The gravity of the body shifts to the right, right leg bent, bowing. The left leg is straight. Form a right bowing step. The right arm is turned inward, palm downward, to let the sword cut down in an oblique swing with the motion of turning the palm downward. The left arm turns outward, palm upward, to let the sword lift up naturally. Look at the point of the right sword (Fig. 193).



58. *Cutting down standing on one leg* (the phoenix spreads its wings).

a. Plant the left foot. Cross the right foot to the left in front of the left foot. Turn the right arm outward, palm upward, to lift the sword up horizontally with the motion. Bend the left arm. Bring the sword from the body front under the right armpit, palm downward. Eyes follow the point of the right sword (Fig. 194).



b. Roll the soles on the ground. Turn the body over from the left to the back. Pass the head under the right arm, moving to the right, sword unchanged. The left sword is held in the left hand. Move with the turning of the body. Bow the left leg. Straighten the right leg. Look at the point of the right sword (Fig. 195).



c. Shift the gravity of the body to the rear. Turn the torso to the left. Pull back the left foot half a step. Touch the ground with the toe. Circle the left sword from under the right armpit, downward and forward. Stop it in front of the belly. Press the right sword down from above the left sword. The two swords are crossed. The point of the right sword is toward left front. The point of left sword is toward right front, palms downward. Look at the intersection of the swords (Fig. 196).



d. Straighten the supporting right leg. Bend the left leg and raise it, toe downward. Incline the torso slightly forward. Cut down the right sword to the front with the arm straight, palm downward. Turn the left arm outward and lift the sword obliquely to the back with a straight arm, palm upward. The arm form an oblique line. Look at the point of the right sword (Fig. 197).



### Concluding Action

1. Taking the swords in the right hand while swinging and turning (the python turning over its body)

a. Lower the left foot. Shift back the gravity of the body. Bend the left leg slightly. Circle the left sword from the back to the front. Give the sword to the right hand. The right hand receives the sword. Hold the two swords together. Eyes follow the point of the left sword (Fig. 198).



b. Set the left toe outward. Turn the body to the left. Cross the right foot to the left in front of the left foot. Meantime the right hand with the two swords chops down, circling to the right in front of the legs. The palm is toward the front. The left hand forms a sword-finger and circles with a straight arm leftward and upward. When it reaches the top bend the elbow, palm forward. Look at the points of the swords (Fig. 199).



c. Incline the torso slightly forward. Roll the soles on the ground to turn the body from the left to the rear. Pull up the swords with a straight arm to the right, above the body, palm upward. Circle the left sword-finger simultaneously to the left with a straight arm. Eyes follow the points of the swords (Fig. 200).



d. Set the right toe inward. Turn the torso to the left. Draw the left foot back to the rear of the body. Straighten the left leg. Bend the right leg, bowing. Form a right bowing step. Meantime split the swords horizontally forward. Circle the left sword-finger upward with arm straight. When at top bend the arm and lift it horizontally, palm forward. Look at the points of the swords (Fig. 201).



2. *Circling the swords and resting on crossed legs* (the wild goose flies down to the flat sand).

a. Set the left toe outward. Turn the torso to the left. Step forward one step with the right foot. Bend the right leg slightly. Meantime turn the right arm inward, palm downward. Bend the elbow. Bend the wrist. Bring the points of the swords forward and leftward, moving with the turning of the body. The left arm moves with the turning of the body, naturally lifting to the left, slightly straightened. Eyes follow the points of the swords (Fig. 202).



b. Turn the upper part of the body to the left. Stick out the chest and lean backward. Step the left foot to the right behind the right leg. Turn the right arm outward. Pivot on the wrist to swing the swords in a circle in front of the face. Then drop the points to the left front, palm toward the front. Release the left finger. Attach the left hand to the back of the right hand, finger tips upward, thumb rightward. Look at the hands (Fig. 203).



c. Pivot on the soles. Turn the body around from the left to the rear in a circle. The legs are crossed, with the left leg in front. Bend the legs, sitting down. Twist the torso to the right. Meantime the left hand grasps the inverted swords. Drop the forearm from the body front to the rear. The right hand becomes a sword-finger, circling from the body front to the right waist side and thence up to the right front. Bend the elbow and lift the wrist; palm forward; little finger up slightly. Eyes follow the right finger up to the left shoulder (Fig. 204).



3. *Standing up with the swords*  
(the beautiful phoenix returns to its nest).

a. Stand up. The left hand, holding the swords, drops to the left side of the body. Bend the right arm and bring the sword-finger to the chest front, palm downward. Look at the right sword-finger (Fig. 205).



b. Roll the soles on the ground. Turn the body from the right to the rear. Eyes follow the sword-finger (Fig. 206).



c. The right foot is off the ground. Pivot on the left foot to turn the body from the right to the rear. After the turning of the body the right foot is placed to the rear, the right leg bent slightly. Bend the left leg and touch the ground with the toe. Turn the right arm outward. Bring the right sword-finger to the side of the right waist, palm onward. The left hand has the swords. Bend the left elbow and circle them to the upper right front. This lifts horizontally, palm downward, the hilts toward the front. Eyes follow the right sword-finger (Fig. 207).



d. Shift the gravity of the body to the back. Twist the upper part of the body to the left. Move the left foot slightly to the right and touch the ground with the toe. Form a left high insubstantial step. Turn the right arm inward. Circle the right sword-finger rightward and upward and bend the elbow. Shake the wrist, moving it above the head on the right, palm forward, finger toward the left. The left hand with the swords drops to the left side of the body. Look to the left (Fig. 208).

## Conclusion

Stand erect. Grasp the swords with an inverted arm. Take one step back with the left foot. Take one step back with the right foot to bring it parallel with the left, legs straightened. The right sword finger circles from above, palm upward, passing the body front as it moves to the rear. Then it presses down and forward, resting naturally on the outside of the right thigh. Look ahead. (Fig. 209).



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