

## Names of the Chen-style Taiji Single Sword Routine

Form 1 Starting Form of Taiji Sword	the Snake	Form 22 Black Dragon Swings Its Tail	Form 37 Flying Oblique
Form 2 Face-the-sun sword	One Leg	Form 23 Zhongkui Raises the Sword	Form 38 Hold the Weighty Leftward
Form 3 The Celestial Points a Way Out	Form 14 The Celestial Points a Way Out	Form 24 The Arhat Tame the Dragon	Form 39 Hold the Weighty Rightward
Form 4 Green Dragon Rises from the Water	Form 15 Covering and Intercepting Form	Form 25 Black Bear Turns Back	Form 40 The Swallow Pecks at the Mud
Form 5 The Guarding Knee Sword	Form 16 An Ancient Tree with Twisted Roots	Form 26 The Swallow Pecks at the Mud	Form 41 White Ape Presents Fruit
Form 6 Closing Door Form	Form 17 Tiger Pounces On Prey	Form 27 White Snake Spits Its Tongue	Form 42 Flowers Falling Form
Form 7 Green Dragon Rises from the Water	Form 18 Green Dragon Swings Its Tail	Form 28 Flying Oblique	Form 43 Thrusting Up and Down
Form 8 Turn Body Over to Hack Sword	Form 19 Step Backward and Whirl Arms	Form 29 Battle of Wits between the Eagle and the Bear	Form 44 Oblique Flying
Form 9 Green Dragon Turns Its Body	Form 20 Wild Horse Jumps over a Gully	Form 30 The Swallow Pecks at the Mud	Form 45 Nezha Searches the Sea
Form 10 Oblique Flying	Form 21 White Snake Spits Its Tongue	Form 31 Pluck the Star to Exchange the Plough	Form 46 Python Turns Over Its Body
Form 11 Spread Wing and Nod Head		Form 32 Scoop Up the Moon from the Bottom of the Sea	Form 47 Weituo Presents a Pestle
Form 12 Beat Grasses to Look for		Form 33 The Celestial Pointing a Way Out	Form 48 The Mill Stone Sword
		Form 34 The Phoenix Nods Its Head	Form 49 Finishing Form
		Form 35 The Swallow Pecks at the Mud	
		Form 36 White Snake Spits Its Tongue	