武當劍 Wudang Sword

WuDang Sword was created by Zhang Sang Feng 張 三 豐 and passed down to end of Qi Dynasty Sword master Song Wei Yi 清 朝 晚 年劍 客宋 唯一who then passed this skill to the public. Wudang Sword is a very gentle sword skill, which is like a dragon swimming in water. The object of the skill is to avoid hard contact with the opponent and, instead, move straight to the target. In the beginning we need to practice it gently. Then we practice it accurately and at the end every movement will flow with no effort, body and mind together. Regular practice will bring up good Qi and co-ordination, at the end it can help us reach good health and longevity. When I was teenager I learnt this skill from Master Tsiu in Hong Kong. I have included this skill in the Chun Yuen syllabus because I think it is a good form and will help us to understand both Yin and Yang energies which can help us improve our other forms in Chun Yuen Quan.

Part 1

1. 預備式 Ready Position
2. 提手上勢 Bring Up the Qi with Lifting Up The Hand
3. 太極指 Taiji Fingers
4. 一平指 One Straight Line Fingers
5. 接劍式 Receiving the Sword Posture
6. 白蛇出洞 White Snake Comes Out from The Cave
7. 指鞭式 Pointing with the Whip Posture
8. 仙人指路 Immortal Shows the Way
9. 海底撈月 Catching the Moon at the Bottom of the Sea
10. 金雞抖翅 Golden Rooster Spreads Its Wings
11. 雲劍下勢 Cloud Sword Sinks Down
12 黃龍轉身 Yellow Dragon Turns Around

Part 2

12. 靈貓捕鼠 Clever Cat Catches the Rat
13. 繡女紐針 Knitting Girl Sews with Needles
14. 白蛇出洞 White Snake Comes Out From the Cave
15. 指鞭式 Pointing with the Whip Posture
16. 仙人指路 Immortal Shows the Way
17. 飛星趕月 Shooting Star Chases the Moon
18. 推窗望月 Opening the Window to Look at the Moon
19. 怪蟒回頭 Python Turns His Head Around
20. 旋風掃 Circling Wind Blows Away
21. 玉女穿梭 Jade Lady Weaving
22. 懷中抱月 Embracing the Moon
23. 太公釣魚 Taigong Fishing
24. 鳳凰點頭 Phoenix Nods Its Head
25. 黃龍轉身 Yellow Dragon Turns Around
26. 靈貓捕鼠 Clever Cat Catches the Rat
27. 繡女紐針 Knitting Girl Sews with Needles
28. 白蛇出洞 White Snake Comes Out From the Cave
29. 指鞭式 Pointing with the Whip Posture
30. 仙人指路 Immortal Shows the Way
31. 海底撈月 Catching the Moon at the Bottom of the Sea
32. 潑草尋蛇 Separating Grass to Look for the Snake
33. 沛公斬蛇 Liu Bang Chops the White Snake

Part 3

34. 懷中抱月 Embracing the Moon
35. 烏龍擺尾 Black Dragon Swings Its Tail
36. 懷中抱月 Embracing the Moon
37. 飛鳥投林 Birds Fly Back to the Forest
38. 懷膝點劍 Hold the Knee and Point with the Sword
39. 拐步崩劍 Heavy Step and Beng the Sword
40. 雄鷹展翅 Proud Eagle Spreads Its Wings
41. 雙頭蛇刺 Double Headed Snake
42. 雄鷹再展 Proud Eagle Spreads Its Wings Again
43. 敬德拉鞭 Genghis Khan Cracks the Whip
44. 青龍戲水 Green Dragon Plays with Water
45. 回身點劍 Turn the Body and Point with the Sword
46. 黃龍入海 Yellow Dragon Dives into The Sea
47. 雄鷹尋蛇 Proud Eagle Searches for the Snake

Part 4

48. 敗虎歸山 Defeated Tiger Returns to the Mountain
49. 金雞食米 Golden Rooster Pecks the Rice
50. 倒行蛇 Snake Moving Backwards
51. 燕子抄水 Swallow Skims The Water
52. 黃龍攪水 Yellow Dragon Stirs the Water
53. 走正八卦 Walk Normal Bagua
54. 走逆八卦 Walk Reverse Bagua
55. 左行走劍 Walk Left with the Sword
56. 右行走劍 Walk Right with the Sword
57. 迎門直入 Walk Straight Inside Through the Door

Part 5

58. 敗中求勝 Get Victory in Defeat
59. 飛舞彩虹 Dancing and Flying on the Rainbow
60. 跳入雲海 Jump into the Cloud Sea
61 飛舞彩虹 Dancing and Flying in the Rainbow
62 仙人變法 Immortal Makes Magic
60. 無敵三角 Invincible Triangle
61. 反雲劍 Anti-clockwise Circle Sword
62. 正雲劍 Clockwise Circle Sword
63. 風沙走馬 Horse Running in the Windy Desert
64. 似退實進 Faking Defeat to Gain Victory
65. 鳳尾劍 Phoenix Tail Sword
66. 收劍 Collecting the Sword (Close Form)

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