



## 龍影劍 Dragon Shadow Sword

Dragon Shadow Sword is the first sword form that I learned when I was 23 years old and still working in the Royal Hong Kong Police. I got on really well with an older colleague who also loved martial art skill. His name was Fung Man Yiu who was a Taijiquan and Northern skills master. He was the one who taught me this sword form which was before I had met my Sifu, Wu Chun Yuen 武俊元師父. Dragon Shadow Sword is a Northern Shaolin form. Often, Chinese Sword skills are named to be Dragons. In this case, Dragon Shadow means the sword play is so fast that enemies only see the shadow. It covers most of the basic sword skills and it is very enjoyable and energetic to practice. There are many up and down and twisting postures which will help to make the body light and improve coordination and fighting skills with the sword.

1. 身正放鬆 Body Straight and Relax
2. 劍指掃袍 Sword Fingers Slap the Robe
3. 仙人指路 Immortal Points the Way
4. 迎風望境 Welcome the Wind and Look at the Environment
5. 寶劍在手 Invaluable Sword on the Hands
6. 龍飛天上 Dragon Flies to the Sky
7. 龍影旁身 Dragon Shadow Next to Body
8. 指路刺劍 Point the Way and Stab
9. 龍影抬頭 Dragon Shadow Lifts up the Head
10. 龍影伏地 Dragon Shadow Lays on the Ground
11. 直搗黃龍 Rush into the Yellow Dragon (Yellow Dragon is a place)
12. 橫掃千軍 Wipe Out Thousands Army
13. 直搗黃龍 Rush into the Yellow Dragon
14. 龍影在上 Dragon Shadow Above
15. 龍影收心 Dragon Shadow Closes the Heart
16. 龍影在下 Dragon Shadow Below
17. 海底撈月 Scoop Up the Moon at the Bottom of the Sea
18. 太公釣魚 Tàigōng (Strategist in Zhou Dynasty) Fishing
19. 鳳凰點頭 Phoenix Knocks its Head
20. 老龍歸洞 Old Dragon Returns Back to its Cave
21. 青龍出水 Green Dragon Comes Out from the Water
22. 朝陽劍起 Facing the Sun Sword
23. 左右滾花 Rotating the Sword from Left to Right
24. 觀音坐蓮 Guānyīn (Female Buddha) Sits on the Lotus
25. 白龍吐信 White Dragon Spits the Message
26. 龍影伏地 Dragon Shadow Lays on the Ground
27. 龍影入海 Dragon Shadow Goes into the Sea
28. 旋風點穴 Tornado Hits the Point
29. 推窗望月 Open the Window to Look at the Moon
30. 玉女穿梭 Jade Lady Weaving
31. 懷中抱月 Embracing the Moon
32. 老龍歸洞 Old Dragon Returns back to the Cave
33. 青龍出水 Green Dragon Comes out from the Water
34. 朝陽劍起 Facing the Sun Sword
35. 左右滾花 Rotating the Sword from Left to Right
36. 觀音坐蓮 Guānyīn Sits on the Lotus
37. 白龍吐信 White Dragon Spits the Message
38. 龍影伏地 Dragon Shadow Lays on the Ground
39. 龍影入海 Dragon Shadow Goes into the Sea
40. 蛟龍尋穴 Spiral Dragon Looks for the Cave
41. 蛟龍望月 Spiral Dragon Looks at the Moon
42. 轉身迎月 Turn Body and Welcome the Moon
43. 龍飛踢心 Flying Dragon Kicks the Heart
44. 黑雲蓋天 Black Cloud Covers the Sky
45. 神龍伸爪 Immortal Dragon Stretches its Claw
46. 直搗黃龍 Rush into the Yellow Dragon
47. 龍影追月 Dragon Shadow Chases the Moon
48. 龍影點月 Dragon Shadow Points at the Moon
49. 龍影入地 Dragon Shadow Lays on the Ground
50. 一柱仙香 One Fragrant Joss Stick
51. 龍影入地 Dragon Shadow Lays on the Ground
52. 又退又刺 Step Back and Stab
53. 轉身迎月 Turn Body and Welcome the Moon
54. 飛越大海 Flying over the Sea
55. 龍影在上 Dragon Shadow Above
56. 穿林越山 Flying Through the Forest and Mountains
57. 單龍入海 Single Dragon Goes into the Sea
58. 青龍出水 Green Dragon Comes out from the Water
59. 朝陽劍起 Facing the Sun Sword
60. 左右滾花 Rotating the Sword from Left to Right
61. 觀音坐蓮 Guānyīn Sits on the Lotus
62. 白龍吐信 White Dragon Splits the Message
63. 龍影伏地 Dragon Shadow Lays on the Ground
64. 飛越穿心 Flying Through the Heart
65. 龍影退穴 Dragon Shadow Return Back to its Cave
66. 再看穴外 Watch Outside the Cave Again
67. 入穴安睡 Sleep Inside the Cave Peacefully