

## 21 Techniques Tai Chi Sword

1. Beginning form
2. Three rings encircle the moon
3. Great star of the dipper
4. Swallow nips the water
5. Sweep the grass and search for snake (dragon walking)
6. Hundred birds are flying to the forest
7. Black dragon wags tail
8. Green dragon came out from the water
9. White tiger twists tail
10. Follow the torrent to push the boat
11. The meteor chase the moon
12. Roll up the curtain
13. Fishing posture
14. The tiger holds its head
15. Wild horse leaps over the mountain torrent
16. The immortal points out the road
17. Black dragon twists pillar
18. One incense pointing toward the sky
19. The wind sweeps the plum flower
20. Holding the ceremonial tablet
21. Return sword to the original position