

Yang Style T'ai Chi Sabre Form
Choy Family Lineage

1. Commencement of T'ai Chi Sabre
2. Step up to Form Seven Stars
3. Retreat to Ride Tiger
4. Step to the Left and Change Sabre Hand
5. Cut Horizontally to the Right
6. Cut Horizontally to the Left
7. Circle to the Left and Uppercut
8. Jump Backward, Change Feet and Push Forward
9. Circle to the Right and Uppercut
10. Circle to the Left and Push Forward
11. Turn Around and Cut Overhand
12. Fair Lady Works at Shuttles
13. Press Sabre Forward Diagonally
14. Turn Around and Cut Overhand to the Right
15. Fair Lady Works at Shuttles
16. Press Sabre Forward Diagonally
17. Turn Around and Chop Downward
18. Golden Cock Strikes Forward
19. Step to the Left and Press Forward
20. Turn Around and Cut Horizontally
21. Spin Sabre Left and Right
22. Step to the Left and Change Sabre Hand
23. Right Foot Kick With Toe
24. Hit a Tiger at Left
25. Hit a Tiger at Right
26. Right Foot Kick With Sole
27. Strike Opponents Ears With Both Fists
28. Change Sabre Hand and Chop Downward
29. Golden Cock Strikes Forward
30. Snow Covers Head
31. Turn Around and Chop Downward
32. Retreat and Parry to the Left
33. Left and Right Double Wheel
34. Dragon Jumps
35. Fair Lady Works at Shuttles
36. Horizontal Forward Press
37. Right Horizontal Sweep
38. Change Sabre Hand
39. Conclusion of T'ai Chi Sabre