

太極劍三十六式 *Taijijian Sānshíliùshì* 'Supreme Polarity Sword 36 Form'

Section I	1. 起式 <i>Qǐshǐ</i> 'Opening form'
	2. 攔門劍 <i>Lanmenjiàn</i> 'Block gate sword'
	3. 仙人指路 <i>Xiānrén zhǐlù</i> 'Immortal points the way'
	4. 葉底藏花 <i>Yèdǐ cáng huā</i> 'Beneath leaves hide flowers'
	5. 朝陽劍 <i>Cháoyángjiàn</i> 'Face sun sword'
	6. 夜叉探海 <i>Yecha tàn hǎi</i> 'Night fork searches sea'
	7. 青龍出水 <i>Qīnglóng chūshuǐ</i> 'Green dragon emerges from water'
	8. 護膝劍 <i>Hùxījiàn</i> 'Guard knee sword'
	9. 海底撈月 <i>Hǎidǐ laoyue</i> 'Sea beneath scoop moon'
	10. 金雞展翅 <i>Jīnjī zhānchǐ</i> 'Golden rooster spreads wings'
Section II	11. 卷肱劍 <i>Juǎngōngjiàn</i> 'Roll arm sword'
	12. 虎抱頭 <i>Húbaotou</i> 'Tigers head embrace'
	13. 野馬跳澗 <i>Yěmǎ tiàojiàn</i> 'Wild horse leaps ravine'
	14. 鷹熊斗智 <i>Yīngxióng dòuzhì</i> 'Eagle and bear battle wits'
	15. 燕子啄泥 <i>Yanzhi zhouni</i> 'Swallow bird pecks mud'
	16. 猿猴縮身 <i>Yuanhuo suoshen</i> 'Apes Monkeys recoil body'
	17. 順水推舟 <i>Shunshui tuizhou</i> 'Downstream press boat'
	18. 靈貓撲鼠 <i>Língmāo pūshǔ</i> 'Clever cat pounces on mouse'
	19. 金雞抖翎 <i>Jīnjī dǒulíng</i> 'Golden rooster shakes feathers'
Section III	20. 撥草尋蛇 <i>Bōcǎo xúnshé</i> 'Part grass find snake'
	21. 金針倒挂 <i>Jīnzhēn dàoguà</i> 'Golden needle upside down hanging'
	22. 金蜂點蕊 <i>Jīnfēng diǎnrǔi</i> 'Golden wasp points stamen'
	23. 鷓鴣翻身 <i>Yàozi fānshēn</i> 'Sparrow hawk turns over'
	24. 白猿獻果 <i>Báiyuán xiànguǒ</i> 'White ape offers fruit'
	25. 二龍戲珠 <i>Èrlóng xìzhū</i> 'Two dragons play pearl'
	26. 犀牛望月 <i>Xīniú wàngyue</i> 'Rhinoceros gazes at moon'
Section IV	27. 疾風偃草 <i>Jífēng yancao</i> 'Strong wind lays down grass'
	28. 斜飛劍 <i>Xiéfēijiàn</i> 'Diagonally flying sword'
	29. 左托千斤 <i>Zuo tuoqianjin</i> 'Left upholding 1000 pounds'
	30. 右托千斤 <i>You tuoqianjin</i> 'Right upholding 1000 pounds'
	31. 落花式 <i>Luòhuāshì</i> 'Falling flowers form'
	32. 黃蜂出洞 <i>Huangfēng chūdòng</i> 'Yellow wasp exits cave'
	33. 交劍擺蓮 <i>Jiāojiàn bǎilián</i> 'Envelop sword sway lotus'
	34. 坐身勒馬 <i>Zuoshēn lēma</i> 'Sit body rein in horse'
	35. 合劍勢 <i>Hejiànshì</i> 'Harmonise sword posture'
	36. 收式 <i>Shōushì</i> 'Closing form'