

# **WU STYLE TAI CHI SWORD (1<sup>ST</sup> STYLE)**

## **LEVEL ONE**

1. The Beginning Style
2. Grasping The Bird's Tail
3. Brush Knee, Twist Step
4. Parting Sword
5. Lying Tiger Blocking The Door
6. Old Man Carrying The Instrument
7. Rhino Looks At The Moon
8. Step Up Covering The Knee
9. Turn Body, Split With The Sword
10. Step Up, Sweep With Sword
11. Blocking Door Sword
12. Old Man Carrying The Instrument
13. Stand On One Leg, Raising Sword
14. Sword Pointing To Crotch
15. Crack The Whip, Tame The Tiger
16. Split The Mountain, Get The Treasure
17. White Snake Sticks Out Its Tongue
18. Turn Body, Point The Sword
19. Chop Snakes Sword
20. Phoenix Spreads Its Wings
21. Blocking Door Sword
22. Old Man Carrying The Instrument
23. Stand On One Leg, Raising Sword
24. Pointing Sword
25. Monkey Relaxes His Arm
26. Turn Body, Flying Oblique
27. Step Back, Pick Up Sword Three Times
28. Blocking Door Sword

## **LEVEL TWO**

29. Rowing With Oars
30. Push The Boat Along The Current
31. White Snake Sticks Out Its Tongue
32. Point Between The Eyebrows
33. Jade Girl Throws The Needle
34. Black Dragon Turning Body
35. White Snake Enters The Cave
36. Point Between The Eyebrows
37. Jade Girl Throws The Needle
38. Blocking Door Sword
39. Catching Turtles Under Water
40. Stand On One Leg, Raising Sword
41. Slanting Body, Pointing Sword
42. Continuous Sword
43. Blocking Door Sword

44. Catching Turtles Under Water.
45. Stand On One Leg Raising Sword
46. Turn Around And Whip
47. Jump Step, Planting Sword
48. King Of Heaven Lifts Up The Tower
49. Whip Left And Right
50. Blocking Door Sword
51. Yellow Dragon Waving Its Tail
52. Turn Head, Single Whip
53. Chop Snakes
54. Part The Clouds, See The Sun
55. Leaves Flying In The Wind
56. Fairy Pointing The Way
57. Stand On One Leg Raising Sword
58. Sweeping Left And Right
59. Flicking Dust In The Wind
60. Single Whip, Sword Points To Throat

## **LEVEL THREE**

61. White Monkey Turns To The Cave
62. Quick Cat Pounces On The Rat
63. Dragonfly Touching The Water
64. Sword Under Elbow
65. Circular Sword
66. Folding Legs, Shooting Wild Geese
67. Hands Collecting Stars
68. Embracing The Moon, Left And Right
69. Turn Body, Sweep With Sword
70. Phoenix Circles The Nest
71. Pull The Reins Just Before The Cliff
72. Falling Flowers
73. Fairy Carrying A Pick
74. Twist Arm Cutting Bamboo
75. Laying Fish Sword
76. Turn Body, Swing The Sword
77. Blocking Door Sword
78. Parting Arms Sword
79. Cloudy Mountains
80. Part The Grass, Search For Snakes
81. Black Dragon Waves Its Tail
82. Golden Cock Nods Its Head
83. Turn Body To Catch The Tiger
84. Chop Snakes
85. Part The Clouds, See The Sun
86. Pigeon Flying Through The Trees
87. Throwing Rocks
88. Turn Around And Whip
89. Hooking And Hanging Together
90. Closing Tai Chi