

# Wu Style Tai Chi

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## Double Broad Sword

### Section 1

1. Beginning
2. Grasping Bird's Tail
3. Sliding Brush Knee
4. Crossed Plum Flower
5. Double Horse Stand
6. Chopping Gold Mountain
7. Night Spirit Searches the Ocean
8. White Crane Spreads its Wings
9. Turn Body, White Ghost Searches the Ocean
10. White Crane Spreads its Wings
11. Golden Cock Stands on One Leg

### Section 2

12. Holding Flag Right
13. Holding Flag Left
14. Crossed Plum Flower – Left (a)  
Double Horse Stance – (b)
15. Crossed Plum Flower – Right (a)  
Double Horse Stance – (b)
16. Cross Legs, Pull Up Tree
17. Phoenix Spreads One Wing

### Section 3

18. Golden Thread Wraps the Gourd  
Left x3, Right x3
19. Cross Legs, Pull Up Tree
20. Phoenix Spreads One Wing

### Section 4

21. Jade Belt Blocks the Wrist, Left & Right
22. Night Spirit Searches the Ocean
23. Phoenix Spreads One Wing – Reverse
24. Three Circles Cover the Moon
25. Night Spirit Searches the Ocean
26. Phoenix Spreads One Wing

### Section 5

27. White Snake Winds Around the Body  
x3 Left
28. Night Spirit Searches the Ocean
29. White Snake Winds Around the Body  
x3 Right
30. Cross Legs, Pull Up Tree
31. Phoenix Spreads One Wing – Reverse
32. Stepping Forward,  
Sweep Up Broadsword x3  
Turn Body – Stepping Forward,  
Sweep Up Broadsword x 3
33. Night Spirit Searches the Ocean
34. White Crane Spreads its Wing
35. Phoenix Spreads One Wing

### Section 6

36. Chopping Hua Mountain
37. Pigeon Turns Body
38. Stand on One Leg, Pointing Tiger – Left
39. Whip the Quick Horse
40. Night Spirit Searches the Ocean
41. Phoenix Spreads One Wing
42. Chopping Hua Mountain x 6
43. Pigeon Turns body
44. Stand On One Leg, Point to Tiger Right
45. Whip the Quick Horse
46. Night Spirit Searches Ocean
47. Phoenix Spreads One Wing

### Section 7

48. Walking Through 4 Doors x 4
49. Jade Lady Weaving
50. Double Horse Stance
51. Practice Broadsword, Front, Middle, Back
52. White Snake Sticks Out Tongue
53. Hands Play the Instrument
54. Crossed Plum Flower
55. Brush Knee
56. Closing Method