



Guelph Tai Chi for Health

54 Movement Sword Form - as taught by Master Sam Masich

Form Names

1. Step Up and Enclose With Sword
2. Immortal Points The Way
3. Three Rings Embrace The Moon
4. Big Pole Star
5. Swallow Skims The Water
6. Right and Left Hinder and Sweep
7. Little Pole Star
8. Swallow Enters The Nest
9. Clever Cat Catches The Rat
10. Dragonfly Touches The Water
11. Yellow Wasp Enters The Hive
12. Phoenix Spreads Double Wings
13. Left Whirlwind
14. Little Pole Star
15. Right Whirlwind
16. Waiting For The Fish
17. Parting The Grass To Search For The Snake
18. Embrace Moon To Bosom's Centre
19. Send The Bird Into The Woods to Find Lodging
20. Black Dragon Waves Its Tail
21. Green Dragon Comes Out Of The Water
22. Wind Swirls The Lotus Leaves
23. Lion Shakes His Head
24. Tiger Holds His Head
25. Wild Horse Leaps Over The Stream
26. Turn Body To Rein In The Horse
27. The Compass
28. Welcome Wind Flicks The Dust (3 Times)
29. Follow The Water's Current To Push The Boat
30. Shooting Star Reaches the Moon
31. Celestial Bird Flies Over The Waterfall
32. Poke The Curtain
33. Left And Right Whirling Sword
34. Swallow Pecks The Mud
35. Great Peng Spreads One Wing
36. Fish For The Moon At Sea Bottom
37. Embrace The Moon To Bosom's Centre
38. Night Demon Explores The Sea
39. Rhinoceros Looks At The Moon
40. Shoot The Wild Geese
41. Green Dragon Explores With Claws
42. Phoenix Spreads Double Wings
43. Left And Right Straddle and Block
44. Shoot The Wild Geese
45. White Ape Presents Fruit
46. Left and Right Falling Flowers (5 times)
47. Jade Maiden Weaves At The Shuttles
48. White Tiger Wags Its Tail
49. Carp Jumps Over Dragon's Gate
50. Black Dragon Twists Around The Column
51. Immortal Points The Way
52. Wind Sweeps The Plumb Blossoms
53. Hands Present The Ivory Scroll
54. Embrace Sword and Return To Beginning

(Feb. 2021)

