



## 武當劍 Wudang Sword

Wudang Sword was created by Zhang Sang Feng 張三豐 and was passed down to the end of Qi Dynasty Sword Master Song Wei Yi 清朝晚年劍客宋唯一 who then passed this skill to the public. Wudang Sword is a very gentle sword skill, which is like a dragon swimming in water. The object of the skill is to avoid hard contact with the opponent and, instead, move straight to the target. In the beginning we need to practice it gently. Then we practice it accurately and at the end every movement will flow with no effort, body and mind together. Regularly practice will bring up good Qi and co-ordination, at the end it can help us reach good health and longevity. When I was teenager I learnt this skill from Master Tsiu in Hong Kong. I have included this skill in the Chun Yuen syllabus because I think it is a good form and will help us to understand both Yin and Yang energies which can help us improve our other forms in Chun Yuen Quan.

### Part 1

1. 預備式 Ready Position
2. 提手上勢 Bring Up the Qi with Lifting Up The Hand
3. 太極指 Taiji Fingers
4. 一平指 One Straight Line Fingers
5. 接劍式 Receiving the Sword Posture
6. 白蛇出洞 White Snake Comes Out from The Cave
7. 指鞭式 Pointing with the Whip Posture
8. 仙人指路 Immortal Shows the Way
9. 海底撈月 Catching the Moon at the Bottom of the Sea
10. 金雞抖翅 Golden Rooster Spreads Its Wings
11. 雲劍下勢 Cloud Sword Sinks Down
12. 黃龍轉身 Yellow Dragon Turns Around

### Part 2

13. 靈貓捕鼠 Clever Cat Catches the Rat
14. 繡女紐針 Knitting Girl Sews with Needles
15. 白蛇出洞 White Snake Comes Out From the Cave
16. 指鞭式 Pointing with the Whip Posture
17. 仙人指路 Immortal Shows the Way
18. 飛星趕月 Shooting Star Chases the Moon
19. 推窗望月 Opening the Window to Look at the Moon
20. 怪蟒回頭 Python Turns His Head Around
21. 旋風掃 Circling Wind Blows Away
22. 玉女穿梭 Jade Lady Weaving
23. 懷中抱月 Embracing the Moon
24. 太公釣魚 Taigong Fishing
25. 鳳凰點頭 Phoenix Nods Its Head
26. 黃龍轉身 Yellow Dragon Turns Around
27. 靈貓捕鼠 Clever Cat Catches the Rat
28. 繡女紐針 Knitting Girl Sews with Needles
29. 白蛇出洞 White Snake Comes Out From the Cave
30. 指鞭式 Pointing with the Whip Posture
31. 仙人指路 Immortal Shows the Way
32. 海底撈月 Catching the Moon at the Bottom of the Sea
33. 撥草尋蛇 Separating Grass to Look for the Snake
34. 沛公斬蛇 Liu Bang Chops the White Snake

### Part 3

35. 懷中抱月 Embracing the Moon
36. 烏龍擺尾 Black Dragon Swings Its Tail
37. 懷中抱月 Embracing the Moon
38. 飛鳥投林 Birds Fly Back to the Forest
39. 懷膝點劍 Hold the Knee and Point with the Sword
40. 拐步崩劍 Heavy Step and Bend the Sword
41. 雄鷹展翅 Proud Eagle Spreads Its Wings
42. 雙頭蛇刺 Double Headed Snake
43. 雄鷹再展 Proud Eagle Spreads Its Wings Again
44. 敬德拉鞭 Genghis Khan Cracks the Whip
45. 青龍戲水 Green Dragon Plays with Water
46. 回身點劍 Turn the Body and Point with the Sword
47. 黃龍入海 Yellow Dragon Dives into The Sea
48. 雄鷹尋蛇 Proud Eagle Searches for the Snake

### Part 4

49. 敗虎歸山 Defeated Tiger Returns to the Mountain
50. 金雞食米 Golden Rooster Pecks the Rice
51. 倒行蛇 Moving Backwards Snake
52. 燕子抄水 Swallow Skims The Water
53. 黃龍攪水 Yellow Dragon Stirs the Water
54. 走正八卦 Walk Normal Bagua
55. 走逆八卦 Walk Reverse Bagua
56. 左行走劍 Walk Left with the Sword
57. 右行走劍 Walk Right with the Sword
58. 迎門直入 Walk Straight Inside Through the Door

### Part 5

59. 敗中求勝 Get Victory in Defeat
60. 飛舞彩虹 Dancing and Flying in the Rainbow
61. 跳入雲海 Jump into the Cloud Sea
62. 飛舞彩虹 Dancing and Flying in the Rainbow
63. 仙人變法 Immortal Makes Magic
64. 無敵三角 Invincible Triangle
65. 反雲劍 Anti-clockwise Circle Sword
66. 正雲劍 Clockwise Circle Sword
67. 風沙走馬 The Horse Running at the Windy Desert
68. 似退實進 Faking Defeat to Gain Victory
69. 鳳尾劍 Phoenix Tail Sword
70. 收劍 Collecting the Sword (Close Form)