

单剑 DĀN JIÀN - SINGLE SWORD



1st Section

1	单剑起势	Dān jiàn qǐ shì	Sword Preparation
2	朝阳剑	Cháoyáng jiàn	Homage To The Sun
3	仙人指路	Xiānrén zhǐ lù	Immortal Points The Way
4	青龙出水	Qīnglóng chūshuǐ	Blue Dragon Out Of The Water
5	护膝剑	Hùxī jiàn	Protect The Knees
6	闭门势	Bì mén shì	Close The Door
7	青龙出水	Qīnglóng chūshuǐ	Blue Dragon Out Of The Water
8	翻身下劈剑	Fānshēn xià pī jiàn	Turn And Chop Down
9	青龙转身	Qīnglóng zhuǎnshēn	Blue Dragon Turns Over
10	斜飞	Xié fēi	Flying Obliquely

2nd Section

11	展翅点头	Zhǎnchì diǎntóu	Spread Wings And Nod The Head
12	拨草寻蛇	Bō cǎo xún shé	Separate Grass To Find Snake
13	金鸡独立	Jīnjīdúlì	Golden Rooster Stands Alone
14	仙人指路	Xiānrén zhǐ lù	Immortal Points The Way
15	盖拦势	Gài lán shì	Cover And Block
16	古树盘根	Gǔ shù pán gēn	Ancient Tree Wraps Its Roots
17	饿虎扑食	Èhǔpūshí	Hungry Tiger Attacks For Food
18	青龙摆尾	Qīnglóng bǎi wěi	Blue Dragon Sways Its Tail
19	倒卷肱	Dào juǎn gōng	Turn The Arm Backwards
20	野马跳涧	Yěmǎ tiào jiàn	Wild Horse Jumps The Ravine
21	白蛇吐信	Báishé tǔ xìn	White Snake Shows Its Tongue

3rd Section

22	乌龙摆尾	Wū lóng bǎi wěi	Black Dragon Sways Its Tail
23	钟馗仗剑	Zhòng kuí zhǎng jiàn	Zhong Kui Holds The Sword
24	罗汉降龙	Luóhàn xiáng lóng	Louhan Subdues Dragon
25	黑熊翻背	Hēixióng fān bèi	Black Bear Turns Backwards
26	燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
27	白蛇吐信	Báishé tǔ xìn	White Snake Shows Its Tongue
28	斜飞	Xié fēi	Flying Obliquely

4th Section

29	鹰熊斗智	Yīng xióng dòuzhì	Eagle And Bear Battle With Their Wits
30	燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
31	摘星换斗	Zhāi xīng huàn dòu	Pluck Stars And Change Constellations
32	海底捞月	Hǎidǐ lāo yuè	Scoop Moon From Under Sea
33	仙人指路	Xiānrén zhǐ lù	Immortal Points The Way
34	凤凰点头	Fènghuáng diǎntóu	Phoenix Nods Its Head
35	燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
36	白蛇吐信	Báishé tǔ xìn	White Snake Shows Its Tongue
37	斜飞	Xié fēi	Flying Obliquely

5th Section

38	左托千斤	Zuǒ tuō qiānjīn	Left Side Holds Up One Thousand Pounds
39	右托千斤	Yòu tuō qiānjīn	Right Side Holds Up One Thousand Pounds
40	燕子啄泥	Yànzi zhuó ní	Swallow Pecks Mud
41	白猿献果	Bái yuán xiàn guǒ	White Ape Presents Fruit
42	落花流水	Luò huā liú shuǐ	Falling Flowers
43	上下斜刺	Shàng xià xié cì	Jab Up Then Down
44	斜飞	Xié fēi	Flying Obliquely

6th Section

45	哪吒探海	Nǎ chǐ tàn hǎi Na Dra	Explores The Sea
46	怪蟒翻身	Guài mǎng fān shēn	Large Serpent Turns Itself Around
47	韦驮献杵	Wéi tuō xiàn chǔ	Wei Tor Presents Pestle
48	磨盘剑	Mò pán jiàn	Millstone Turning Sword
49	单剑收势	Dān jiàn shōu shì	End Single Sword

THE 13 SWORD TECHNIQUES

1.	Ci	Stab
2.	Pi	Chop
3.	Liao	Scoop
4.	Gua	Hang
5.	Dian	Point
6.	Mo	Slice
7.	Tuo	Push Up
8.	Jia	Block
9.	Sao	Sweep
10.	Jie	Intercept
11.	Zha	Plunge
12.	Tui	Push
13.	Hua	Neutralise