

Single Straight Sword 49 movements (Dan Jian - 单剑)

The jian (straight, or double edged sword), is a more delicate weapon compared to the dao (broadsword) or spear. It is associated with the Phoenix. The jian is the weapon of the scholar or gentleman. The practice of the sword develops precise movements, focused awareness and the ability to project one's jing or intention to the blade of the sword. This form is characterized by light, spiraling movements that demonstrate the internal aspects of Chen Style Taijiquan. Include in the sword form are techniques for piercing, chopping or hacking, pointing or tipping, slicing and parrying. While the tassel looks fancy, it is purely decorative and for show. The movements of the sword form is performed like a dragon flying through the sky – fluid, smooth and continuous.

There are two single sword forms; 49 movements and 54 movements. This is the 49 movements form, the “normal” form that is taught. The 54 movements form was re-created by Chen Zi Qiang after his research uncovered a magazine of Chen Fa Ke's daughter performing the 54 movement sword form.

The video at the end of the page is from Grandmaster Chen Zhen Lei and is the form taught by Master Chen Hu Xian when she was in Madison 2012. I learned my sword from Grandmaster Chen Xiao Wang, Grandmaster Chen Xiao Xing and Master Ren Guang Yi and there are differences between their forms and this video.

First Section 【第一段】

0. Preparatory stance (Yu Bei Shi) or starting form (Qi Shi)	预备式 or 起势(起勢)
1. Tai Ji Sword Beginning Posture (Tai Ji Jian Chu Shi)	太极剑初势
2. Face the Sun (Chao Yang Jian)	朝阳剑
3. Immortal Pointing the Way (Xian Ren Zhi Lu)	仙人指路
4. Green Dragon Flies Out of Water (Qing Long Chu Shui)	青龙出水
5. Knee-protecting Sword (Hu Xi Jian)	(左右)护膝剑
6. Closing the Gate Form (Bi Men Shi)	(转身)闭门式
7. Green Dragon Flies Out of Water (Qing Long Chu Shui)	青龙出水
8. Turn Body And Chop with Sword (Fan Shen Xia Pi Jian)	翻身下斩剑
9. Green Dragon Turns Its Body (Qing Long Zhuan Shen)	青龙转身
10. Diagonal Flying Form (Xie Fei Shi)	斜飞式

Second Section 【第二段】

11. Spread Wings and Bow Head (Zhan Chi Dian Tou)	展翅点头
12. Beat Grass and Find the Snake (Bo Cao Xun She)	拨草寻蛇
13. Gold Rooster Stand on One Leg (Jin Ji Du Li)	金鸡独立
14. Immortal Pointing the Way (Xian Ren Zhi Lu)	仙人指路

15. Cover and Pull Back (Gai Lan Shi)	盖拦式
16. Ancient Tree Roots (Gu Shu Pan Gen)	古树盘根
17. Hungry Tiger Pounces on Prey (E Hu Pu Shi)	饿虎扑食
18. Green Dragon Swings Its Tail (Qing Long Bai Wei)	青龙摆尾
19. Backward Arm Circling (Dao Juan Hong)	倒卷肱
20. Wild Horse Leaping Ravine (Ye Ma Tiao Jian)	野马跳涧
21. White Snake Spits Out (Bai She Tu Xin)	白蛇吐信

Third Section 【第三段】

22. Black Dragon Swings Tail (Wu Long Bai Wei)	乌龙摆尾
23. Zhong Kui's Sword (Zhong Kui Zhang Jian)	钟馗仗剑
24. Luo Han Subduing Dragon (Luo Han Xiang Long)	罗汉降龙
25. Black Bear Turns Backward (Hei Xiong Fan Bei)	黑熊反背
26. Swallow Pecks the Mud (Yan Zi Zhuo Ni)	燕子啄泥
27. White Snake Spits Out (Bai She Tu Xin)	白蛇吐信
28. Diagonal Flying Form (Xie Fei Shi)	斜飞式

Fourth Section 【第四段】

29. Eagle & Bear's Battle of Wits (Ying Xiong Dou Zhi)	鹰熊斗智
30. Swallow Pecks the Mud (Yan Zi Zhuo Ni)	燕子啄泥
31. Pluck Star and Return It (Zhai Xing Huan Dou)	摘星换斗
32. Scoop Moon from Under the Sea (Hai Di Lao Yue)	海底捞月
33. Immortal Pointing the Way (Xian Ren Zhi Lu)	仙人指路
34. Phoenix Nods Its Head (Feng Huang Dian Tou)	凤凰点头
35. Swallow Pecks the Mud (Yan Zi Zhuo Ni)	燕子啄泥
36. White Snake Spits Out (Bai She Tu Xin)	白蛇吐信
37. Diagonal Flying Form (Xie Fei Shi)	斜飞式

Fifth Section 【第五段】

38. Push A Thousand Jin Leftward (Zuo Tuo Qian Jin)	左托千斤
39. Push A Thousand Jin Rightward (You Tuo Qian Jin)	右托千斤
40. Swallow Pecks the Mud (Yan Zi Zhuo Ni)	燕子啄泥
41. White Ape Presents Fruits (Bai Yuan Xian Guo)	白猿献果
42. Flowers Falling Form (Luo Hua Shi)	落花式
43. Jab Upward then Downward (Shang Xia Xie Ci)	上下斜刺

44. Diagonal Flying Form (Xie Fei Shi)	斜飞式
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Sixth Section 【第六段】

45. Nezha Searches the Sea (Ne Zha Tan Hai)	哪咤探海 / 哪咤闹海
46. Python Turns Itself Around (Guai Mang Fan Shen)	怪蟒翻身
47. Wei Tuo Presents Pounder (Wei Tuo Xian Chu)	韦陀献杵
48. Mill Stone Turning Sword (Mo Pan Jian)	磨盘剑
49. Return to Origin Posture (Tai Ji Jian Huan Yuan)	太极剑还源 / 收式