

# Chen Man-ching's Sword Form

(Thank you Ken Van Sickle!)

## Starting position

1. Step forward with sword and hands together
2. The Immortal points the way
3. Three rings around the moon
4. Major literary star
5. Swallow beats the water with its wings
6. Block and sweep right and left
7. Minor literary star
8. Wasp enters the cave
9. Alert cat catches the mouse
10. Dragon fly strikes the water
11. Swallow returns to the nest
12. Phoenix spreads its wings
13. Rolling wind
14. Minor literary star
15. Rolling wind
16. Waiting for the fish
17. Searching for the snake in the grass
18. Embrace the moon
19. The birds return to the forest
20. Black dragon wags its tail
21. The wind rolls the lotus leaves
22. Lion shakes its head
23. Tiger holds its breath
24. The horse leaps over the stream
25. Reign in the horse
26. The compass
27. Tassels in the wind
28. The shooting star chases the moon
29. Pegasus over the spraying water fall

30. Roll up the screen
  31. Minor literary star
  32. Wheels left and right
  33. Swallow holds mud in its mouth
  34. Roc spreads its wings
  35. Pick up the moon from the bottom of the sea
  36. Embracing the moon
  37. Dragon spirit searches the sea
  38. Rhinoceros gazes at moon
  39. Shoot the flying goose
  40. Green dragon stretches its claws
  41. Phoenix stretches its wings
  42. Step forward to block (right and left)
  43. Shoot the wild goose (taunt)
  44. White ape offers fruit
  45. Falling flowers left and right
  46. Fair lady weaves at the shuttle
  47. White tiger wags its tail
  48. Fish leaps over the dragon's gate
  49. Black dragon coils around the pillar
  50. The immortal points the way
  51. Winds sweeps the fallen flower
  52. Holding the tablet before your bosom
  53. Embrace the sword
- Return to starting position