



青龍劍 Green Dragon Sword

In Chinese Symbolism we see many things that relate to the dragon, but Chinese Dragons are different from the western dragons talked about in so many fairytales. The Chinese Dragon has a head like a crocodile, the body of a snake and has four legs. In history Chinese Emperors were dragons that had come down from Heaven to this world, to lead and save the people. In Chinese Astrology the direction East is controlled by the Green Dragon.

This sword form is named after the Green Dragon as it represents China, the direction East and the sword. Chinese believe sword skills need to be played gently and elegantly just like the movement of a dragon. However this sword has a long tassel with it and this makes it one of the most challenging sword forms to perform. Having said that, once you become used to it you will find it becomes addictive. It is very good for the strength, coordination, the joints and flexibility and also weight loss. This form originally came from the Beijing Opera, from my Sigong Wang Ping 王平 who passed it on to my Sifu Wu Chun Yuen 武俊元.

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| 1. 俊元椿 | Chun Yuen Stance | 23. 轉身坐盤下切 | Turn Body, Squat and Cut Down |
| 2. 青龍出海 | Green Dragon Comes Out of the Sea | 24. 架劍轉身 | Swing the Sword above and Turn Body |
| 3. 回身抱月 | Return Back to Embrace the Moon | 25. 夜叉探海 | Demon goes into the Sea |
| 4. 弓步挑簾 | Draw Back the Curtain in Bow Stance | 26. 提膝問路 | Ask for the Direction by Lifting Up the Leg |
| 5. 迎風單立 | Welcome the Wind on One Leg | 27. 躡步坐盤下切 | Jump, Squat Down and Cut Down |
| 6. 舞袍接劍 | Swing the Tassel and Receive the Sword | 28. 折鋒指路 | Point the Road in High Spirits |
| 7. 龍潛海底 | Dragon Dives into the Bottom of the Sea | 29. 青龍翻身 | Green Dragon Turns the Body |
| 8. 魁星吸斗 | Big Dipper Absorbs the other Stars | 30. 右旋刺背 | Circle to the Right and Stab the Back |
| 9. 躍步掄劈 | Jump and Circle Chop | 31. 風擺荷葉 | Wind Blows the Lily Leaves |
| 10. 回身反劈 | Turn Around and Chop | 32. 龍飛九天 | Dragon Flies Over Nine Heavens |
| 11. 青龍甩尾 | Green Dragon Releases its Tail | 33. 白鶴亮翅 | White Crane Spreads its Wings |
| 12. 雲劍橫掃 | Circle the Sword and Sweep to the Side | 34. 獨立平劈 | Level Chop on One Leg Stance |
| 13. 青龍戲水 | Green Dragon Plays with Water | 35. 登腳問路 | Kick Out to Ask for the Road |
| 14. 躡步坐盤下劈 | Jump, Squat Down and Chop Down | 36. 上步反劈 | Step Forward and Turn Back to Chop |
| 15. 轉身橫抹 | Turn Body and Swing Across | 37. 提膝架劍 | Hold the Sword Up on One Leg |
| 16. 轉身提膝架劍 | Turn Body and Hold the World on One Leg | 38. 左弓步平刺 | Level Stab in Left Bow Stance |
| 17. 轉身弓步下斬 | Turn Body and Chop in Bow Stance | 39. 轉身橫掃 | Turn Body and Swing Across |
| 18. 海底望月 | Look at the Moon at the Bottom of the Sea | 40. 十字掄劈 | Cross Over to Chop |
| 19. 轉身獨立下劈 | Turn Body and Chop on One Leg | 41. 蜻蜓點水 | Dragon Fly Touches the Water |
| 20. 左弓下刺 | Stab Down in Left Bow Stance | 42. 猛虎翹尾 | Fearless Tiger Swings its Tail |
| 21. 大鵬展翅 | Roc Extends Its Wings | 43. 躍步獨立下刺 | Jump, Stand On One Leg and Stab Down |
| 22. 轉身平抹 | Turn Body and Swing Across | 44. 穿劍下刺 | Circle the Sword and Stab Down |
| | | 45. 懷中抱月 | Embrace the Moon |
| | | 46. 天馬行空 | Heaven Horse Runs in the Air |

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| 47. 朝天一柱香 | One Straight up Joss Stick | 69. 震腳磋步平刺 | Stamp with the Legs, Double Steps and Stab Forward |
| 48. 轉身反刺 | Turn Around and Stab | 70. 上步撩袍刺劍 | Step Forward to Scoop the Tassel and Stab with the Sword |
| 49. 左弓步下刺 | Stab Down in Left Bow Stance | 71. 白鶴亮翅 | White Crane Spreads its Wings |
| 50. 蛤蟆腿 | Toad Legs | 72. 青龍翻身 | Green Dragon Turns Around |
| 51. 袍搭肩 | Tassel on the Shoulder | 73. 右旋刺背 | Right Turn and Stab the Back |
| 52. 回首指路 | Look Back to Point at the Road | 74. 上步轉體刺背伏龍式 | Step Forward, Turn the Body, Stab the Back and Control the Dragon Position |
| 53. 上步點刺 | Step Forward, Point and Stab | 75. 青龍三分水 | Green Dragon Separates the Water Three Times |
| 54. 引龍出洞 | Trick the Dragon out of the Crave | 76. 獅子滾球 | Lion Rotates the Ball |
| 55. 架劍飛渡 | Lift the Sword Above and Fly Across | 77. 大聖舉旗 | Money King Holds the Flag Up |
| 56. 卧龍潛水 | Hidden Dragon Dives into the Water | 78. 青龍翻身 | Green Dragon Turns Around |
| 57. 大鵬展翅 | Roc Extends Its Wings | 79. 跳步反刺 | Jump and Stab Other Side |
| 58. 并步平劈 | Chop level with closed legs | 80. 落腳上步刺劍 | Land, Step Forward and Chop the Sword Down |
| 59. 二郎担山 | Er Lang Carries the Mountain | 81. 右旋後刺 | Right Turn and Stab Backward |
| 60. 右弓抱劍 | Embrace the Sword in Right Bow Stance | 82. 左弓步下刺 | Stab Down in left Bow Stance |
| 61. 搭袍反撩 | Tassel on the Shoulder and Reverse Back the Sword | 83. 插步後撩 | Swing the Tassel Backward with Crossing Legs |
| 62. 穿劍下刺 | Stab Down with the Sword | 84. 雲頂接劍踢腿拍脚 | Receive the Sword on Top of the Cloud, Kick and Slap the Foot |
| 63. 左弓斜刺 | Ankle Stab in Left Bow Stance | 85. 青龍翹尾 | Green Dragon Swings its Tail |
| 64. 踢腿獨立斜劈 | Kick and Stab Diagonally on One Leg | 86. 龍舞觀兵 | Dragon Dances and Looks at the Soldiers |
| 65. 飛燕入林 | Swallow Flies into the Forest | 87. 錦旗飛舞 | Bright Flags Fly in the Air |
| 66. 單立展臂登脚 | Kick on One Leg with Arms Opening | 88. 還原歸真 | Return Back to the Truth |
| 67. 左弓步下刺 | Stab Down in Left Bow Stance | | |
| 68. 袍搭肩 | Tassel on the Shoulder | | |

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