

WUDANG SPEAR FORM

Names taken from *Tai Chi Sabre Sword Spear* by Cheng Tin-Hung 1990

Ready Style

Tai Chi beginning style

Facing the wind blowing the willow

The waves going up and down

Obstructing the river to intercept the dipper

Green dragon stretching its claw

Giant python turning its head

Golden dragon swinging its tail

Giving the horse its head while chasing enemies

The black-eared kite flies and the fish leaps

Golden cockerel nodding its head

A white rainbow soaring over the sun

Lying tiger and diving dragon

Plum blossom opens five petals

Celestial horse walks the skies

Tai Chi completion style

K. Allen updated 2001