

TAI CHI SWORD STRIKES & BLOCKS

STRIKES

1. Downward Diagonal Slash (from the upper right)
2. Upward Diagonal Slash
3. Horizontal Strike to the Left (palm up)
4. Horizontal Strike to the Right (palm down)
5. Thrust
6. 360 Twirl
7. Drawing Out
8. Drawing In
9. Elbow Strike
10. Running Cut (to the throat, then to the calf)

BLOCKS

1. Downward Vertical Block
2. Upward Vertical Block
3. **Minor Literary Star**
4. Horizontal Parry
5. Downward Parry
6. **Major Literary Star**
7. Spiral Block
8. Upper Block (*palm faces head*)
9. Riding Parry (*to 'Place the Incense on the Alter'*)
10. Upper Block (*palm faces out*)
11. Upward Parry
12. Drummer Boy
13. Hand Grab
14. Guard Parry (*turning to face front*)
15. Flick Up Block

