

TAI CHI SWORD DRILLS

NO PARTNER

- Circle Drill
- Drawing in, Drawing out
- Spiral Block, Minor Literary Star
- Diagonal Slashes

PARTNER

1. Circle Drill
2. Drawing out (rt foot forward), Drawing in.....Spiral Block, Minor Literary Star
3. Thrust – Downward Vertical Block
- Both have right foot forward
4. Thrust – Spiral Block (in diagonal horse stance)
5. Diagonal Slashes
- Right foot forward going up, Left foot forward going down
6. Little Whirlpool
7. Sticking Sword Drill
8. Apply Strikes & Blocks

