

# 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 (high & low) (*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. Lion Holds its Head
13. Hand Grab
14. Guard Parry (*turning to face front*)
15. Flick-up Block