



Double Saber

chen shi tai ji quan shuang dao

Teil 1.

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|----|---------------------------|---|
| 01 | shuang dao qi shi | Double sabre Preparation position |
| 02 | quan wu hua zhao yang dao | Turn around completely (flower dance) and hold the sabre of the morning sun |
| 03 | qie san dao zhao yang | Cut three times with the sabre of the morning sun |
| 04 | yi dao yu bu | Jumping with the sabre |
| 05 | yan bie jin chi | The wild goose turns its golden wings |
| 06 | shuang san dao | Step forward three times with the sabre |
| 07 | gu yan chu gun | The lonely wild goose leaves the flock |

Teil 2.

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|----|----------------------|-------------------------------|
| 08 | yi dao zhao yang | The sabre of the morning sun |
| 09 | zuo cha hua | Put the flower in - left |
| 10 | you cha hua | Put the flower in - right |
| 11 | hu die xi shui | The butterfly sucks the water |
| 12 | yi dao zhao yang | The sabre of the morning sun |
| 13 | zuo cha hua | Put the flower in - left |
| 14 | you cha hua | Put the flower in - right |
| 15 | fu hu | The tiger lies on the ground |
| 16 | yi dao zhao yang | The sabre of the morning sun |
| 17 | zhong kui zhang jian | Zhongkui holds the sword |

Teil 3.

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|----|---------------------------|----------------------------------|
| 18 | gu shu pan gen | The old tree winds its roots |
| 19 | fan shen kan | Turn the body and make a stroke |
| 20 | yi dao zhao yang | The sabre of the morning sun |
| 21 | zuo jiao xiang | Turn your head around - left |
| 22 | you jiao xiang | Turn your head around - right |
| 23 | liang dao zhao yang | Two sabres of the morning sun |
| 24 | liang dao zuo zhuan xiang | Turning the neck with two sabres |
| 25 | you zhuan xiang | Turn the neck around - right |
| 26 | ba wang ju ding | The tyrant raises his tripod |
| 27 | luo han xiang long | The Lohan vanquishes the dragon |
| 28 | luo han xiang long | The Lohan vanquishes the dragon |

Teil 4.

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|----|------------------|---|
| 29 | you pian ma dao | Cut the horse with the sabre - right |
| 30 | zuo pian ma dao | Cut the horse with the sabre - left |
| 31 | bai shi tu xin | The white snake pokes out its tongue |
| 32 | zuo pu you pu | Push left, push right |
| 33 | shang bu qi xing | Stepping forward and beating with seven stars |





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|----|-----------------|--------------------------------|
| 34 | xia bu kua gong | Step back and spread your arms |
| 35 | yi dao xia shi | Split downwards with the sabre |
| 36 | Shou shi | Closing position |

J. Misselbeck, kostenloses Exemplar

