

TAI YI

Riding the Wind Sword 太乙乘风剑

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HISTORY

Taiyi Riding the Wind Sword is Master Yu Anren's family kungfu. The book, Who's Who in Chinese Martial Arts has the following report:

Yu Anren (1940–), heir of Taiyi Swimming Dragon Chuan, is from Guilin in Guangxi province. His family originated from Pingjiang county in Hunan province.

Yu learned Taiyi Swimming Dragon Chuan techniques and principles, which were only passed to the family members, from his grandfather Yu Shao who used to be the general of the Nationalist. Yu Anren broke the family's tradition when he compiled and donated to the state Taiyi Swimming Dragon Chuan, Taiyi Riding the Wind Sword and other forms of boxing and weaponry from the Taiyi Men sect. When Yu Anren took part in the Changsha Regional Martial Arts Competition in 1984, he performed the Chuan for the first time and won first place for internal style martial arts. Since then, his form has spread quickly and the number of followers has reached several thousands.

Yu Anren was invited to Hong Kong twice to teach his art. In 1988 he took part in the National Martial Arts Exhibition and Exchange Meet in Jinzhou and performed the Swimming Dragon Chuan and some swordsmanship. In 1994, 2015 and 2018 Grandmaster Yu was invited to USA to teach the family forms.

Currently he is preparing materials from the Taiyi Men sect— boxing and weaponry routines—for publication. He was both the coach and a standing member of the Changsha Martial Arts Association and a standing member of the Hunan Martial Arts Association. He has also invented a Calendar of the Body's Vital Rhythms chart which has been patented.

INSTRUCTOR

Dr. Liping Zhu, DAOM, L.Ac., founder of Qi Dragon Healing Center and a gold medalist in the 1996 International Martial Arts Tournament, studied intensively in China with Grandmaster Yu Anren, the lineage holder of his family heirloom Taiyi Swimming Dragon Chuan. She is one of the few disciples of Grandmaster Yu who is teaching outside China.

Dr. Zhu is also a certified instructor of the Heavenly Essence Qigong system and was the Qigong instructor of the American College of Traditional Chinese Medicine for 16 years. Dr. Zhu currently teaches both Taichi and Qigong classes and workshops internationally and has an acupuncture practice in Humboldt, CA.

For more information, please visit www.qidragon.com and her online school www.qidragonschool.com

A Brief Introduction to Taiyi Riding the Wind Sword

Taiyi Riding the Wind Sword, the sister form of Taiyi Swimming Dragon Chuan, is part of Grandmaster Yu Anren's family heirloom.

Grandmaster Yu learned Taiyi sect techniques and principles from his grandfather Yu Shao who was a general of the Nationalist and his grandmother who was a member of the last emperor Pu Yi's family. Originating from the famous Zhongnan Daoist Mountain in China, this form is a very rare, uniquely beautiful and energetic sword style whose technique is of a high level internal quality. Consequently its moves have a certain level of difficulty to fully master. As its name describes, this form is like riding the wind with agility, power, grace and fluidity.

TAIYI RIDING THE WIND SWORD FORM

太乙乘风剑

1. **起式** Starting the Form
2. **左右请手** Saluting to the Left and Right
3. **道袖双舒** Sleeves of the Daoist Unfold
4. **无量天尊** Immeasurably Powerful God
5. **仙人指路** Immortal Directs the Way
6. **太子上殿** Crown Prince Ascends to the Palace

7. 劈山引水 Splitting the Mountain to Draw Water
8. 风摆荷叶 Wind Sways the Lotus Leaves
9. 蛟龙转身 Powerful Dragon Turns its Body
10. 秋叶满地 Autumn Leaves Scatter around
11. 凤凰点头 Phoenix Nods its Head
12. 果老骑驴 The Immortal Guolao Rides a Donkey
13. 暗箭难防 A Stab in the Back is Hard to Guard Against
14. 金龙探爪 Golden Dragon Stretches forward its Claws
15. 犀牛望月 Rhinoceros Looks back at the Moon
16. 黄莺穿柳 Bird Passes through the Willows
17. 十字腿 Flying Leg
18. 回头是岸 Turning Round and Seeing the Bank
19. 打草惊蛇 Beating the Grass to Scare the Snake
20. 金猴献桃 Golden Monkey Presents Fruit
21. 醉卧枫林 Sleeping Drunk in the Maple Forest
22. 举灯挑剑 Raising the Lamp and Tipping the Sword
23. 推窗望月 Opening a Window to Watch the Moon
24. 江河横流 River Water Runs Wild
25. 逆水行舟 Rowing the Boat Against the Current
26. 迎风摆柳 Willow Sways in the Wind
27. 凤凰展翅 Phoenix Spreads its Wings
28. 太公垂钓 Taigong Fishes in the River
29. 猛虎转身 Fierce Tiger Turns its Body
30. 弩箭穿心 A Crossbow Arrow Penetrates the Heart
31. 风摆荷叶 Wind Sways the Lotus Leaves

32. **龙潜海底** Dragon Dives to the Bottom of the Sea
33. **哪吒闹海** Legendary Boy Creates the Disturbance in the Sea
34. **金鸡上树** Golden Rooster Climbs a Tree
35. **金鸡斗蟒** Golden Rooster Fights a Boa Constrictor
36. **游龙摆尾** Swimming Dragon Swings its Tail
37. **弩箭穿心** A Crossbow Arrow Penetrates the Heart
38. **坐爱枫林** Sitting Down to Enjoy the Maple Forest
39. **转身亮剑** Turning Around to Show the Sword
40. **紫燕衔泥** Purple Swallow Pecks the Mud
41. **雁过长空** Wild Goose Flies Across the Sky
42. **回头望月** Turning Around to Look at the Moon
43. **摇笠拜佛** Shaking the Bamboo Slips and Bowing to Buddha
44. **急流回转** Rapid Stream Runs Backwards
45. **金鸡上树** Golden Rooster Climbs Up the Tree
46. **荆轲刺秦** Courtier (JinKe) Assassinate the Emperor Qin
47. **怀抱金炉** Holding a Golden Cauldron to the Bosom
48. **黑龙摆尾** Black Dragon Raises its Tail
49. **喜鹊登枝** Magpie Jumps to a Branch
50. **鹰旋山顶** Eagle Hovers over the Mountain
51. **朝天擎香** Holding a Stick of Incense up to the Sky
52. **饿鹰扑食** Hungry Eagle Pounces on its Prey
53. **泰山压顶** Taishan Mountain Weighs Down the Head
54. **花底藏蛇** Snake Hides Under the Flowers
55. **左右逢源** Meeting Left and Right Sources
56. **鹿饮山泉** Deer Drinks at the Mountain Spring
57. **黄莺穿柳** Bird Passes through the Willows

58. 雄狮抖鬃 Powerful Lion Shakes its Mane
59. 宿鸟入林 Tired Bird Seeks Shelter in the Forest
60. 逆水行舟 Rowing the Boat against the Current
61. 嫦娥奔月 Fairy Lady (Chang er) Heads for the Moon
62. 青狮坐地 Green Lion Sits on the Ground
63. 鹞子过林 Sparrow Hawk Passes through the Woods
64. 美女梳头 Beautiful Lady Combs Her Hair
65. 清风扑面 Fresh Breeze Touches the Cheek
66. 孔雀开屏 Peacock Shows its Tail
67. 弩箭穿心 A Crossbow Arrow Penetrates the Heart
68. 挂剑扬鞭 Putting up the Sword and Raising the Whip
69. 飞燕抄水 Agile Swallow Flies Over the Water
70. 道童上香 Daoist Child Offers the Incense
71. 犀牛望月 Rhinoceros Looks back at the Moon
72. 太子上殿 Crown Prince Ascends to the Palace
73. 游龙戏水 Swimming Dragon Plays with the Water
74. 收式 Closing the Form



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