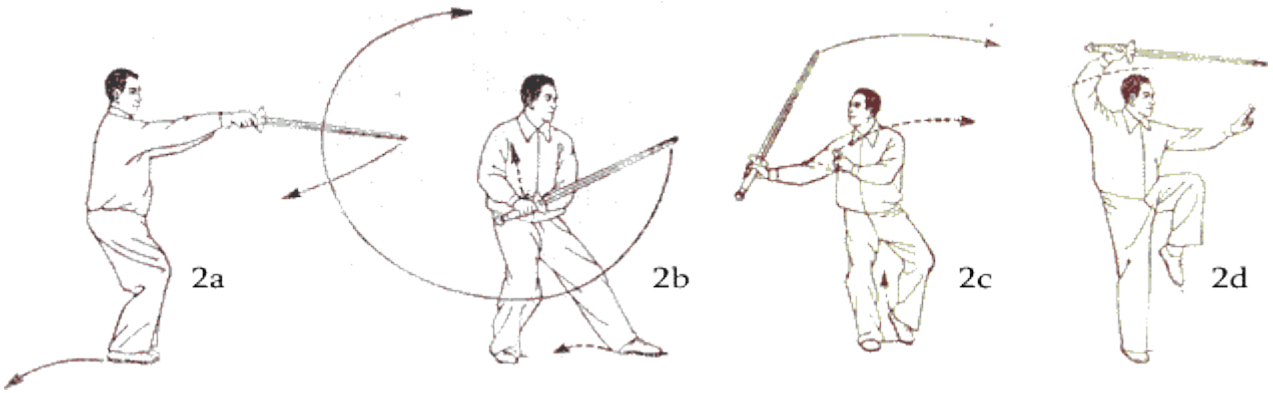
TaiJi Chien 32 sequenze

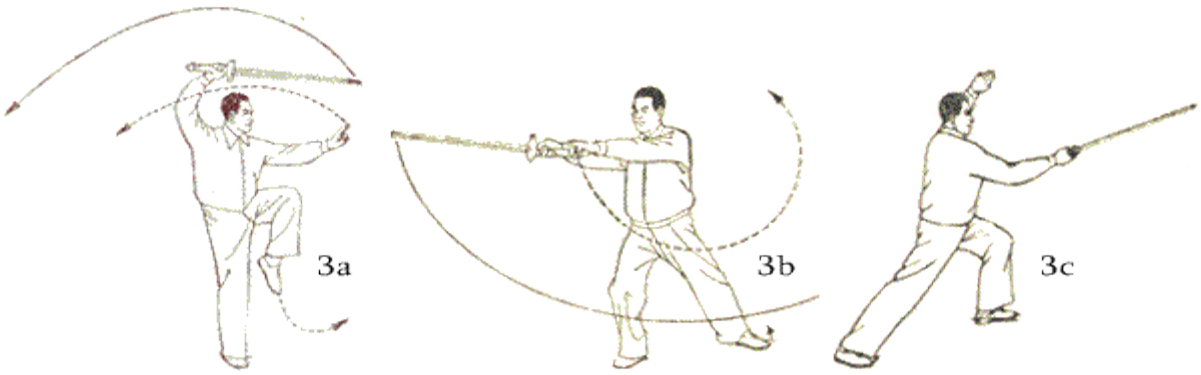
INIZIO – Dare inizio all'energia – **起**势 (qǐ shì)

1 – Tre anelli intorno alla luna – **三**环套月(sān huán tào yuè)

2 – L'orsa Maggiore – **魁星**势 (kuí xīng shì)



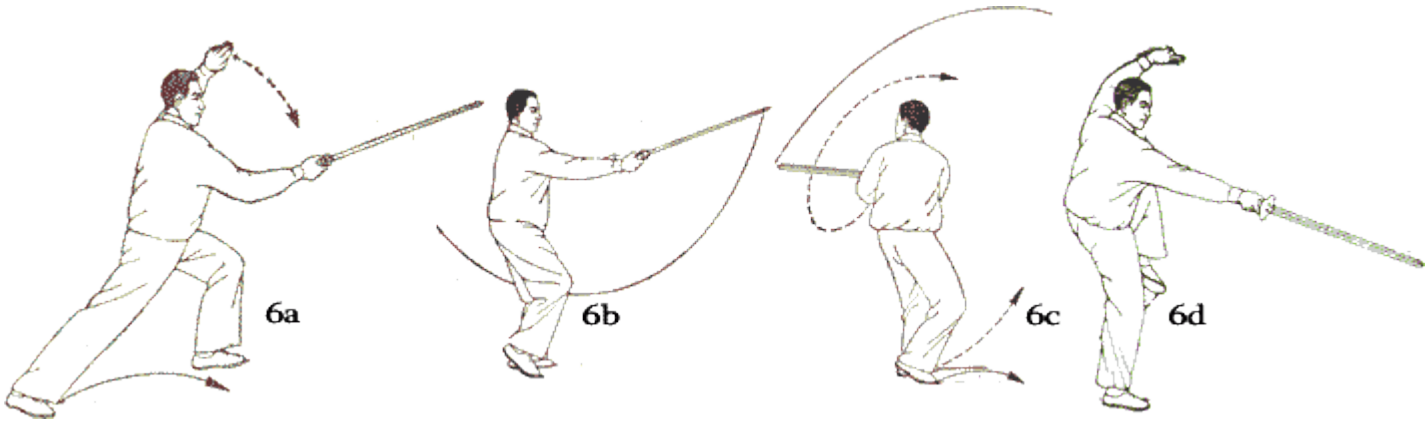
3 – La rondine cala sull'acqua – **燕子抄水** (yàn zi chāo shuǐ)



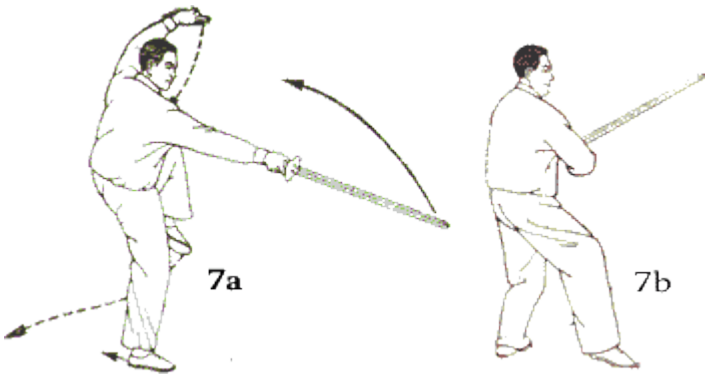
4 – Bloccare e spazzare verso destra – **右**边拦扫 (yòu biān lán sǎo)

5 – Bloccare e spazzare verso sinistra – **左**边拦扫 (zuǒ biān lán sǎo)

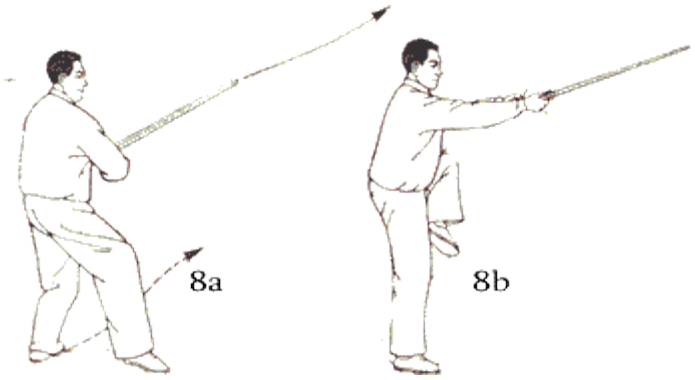
6 – Cercare nel mare – **夜叉探海** (nǎ zhà tàn hǎi)



7 – Abbracciare la luna – 怀中抱月 (huái zhōng bào yuè)

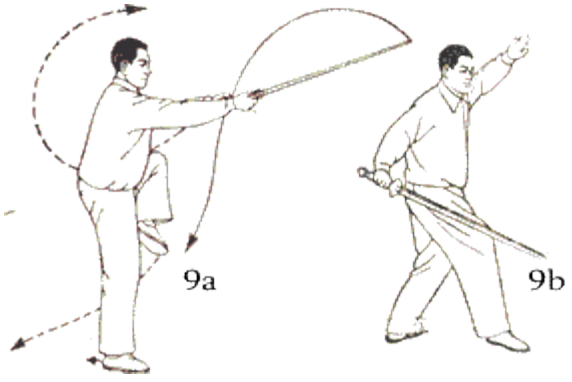


8 – Al tramonto gli uccelli tornano sugli alberi – 宿鸟投林 (sù niǎo tóu lín)

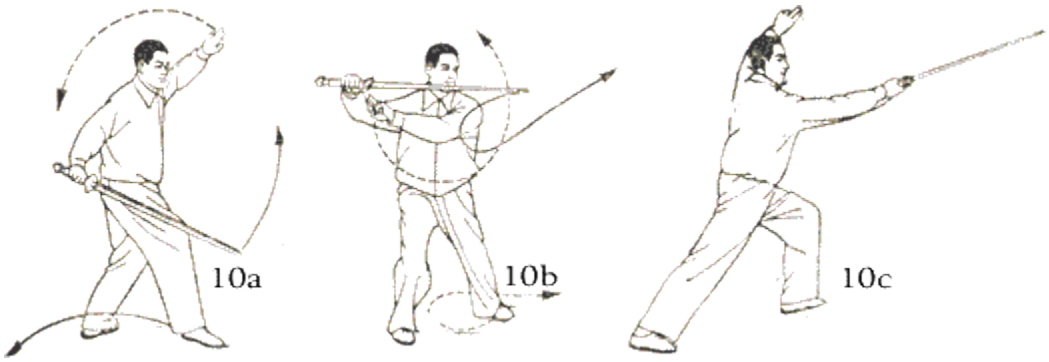


SECONDA PARTE

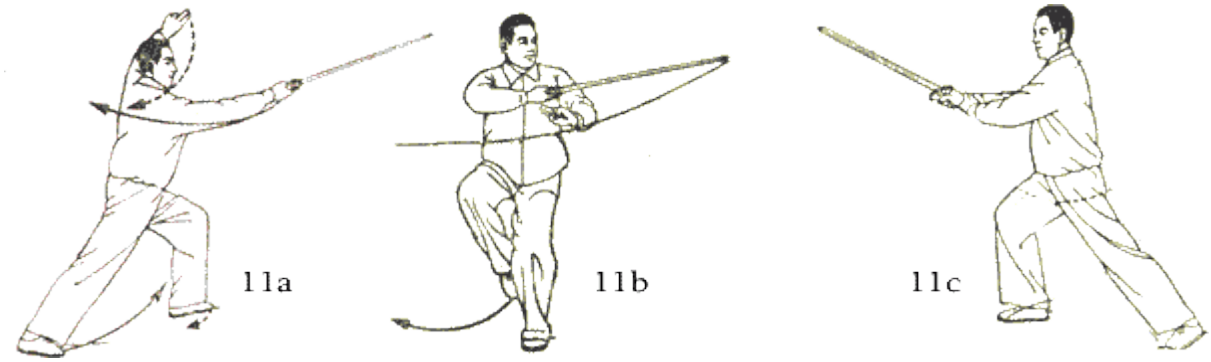
9 – Il drago nero agita la coda – 乌龙摆尾 (wū lóng bǎi wěi)



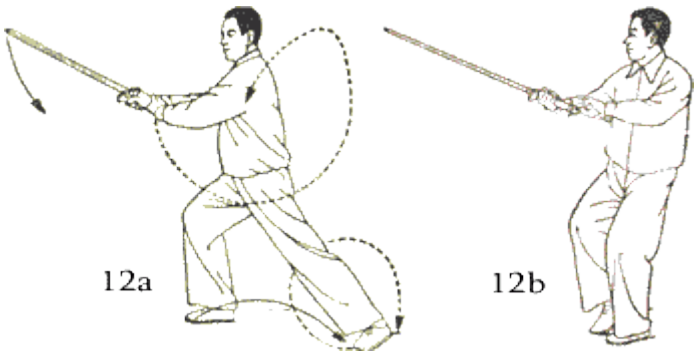
10 – Il drago verde esce dall'acqua – 青龙出水 (qīng lóng chū shuǐ)



11 – Il vento soffia sulle foglie di loto – 风卷荷叶 (fēng juǎn hé yè)

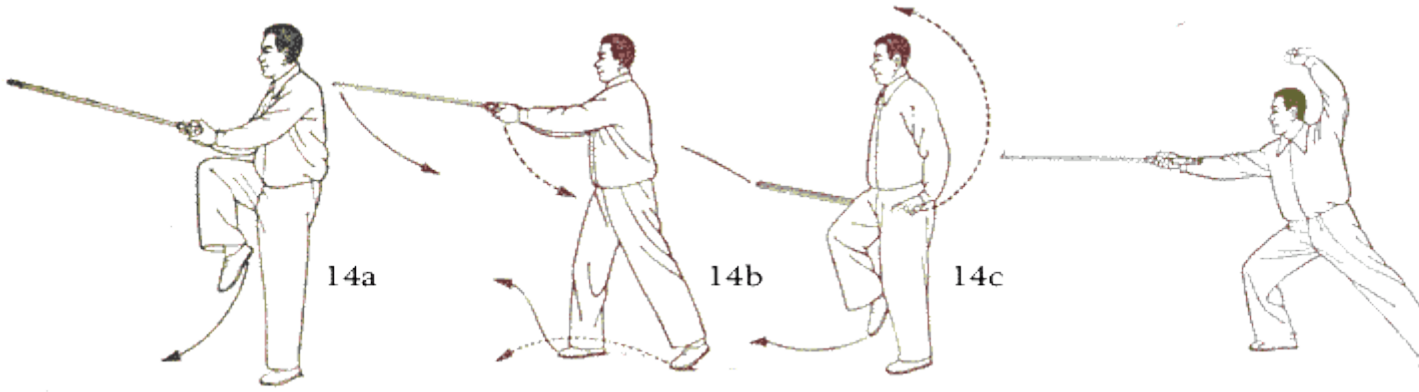


12 – Il leone scuote la criniera – 狮子摇头 (shīzi yáo tóu)

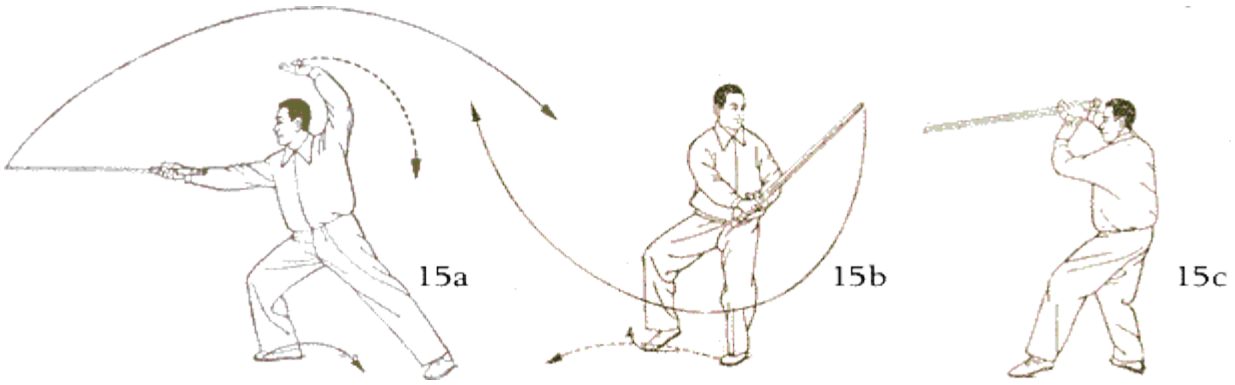


13 – La tigre si abbraccia la testa – **虎抱**头 (hǔ bào tóu)

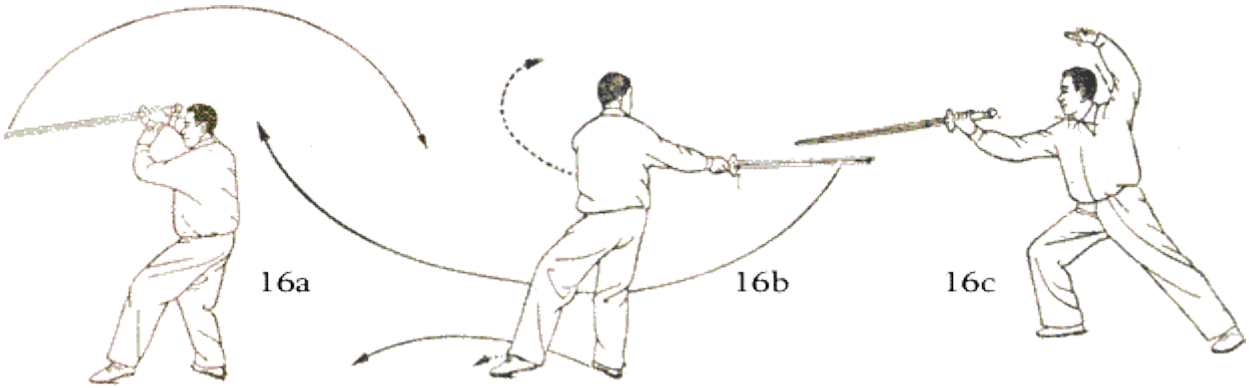
14 – Il cavallo selvaggio salta il torrente montano – **野**马跳涧 (yě mǎ tiào jiàn)



15 – L’Orsa Minore – **小魁星** (xiǎo kuí xīng)

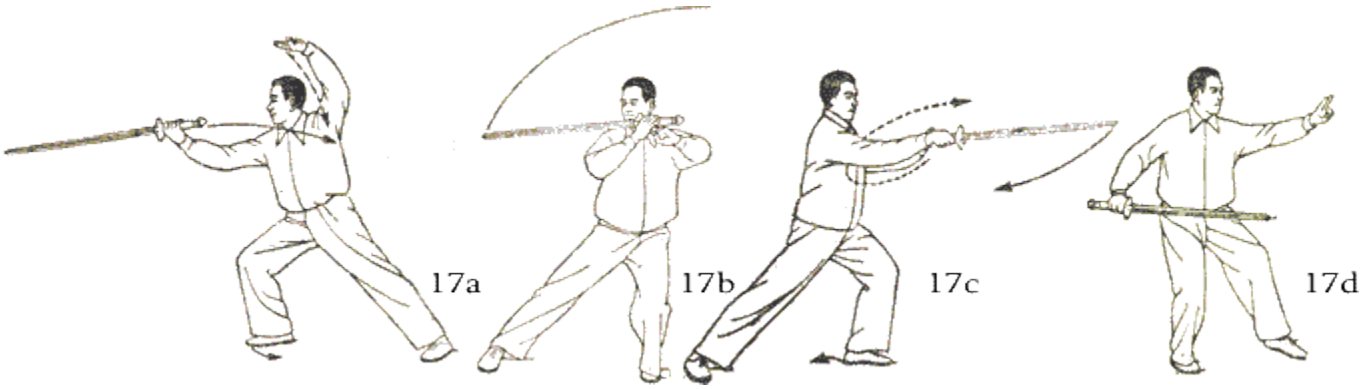


16 – Tirare fuori la luna dal fondo del mare – **海底**捞月 (hǎi dǐ lāo yuè)

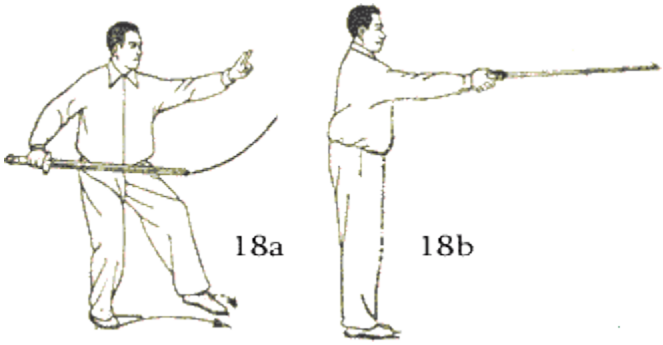


TERZA PARTE

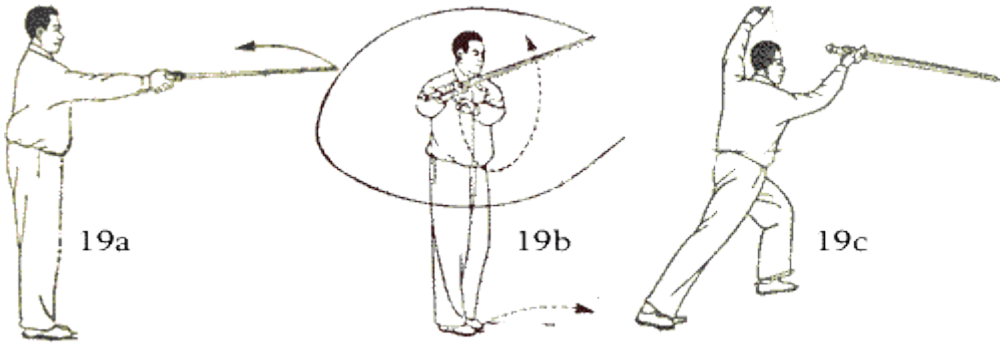
17 – Il rinoceronte guarda la luna – **犀牛望月** (xī niú wàng yuè)



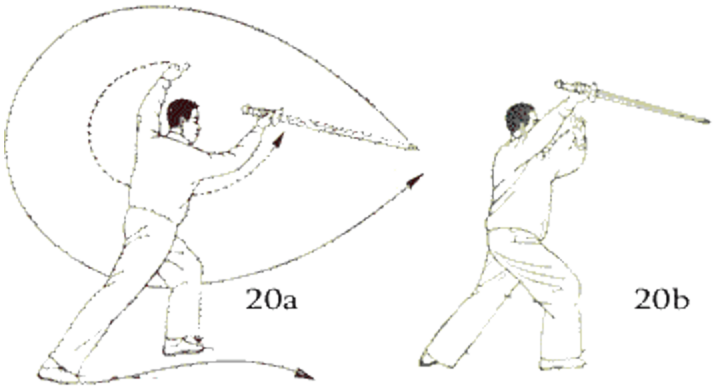
18 – La scimmia bianca offre la frutta – **白猿献果** (bái yuán xiàn guǒ)



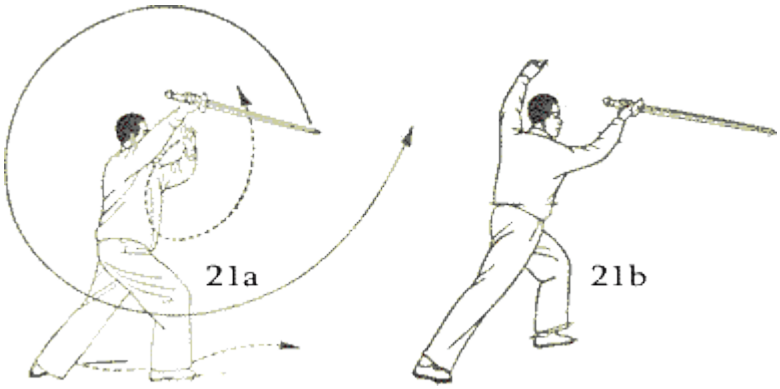
19 – Spazzolare la polvere nel vento, a sinistra – **左迎**风掸尘 (zuǒ yíng fēng dǎn chén)



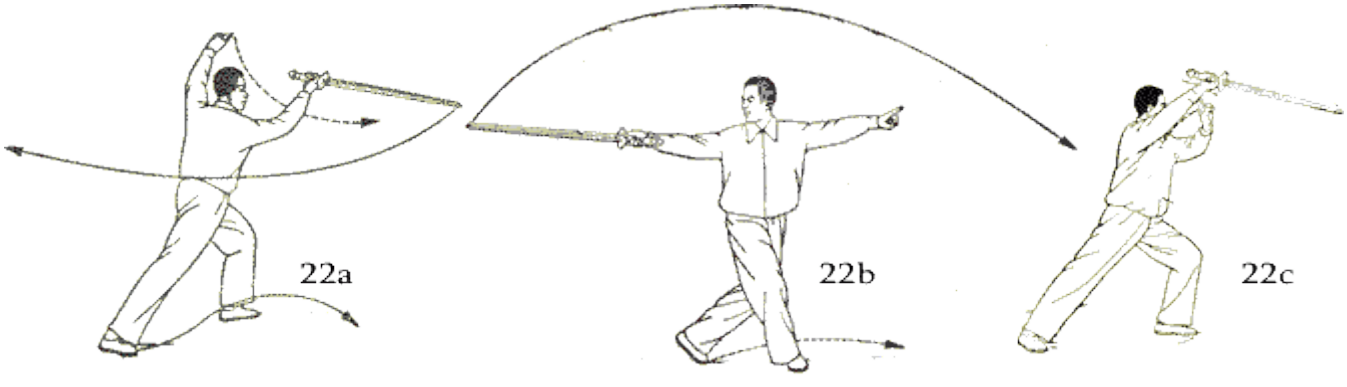
20 – Spazzolare la polvere nel vento, a destra – **右迎**风掸尘 (yòu yíng fēng dǎn chén)



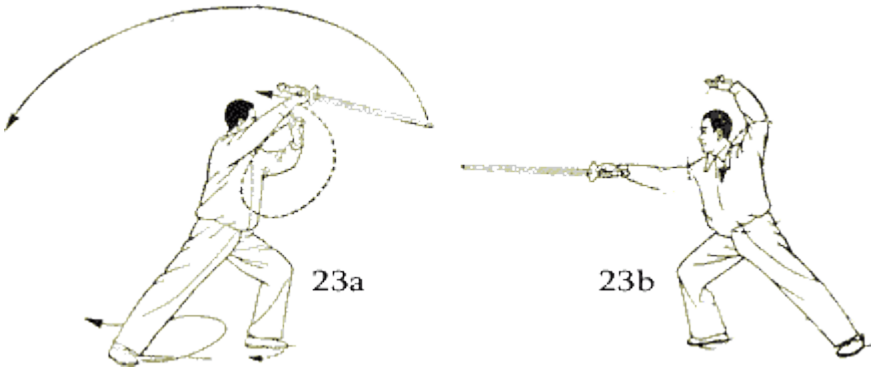
21 – Spazzolare la polvere nel vento, a sinistra – **左迎**风掸尘 (zuǒ yíng fēng dǎn chén)



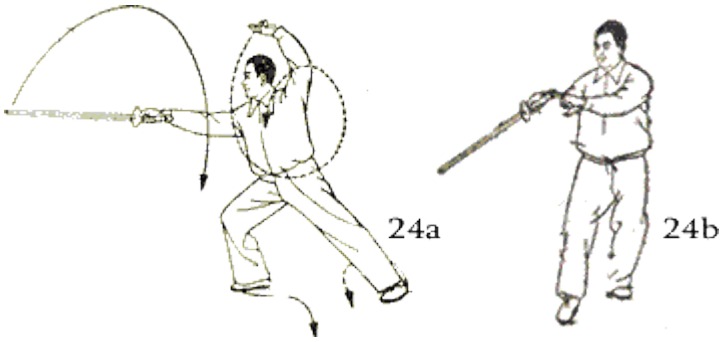
22 – Spingere la barca seguendo la corrente – 顺水推舟 (shùn shuǐ tuī zhōu)



23 – La meteora caccia la luna – **流星赶月** (liú xīng gǎn yuè)

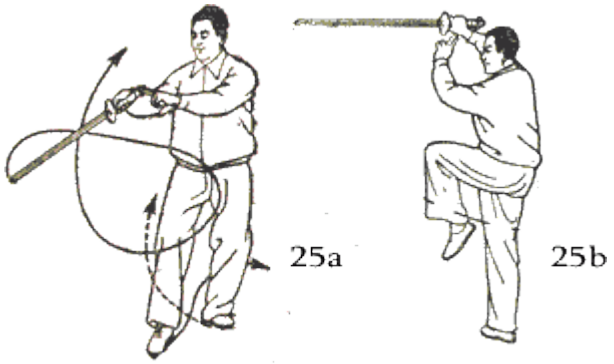


24 – Il destriero celeste vola sulla cascata – **天**马飞瀑 (tiān mǎ fēi bào)

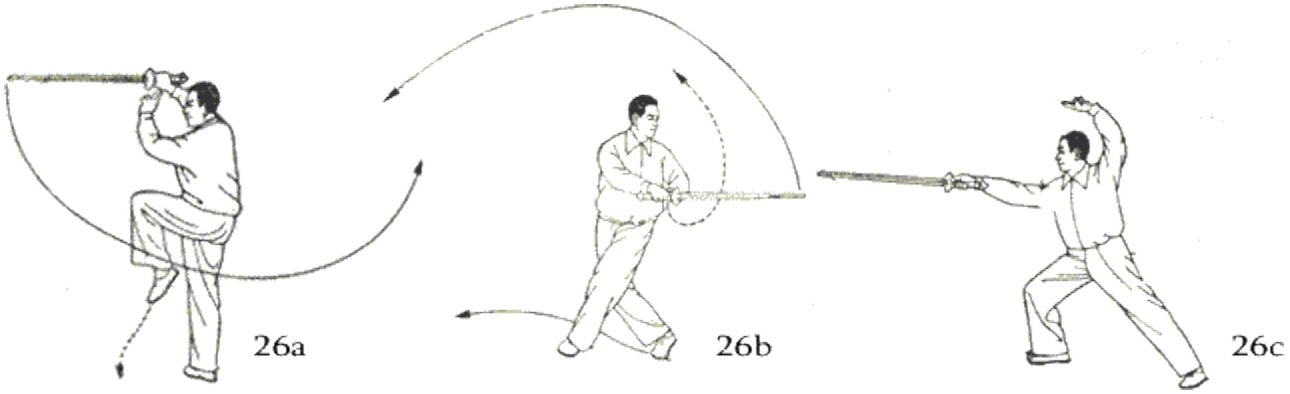


QUARTA PARTE

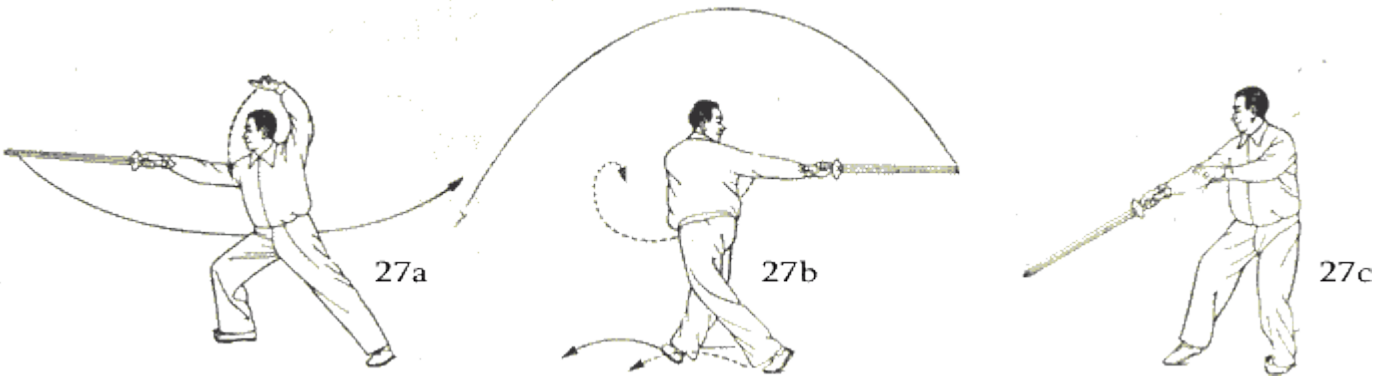
25 – Alzare il sipario – **挑帘**势 (tiǎo lián shì)



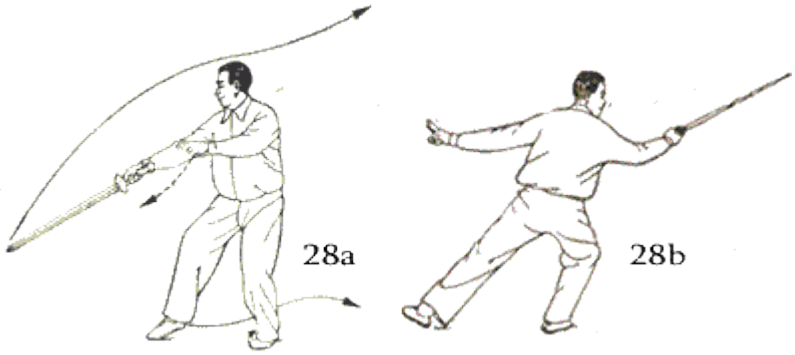
26 – La ruota a sinistra – **左**车轮 (zuǒ chē lún)



27 – La ruota a destra – **右**车轮 (yòu chē lún)



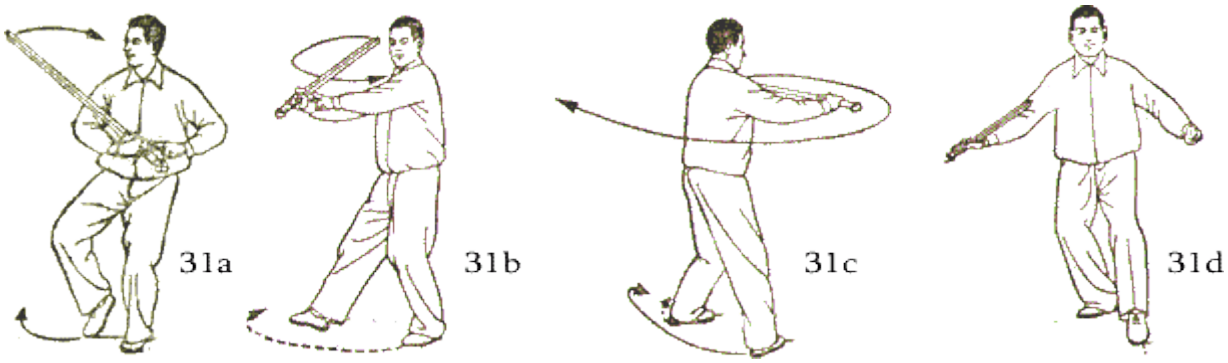
28 – La fenice spiega le ali – **大**鹏展翅 (dà péng zhǎn chì)



29 – L'ape torna nell'alveare – **黃蜂歸巢** (huáng fēng guí záo)

30 – Abbracciare la luna – 怀中抱月 (huái zhōng bào yuè)

31 – Il vento spazza il fiore di prugna – 风扫梅花 (fēng sǎo méi huā)



32 – L’ago della bussola – **指南**针 (zī nán zhēn)

FINE – Riportare la spada nella posizione di partenza – **抱**剑归原 (bào jiàn guī yuán)