

陈氏春秋大刀 Chen Style Big Sabre

1. 关圣提刀上霸桥 Lift blade single whip, step forward upper cut
2. 白云盖顶呈英豪 Reverse half flower twirl (R) single whip
3. 举刀磨旗怀抱月 Twirl blade and embrace the moon
4. 上三刀吓杀许褚 Overhead thrust, forward half flower twirl (R) 3 times
5. 下三刀惊退曹操 Reverse half flower twirl (R) 3 times single whip
6. 白猿拖刀往上砍 Raise blade, **Press** down, **Jump** and **Slash (PJS)**
7. 全舞花 Full flower twirl single whip
8. 一棚虎就地飞来 360 overhead sweep
9. 分鬃刀难遮难挡 Step-up upper cut 3 times, turn back PJS
10. 十字刀劈砍胸怀 Blade cross cut at torso
11. 磨腰刀回头盘根 Flip blade, step back horizontal sweep and hold upright
12. 舞花撒手往上砍 Step-up half flower twirl (L) PJS
13. 举刀磨旗怀抱月 Raise blade twirl, vertical shove and embrace the moon
14. 舞花撒手往下砍 Step-up half flower twirl (L) PJS
15. 落在怀中又抱月 Turn and embrace moon again
16. 全舞花刷刀翻身砍 Full flower twirl PJS
17. 刺回一举吓人魂 Step-up reverse horizontal sweep and vertical shove
18. 舞花往左定下势 Half flower twirl (L) and downward cross cut
19. 白云盖顶又转回 Step-back half flower twirl (R) single whip
20. 舞花翻身往上砍 Step-up half flower twirl (L) PJS
21. 再举青龙看死人 Raise blade twirl, vertical shove
22. 舞花往右定下势 Half flower twirl (L) and downward cross cut
23. 白云盖顶又转回 Step-back half flower twirl (R) single whip
24. 递酒挑袍猛回头 Raise blade present wine, turn shove and lift robe
25. 花刀转下铜判竿 2 steps and hop, half flower twirl (R) and hold upright
26. 舞花双脚谁敢阻 Half flower twirl (L) Right slap kick
Half flower twirl (R) Left slap kick and hold blade up
27. 花刀转下铁门栓 Half flower twirl (L) horizontal hold with arms crossed
28. 卷帘倒退难遮闭 Step-back twirl Left and Right (3-5 steps)
29. 十字一刀往上举 Left Right twirl into cross cut, step-up and vertical shove
30. 翻身再举龙探水 Left downward circle jump turn and hold blade high