

demonstrated by **Dan DOCHERTY**



# Wudang Tai Chi Chuan

weapon forms

## Sabre



arrangers : Dan Docherty

Dr Luce Condamine

e-book 2

a lucedan production

**Les éditions du Wudang**

## TAI CHI SABRE FORM

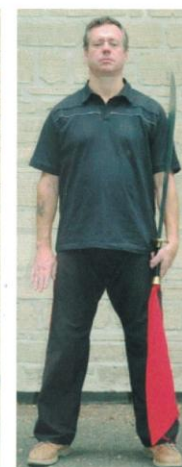
Tai Chi sabre at rest

Ready style

1. Tai Chi beginning style
2. Grasping bird's tail
3. Brush knee twist step
4. Separating the sabre
5. Dodge and display the sabre
6. Picking a star on the left
7. Advance to tease the genitals
8. Withdraw to divert with sabre
9. Pierce the heart
10. Hanging the golden bell on the left
11. Push open the window to look at the moon
12. Swivel and chop
13. Swivel and tease the genitals
14. Hanging the golden bell on the left
15. Climb the mountain to look into the distance
16. Sparrow hawk turning around
17. Great Peng spreads his wings
18. Swallow entering its nest
19. Advance and divert with the sabre
20. Stab the face
21. Swivel hiding the sabre
22. Point to the trousers with the sabre
23. Chop the tiger
24. Swallow entering its nest
25. Advance and divert with the sabre
26. Pierce the heart
27. Swivel hiding the sabre
28. Upper three opening style
29. Taking off the boots when drunk
30. Lying fish style
31. Cloud sabre hide the sabre
32. Stab the face
33. Turn around and chop
34. Searching the sea
35. Retrieving the moon from the sea
36. Hanging the golden bell on the left
37. Push open the window to watch the moon
38. Seven stars style
39. Hungry tiger jumps over the stream
40. Stab the face
41. Lying tiger style
42. Hiding the sabre style



Tai Chi sabre at rest



Ready style



1. Tai Chi beginning style



sink



Bring arms round and  
in at shoulder level



Shift the weight and press forward





**2. Grasping bird's tail**  
Pivot on ball of rear foot to the right



Step forward with right foot,  
bringing right hand round and up  
from underneath

Shift into front stance



Turn body to the right

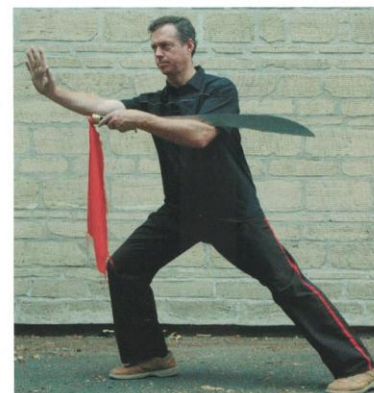


Shift back turning the right hand



Bring the hands in to the right hip as  
you sit back

Shift into a front stance and extend the arms







### 3. Brush knee twist step

Turn right foot in on the heel, pivot on ball of left foot, bring left hand down to the side and swing right arm across

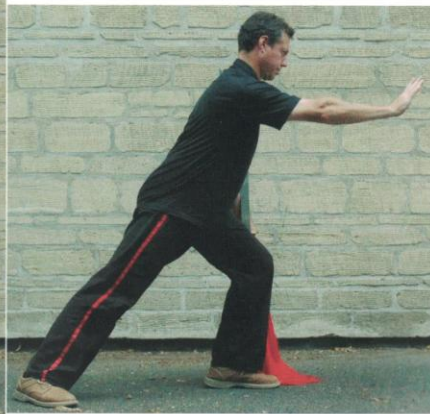


Step onto left heel, bringing left arm round, turning and lowering right arm

Continue to circle the arms

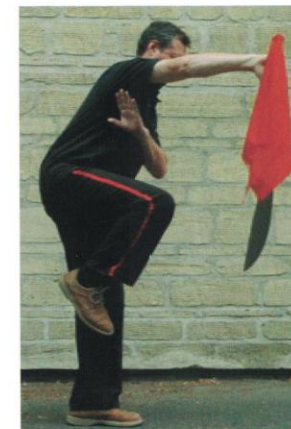


Lower left arm to the side, extending right arm and shifting into front stance



### 4. Separating the sabre

Circle both arms back and round passing sabre handle into right hand



### 5. Dodge and display the sabre

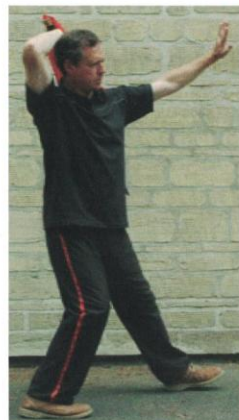
Sweep sabre out to the right, protecting the armpit with the left hand and raising the right knee

Shift into a front stance, pushing the sabre forward with the left hand in support





**6. Picking a star on the left**  
Raise the sabre protecting the armpit with the left hand



Step forward bringing sabre round the back and raising left arm

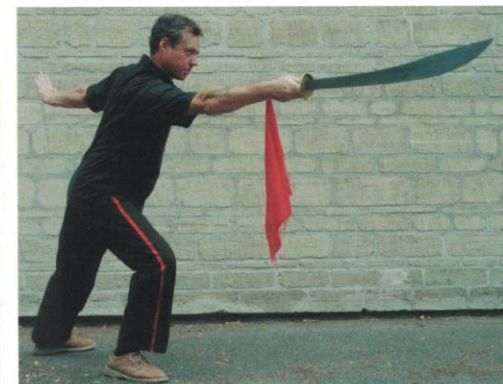
Shift into a front stance to chop across, bringing left hand onto right elbow joint



**7. Advance to tease the genitals**  
Step forward at 45 degrees and cut upwards from underneath



**8. Withdraw to divert with sabre**  
Pull front foot and sabre back, left hand above right shoulder



**9. Pierce the heart**  
Forward lunge extending left arm behind

**10. Hanging the golden bell on the left**  
Retract the front foot and the sabre, supporting the sabre with the left hand



**11. Push open the window to look at the moon**  
Take 2 steps forward and push sabre up from underneath with the left hand







### 12. Swivel and chop

Turn on the right then left heel and chop 180 degrees behind you



### 13. Swivel and tease the genitals

Turn on the left heel and raise the left arm from underneath

Cut upward from underneath, kicking and swinging the left arm back



### 14. Hanging the golden bell on the left

Lower the right foot, bringing the left hand and sabre blade in towards the centre



### 15. Climb the mountain and look into the distance

Shift onto the right foot and ball of the left, diverting across to the right



Advance with the left foot and make overhand thrust to the head

### 16. Sparrow hawk turning around

Pivot clockwise on the ball of the left foot through 360 degrees, pushing the sabre across to the right



### 17. Great Peng spreads his wings

Step back with right foot and extend both arms





### 18. Swallow entering its nest

Circle down and around with the left hand, swinging the blade up from underneath and simultaneously kicking with the right foot



### 19. Advance and divert with the sabre

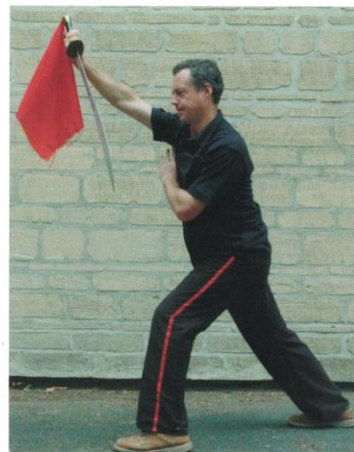
Jump forward into a cat stance, bringing the sabre down and resting it against the right leg, simultaneously extending the left arm

### 20. Stab the face

Advance with the thrust



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### 21. Swivel hiding the sabre

Raise the sabre to protect the head, protecting the armpit with the left hand



Extend the left hand forward and up, bringing the sabre around the head and over the right shoulder

Slash across to the left and bring the sabre around the back

Slash across to the right and start to bring the sabre around the back, simultaneously stepping across with the right foot



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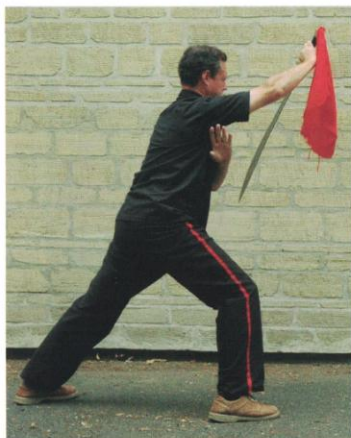




Pull the sabre back to below the knee joint simultaneously extending the left arm

### 23. Chop the tiger

Raise the sabre to protect the head, bringing the left hand under the right armpit



### 22. Point to the trousers with the sabre

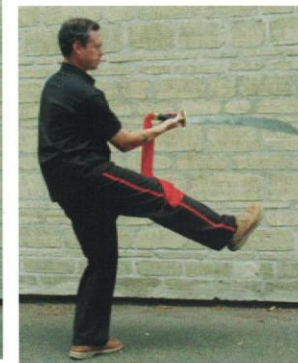
Thrust diagonally forward, bringing the left hand into the right elbow joint

Step forward to the other diagonal and chop down, bringing the left hand above the hand



### 24. Swallow entering its nest

Pivot on the left heel so the foot points to the left hand corner, at the same time circle down and around with the left hand



Swing the blade up from underneath and simultaneously kick with the right foot

### 25. Advance and divert with the sabre

Jump forward into a cat stance, pulling the sabre back against the lower leg and extending the left arm



### 26. Pierce the heart

Advance with the thrust, bringing the left hand onto the right elbow





**27. Swivel hiding the sabre**  
Raise the sabre to protect the head, bringing the left hand under the right armpit



Bring the sabre around the back and over the right shoulder, raising the left arm

Slash across to the left bringing the sabre around the back



Step across with the right foot, slashing across to the right and starting to bring the sabre around the shoulder, left hand under the armpit



Pull the sabre back against the lower leg, at the same time extending the left arm

**28. Upper third opening style**

Shift back onto the left foot, thrust with the sabre at head level, raising the left hand and the right knee



**29. Taking off the boots while drunk**

Twist the sabre as you pull it in and stamp with the right foot





### 30. Lying fish style

Lower the right foot onto the heel, bringing the sabre around the back and head



Step across with the left foot and press the sabre down at 45 degrees

Bring the sabre around and over the head and shoulders while jumping

Slash diagonally down into the right



### 31. Cloud sabre hide the sabre

Raise the sabre to head level, pivoting on the left heel and right ball

Land in a cat stance, pulling the sabre back to the lower leg and extending the left arm



### 32. Stab the face

Advance with the thrust, left hand on right elbow



### 33. Turn around and chop

Turn on right heel then left heel through 180 degrees and chop behind



### 34. Searching the sea

Turn on left heel and raise left arm



Step through with right foot and cut from underneath



**35. Retrieving the moon from the sea**

Retract right foot and sabre, left hand above right arm



Step out of 45 degrees to the right and cut up from underneath, extending the left hand behind

**36. Hanging a golden bell on the left**

Retract the sabre and the front foot, supporting the weapon with the left hand



**37. Push open the window to watch the moon**

Step forward with right foot, pressing the sabre around and up from underneath



Step forward with left foot at 45 degrees, extending both arms



**38. Seven star style**

Retract the front foot and bring the sabre round and down

**39. Hungry tiger jumps over the stream**  
Raise the sabre and the left foot



Slash down and across to the right  
jumping off the left foot



Slash a second time  
while in the air



Land in a cat stance, sabre  
against the lower leg and left  
arm extended



**40. Stab the face**  
Advance and thrust at 45 degrees

Raise the left arm, bringing the sabre  
around behind the head and shoulders,  
stepping across to the left with the  
front foot



**41. Lying tiger style**  
Raise the sabre to protect the head,  
left hand under the right armpit

Slash to the left at waist level







**42. Hiding the sabre style**  
Slash across to the right while stepping across with the rear foot



Continue the action bringing the sabre around and over the head and shoulders

Pull the sabre down and around against the right lower leg, extending the left arm forward at 45 degrees



**43. Pierce the heart**  
Thrust forward to the right corner, left hand on the right elbow joint



**44. Coiled dragon style**  
Raise the sabre left hand under the right armpit



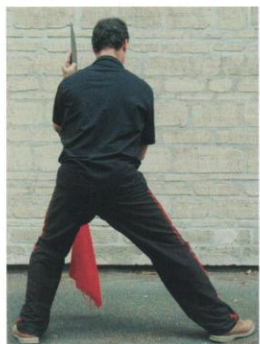
Bring the sabre around behind the head and shoulders, raising and extending left arm

Bring the right foot in towards the left and the back of the blade against the left lower arm and hand

**45. Coiled dragon stepping quickly**  
Step to the right

Bring left foot in close to right





Take a second step to the right



Left foot steps across to the right



#### 46. Lying fish style

Take a cross step with the left foot, pressing the sabre down flat at 45 degrees to the right

#### 47. Cloud sabre hide the sabre

Raise the sabre to head level, pivoting on the left heel and right ball, then slash down to the right



Bring the sabre around and over the head and shoulders while jumping



Land in a cat stance facing to the corner, pulling the sabre back to the lower leg and extending the left arm



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#### 48. Pierce the heart

Advance and thrust



#### 49. Lying tiger style

Raise the sabre to head level, protecting the right armpit with the left hand

Step across to the left with left foot, extending left arm and bring sabre around the head and shoulders



Slash across to the left



25





**50. Lying fish style**  
Step round to the right with right foot, slashing across



Take a cross step with left leg, continuing to bring the sabre around and over the head and shoulders



Press the sabre down

**51. Cloud sabre hide the sabre**

Raise the sabre to head level, pivoting on the left heel and right ball, then slash down to the right

Bring the sabre around and over the head and shoulders while jumping

Land in a cat stance facing to the corner, pulling the sabre back to the lower leg and extending the left arm



**52. Stab the face**  
Advance and thrust



**53. Lying tiger style**  
Raise the sabre, protecting the armpit with the left hand

Step across to the left with left foot, extending left arm and bring sabre around the head and shoulders

Slash across to the left





#### 54. Lying fish style

Step round to the right with right foot, slashing across



#### 55. Cloud sabre hide the sabre

Raise the sabre to head level, pivoting on the left heel and right ball, then slash down to the right

Take a cross step with left leg, continuing to bring the sabre around and over the head and shoulders



Press the sabre down



#### 57. Swivel and chop

Turn on the right heel then left heel through 180 degrees and chop behind



#### 58. Searching the sea

Turn on the left heel and raise the left arm







Step forward and cut  
up from underneath

**59. Sweeping across a  
thousand troops**  
Turn the right foot in on  
the heel and slash across  
to the left, left arm cross-  
ed underneath



Slash back  
across to the  
right and sink



**60. Picking a star on the left**  
Step across to the left with the  
right foot and chop down at 45  
degrees

**61. Chop the tiger**  
Pivot to the left on  
the left and right  
heels and chop down  
at 45 degrees



**62. Returning horse  
carrying a bell**  
Raise the sabre



Jump across onto the right foot  
and slash back and down



Turning into a back stance, slash back and down again and extend



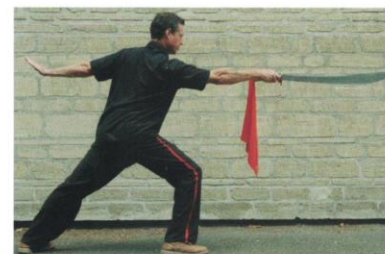
**63. Embracing the moon**  
Twist the sabre round and bringing the left hand as you retract the right foot and the sabre



**64. Rowing the boat with the current**  
Step straight forward with right foot as left hand swings back



Step straight forward with left foot and circle left hand in



Step forward with right foot and pierce the heart, extending left hand behind



**65. Flying oblique style**  
Step back with right foot, cutting underneath, left arm extended back, weight on left leg



**66. Advance and chop with the sabre**  
Swing the sabre back and grip with left hand



Step forward with left foot, bring the sabre round in a arc





Double handed chop

# 67. Swivel and chop

Turn on right heel then left heel through 180 degrees and chop down



# 68. Searching the sea

Turn left heel out and step through with right foot, cutting up from underneath, swinging left arm back and up



# 69. Sweeping across a thousand troops

Turn right foot in and slash across to the left, left arm crossed underneath



Slash across to the right, sinking and extending both arms

# 70. Shooting star chasing the moon

Step across with the right foot and slash diagonally down



Step forward with left foot and slash diagonally right



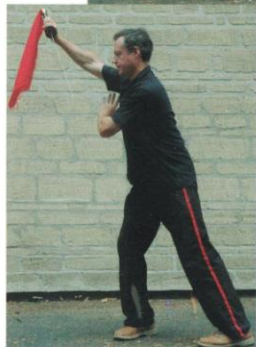
Step with right foot into low front stance and chop diagonally down



**71. Chop the tiger**  
Turn on the heels and chop diagonally down to the left, left arm protects the head



**72. Cloud dragon playing in the water**  
Kick diagonally with right foot, circling the sabre anti-clockwise under the leg



Come into front stance, protecting the head with the sabre and the armpit with the left hand



Step back and across with the left foot, bringing the sabre around the head



Chop diagonally down

**73. Swivel and chop**  
Turn around on the left ball and right heel, cutting down behind the left leg



**74. Advance and chop**  
Step forward with right foot







**75. Hiding the sabre style**

Bringing the right foot back, bring the sabre around the back

Bring the sabre over the left shoulder, pulling it back to below the left knee, extending the left arm and sinking

**76. Pierce the heart**

Step forward with right foot and stab diagonally

**77. Picking a star on the left**

Raise the sabre, left hand protects the armpit

Bring the sabre around the head and shoulders and step forward, extending the left arm

Shift into a front stance, chopping across to the left



**78. Return the sabre style**

Come back into a cat stance, putting the sabre into the left hand

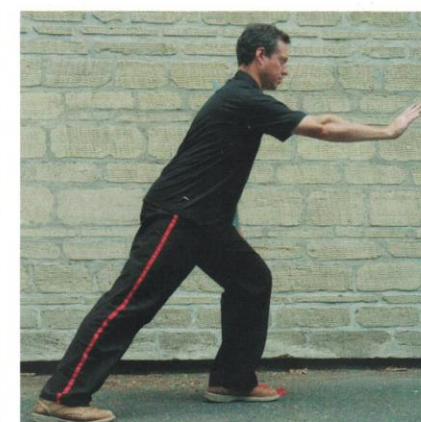
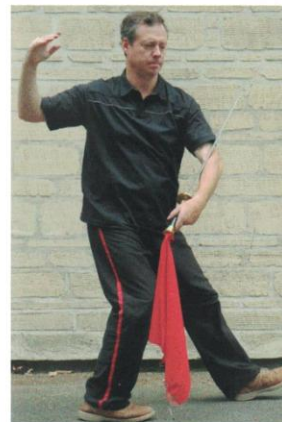


**79. Brush knee twist step**

Step onto left heel, bringing sabre and right arm around to the right

Continue the arm movement round

Shift into a front stance, striking with right palm, sabre credled in left arm at left side





### 80. Tai Chi in unity

Turn on the right and left heels to face the front, bringing left arm down and round, right arm up and round



Step forward with left foot, feet on same line, lowering left arm and raising the right



### 81. Completion style

Lower the left hand to the side, straightening the legs.

43. Pierce the heart
44. Coiled dragon style
45. Coiled dragon stepping quickly
46. Lying fish style
47. Cloud sabre hide the sabre
48. Pierce the heart
49. Lying tiger style
50. Lying fish style
51. Cloud sabre and hiding sabre
52. Stab the face
53. Lying tiger style
54. Lying fish style
55. Cloud sabre hide the sabre
56. Pierce the heart
57. Swivel and chop
58. Searching the sea
59. Sweeping across a thousand troops
60. Picking a star on the left
61. Chop the tiger
62. Returning horse carrying a bell
63. Embracing the moon
64. Rowing the boat with the current
65. Flying oblique style
66. Advance and chop with the sabre
67. Swivel and chop
68. Searching the sea
69. Sweeping across a thousand troops
70. Shooting star chasing the moon
71. Chop the tiger
72. Cloud dragon playing in the water
73. Swivel and chop
74. Advance and chop
75. Hiding the sabre style
76. Pierce the heart
77. Picking a star on the left
78. Return the sabre style
79. Brush knee twist step
80. Tai Chi in unity
81. Completion style



# Wudang Tai Chi Chuan

## demonstrated by Dan Docherty

### These series include :

- Tai Chi Chuan form with weapons :
  - spear (e-book 1)
  - sabre (e-book 2)
  - sword (e-book 3)
- hand long form (e-book 4)



**Dan DOCHERTY** was born in Glasgow in 1954. He earned a black belt in karate and graduated LLB from Glasgow University in 1974. From 1975 to 1984 he served as an inspector in the Royal Hong Kong Police. He trained in Tai Chi Chuan under master *Cheng Tin-hung* from 1975-2005. He was SE Asian Open weight martial arts champion in 1980. He has a post-graduate diploma in Chinese from Ealing College. He is president of the *Tai-jiquan & Qigong* federation for Europe and has trained many European & national champions. He is the author of *Complete Tai Chi Chuan* and *Instant Tao*, and columnist for *Combat* magazine. Some of his writings can be found on [www.taichichuan.co.uk](http://www.taichichuan.co.uk)

**Luce CONDAMINE** is a french doctor (MD), specialized both in Pediatrics and in Sports Medicine. She is also a western scientist (PhD), teacher in Physiology, in massage, and she is studying asian traditional medicine. She has been training in *Taiji Quan* for 20 years, and has been teaching (particularly to children) for 14 years (in schools, college, university and hospitals...). She is European Champion in *Taiji Quan* with weapons and World Champion in China (traditional Tai Chi). She is the author of the bilingual book « Tai Chi pour Enfants / *Easy Tai Chi for Children* », and co-author of the mini-book *Taiji Quan*, and contributes to several french or international magazines (as *Dragon*, *Génération Tao*, *Energies*, and the *European Internal Arts Journal*). She created La Maison du Taiji (Paris Tai Chi), for courses and health education in 2005 ([www.maisondutaiji.com](http://www.maisondutaiji.com)). She has been training under Dan Docherty since 2003-2004, and has been working now as his « *xiao tudi* » (« little disciple »).

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