

## 8 Sword Forces

When practising the Sword, the actions employed are chopping, stirring, stroking and stabbing. The techniques are finely linked together. One drawing forth (of opponents attack) and one strike; one flourish and one presentation.

The body follows the movements of the sword which circles the body and can be seen on every direction. Lithe and graceful, surprising and subtle; body and sword are as one. Like a Spiritual Dragon, speeding like an arrow, or a male phoenix soaring and circling in the air.

- 1) **Kan** to chop
- 2) **Liao** to stir divert and slash in one continuous movement
- 3) **Mo** to stroke subtle circular diversion
- 4) **Ci** to stab/pierce
- 5) **Chou** to draw forth diverting upwards with a whipping action
- 6) **Ti** to lift an upward diversion
- 7) **Heng** to sweep across horizontal diversion followed by thrust
- 8) **Dao** to invert diverting to the side, sword pointed down