

Broadsword Postures.

Key: Directions: (N), (S), (E), & (W); Weighting: (L), & (R); Circles: clockwise (CW) or counterclockwise (CCW) as viewed from above.

0. Beginning Posture. Stand & face North.¹
1. Downward Single Whip. (N) (100% R).
2. Step up to the Seven Stars (of the big dipper). (W) (100% L).
3. Step back to ride the tiger (W) (100% R).
4. Brush knee (W) (70% L).
5. Major literary star (W) (100% R).
6. Block and sweep left (W) (70% L).
7. Block and sweep right (W) (70% R).
8. Strike downward with handle (W) (100% R).
9. Strike downward with tip (W) (70% L).
10. Cat stance (W) (100% L).
11. Turn & circle sword behind back & downward over left shoulder; brush step right (E) (70% R).
12. Circle hand & sword inward & upward; kick, step forward, & pierce (E) (70% L).
13. Turn & slash downward (W) (70% R).
14. Pivot to left; kick, step forward, & pierce (E) (70% L).
15. Turn & circle sword downward on right side; brush step right (W) (70% R).
16. Circle hand & sword inward & upward; raise right knee & extend sword, blade up, out from nose (W) (100% L).
17. Repeat 15.
18. Step back & slash left (W) (100% L).
19. Step forward & slash right (W) (70% R).
20. Repeat 15.
21. Bring sword blade upward in vertical circle on right; shuffle step right (W) (70% R).
22. Circle sword 360° downward on right side; shuffle step right (W) (70% R).
23. Step left & circle sword CCW around back and slash to left in front (W) (70% L).
24. Step right & circle sword CW & downward over left shoulder (W) (70% R).
25. Repeat 23.
26. Step right and strike downward with side of blade (W) (70% R).
27. Twist step left on outer edge of foot & slash downward (NW) (100% R).
28. Pivot left, step back right and circle sword downward over left shoulder (SE) (100% R).
29. Cat stance on left foot and repeat 23. in SE direction.
30. Step back to cat stance on right foot and repeat 24. in SE direction.
31. Shift weight to left foot, step forward with right foot, circle sword downward on right side, step forward with left foot, and pierce (SE) (70% L).
32. Step backward, squat down on left foot, & slash upward. Left hand protects temple (NW) (100% L).
33. Pivot right on ball of left foot and come up to cat stance (W) (100% L).

¹Starting direction is arbitrarily referred to as north.

34. Shift weight to right foot and jump, landing on left foot. Sword is held horizontally on right side near raised right thigh (W) (100% L).
35. Step forward with right and pierce horizontally (W) (70% R).
36. Shift weight to left foot and simultaneously pivot to right. Repeat 32. In NE direction.
37. Shift weight 100% to right foot, bring left foot in, and step north with left foot. Sword slashes upward to horizontal position in front of center of chest (E) (70% L).
38. Step left and slash downward with bird's beak; step right and slash downward with sword (E) (70% R).
39. Cat stance (E) (100% L).
40. Circle sword downward to left, and step E with left foot, slashing upward (E) (70% L).
41. Circle sword upward over head, then down to right with left hand extending downward. Continue to circle upward, stepping E with right foot (E) (70% R).
42. Repeat 40.
43. Shift weight 100% to left foot and slash left and right (E) (100% L).
44. Step back on left foot, turn to left and circle sword around back and downward over left shoulder (NW) (100% R).
45. Turn to R, circling sword upward to right (cutting edge downward), then twist step L, and circle sword downward to left. Continue by scooping sword upward to left (sword describes almost a figure eight). Step NW with right foot, continuing motion of sword slantingly upward in NW direction (NW) (70% R).
46. Shift weight to left foot, step W with right foot, and block and sweep R (W) (70% R).
47. Shift weight to right foot, step W with left foot, and block and sweep left—but this time left hand grabs sword (W) (70% L).
48. Continue motion leftward, pivoting on ball of left foot. Sword changes back to right hand and slashes downward in E direction. Then step backward with right foot circling sword up on left side and downward again in E direction (W) (100% R).
49. Step back with left foot into cat stance (W) (100% L).
50. Step back with right foot into cat stance and slash downward behind back (W) (100% R).
51. Step W with right foot and slash downward (W) (70% R).
52. Step NW with left foot and slash downward (NW) (70% L).
53. Shift weight to left foot, bringing right foot behind left leg. Simultaneously slash left and then right (N) (100% L).
54. Slide sword into left hand, step right, and circle right hand to the right, then downward in front of body (N) (50-50).

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