



Wudang Fencing

1. Preparation

- [A] faces south; [B] faces north
- Each holds the sword in the left hand, handle down, point in the air. The flat of the blade touches the outside of the left arm.
- The hand of the right arm is held downward, the inner wrist touching the right hip bone. The first and middle fingers point ahead, the thumb, ring finger, and pinky are curled underneath- this hand position is hereafter referred to as 'sword fingers'
- The feet are shoulder width apart and point straight ahead; the body is straight, the eyes look straight ahead.

2. Draw The Sword

- First [A] and [B] each turn the toes of the left foot to the point at each other, then turn their bodies so they face each other [A] facing east, [B] facing west.
- Each steps the right leg forward (towards the opponent), with the toe touching the ground and the heel in the air; the leg is mostly empty, both knees are bent- this stance is hereafter referred to as 'cat stance'
- The right hand of each person first circles past the ear, and then points towards the opponent; the hand is at shoulder height, and is held in the sword finger position.
- Each person looks at their opponent

3. Hand Over The Sword

- Both step backward with the right foot, turn the body to the right, shift the weight backwards into the right leg and squat down. The empty leg is straight
- Using both hands, they each circle the hilt of the sword in front of themselves in a clockwise direction until it is at chest level, and the point of the sword is directed at the opponent.
- The hilt is held in both hands; the left hand is on top (palm down), the right is underneath (palm up).
- Each person looks at their opponent

4. Mutual Horizontal Stab

- Both step toward each other with the right foot into a bow stance, and stab at each other's stomach.
- The sword blade is held with the palm facing up; the edge of the blade is aligned horizontally- this sword position is hereafter referred to as 'tai yang chien'
- The left hand of each is held in 'sword fingers', a little in front of the left temple, palm facing outward

5. Mutual Reverse Upward Cut

- Both shift their weight back into the left leg, step away from each other by crossing the right leg over the left, and squat down.
- Both circle their swords in a counterclockwise direction so that they each cut at the other's wrist using a backhand upward cutting motion; the palm faces right, the sword arm is extended straight out (level with the ground), the edge of the sword is aligned vertically- this position is hereafter referred to as 'chung yang chien'
- The left hand in sword fingers touches the right forearm
- Each looks at the opponent's sword hand.

6. Point At The Wrist

- [A] immediately stands up and turns to the east to face [B]; his left foot moves a little backwards and to the left, his weight shifts back into the left leg, the right foot is mostly empty in a 'cat stance'
- at the same time, he stabs the point of his sword at [B]'s wrist; the palm faces left, the sword is level, the edge of the blade is aligned vertically- this position is hereafter referred to as 'Chuan yin chien'
- the sword fingers of the left hand point up towards the rear left corner, balancing the cut of the blade
- [A] looks at [B]

7. Slice Up To Cut The Wrist

- [B] neutralizes by lowering his sword arm to avoid the stab



Wudang Fencing

- At the same time, he immediately stands up and pivots on the left foot to face [A]; the right foot steps forward and to the right in a bow stance.
- Next, he shifts his weight forward and uses 'chung yin chien' to cut upward at [A]'s wrist
- [B] looks at [A]'s wrist.

8. Mutual Raise The Sword

- [A] neutralizes by raising his sword arm up to avoid the cut. Posture called 'embrace the moon'
- [A] and [B] both step to the right with their right feet, then they both step forward with the left foot so that they are in a left bow stance.
- At the same time, both circle their swords in a counterclockwise direction ending up with the their palms facing right and the sword blades pointing down at a 45° angle- this sword position is hereafter referred to as 'shao yin chien'
- The blades are attached about halfway along their lengths, as each tries to thrust his sword in against the other, and at the same tries to hold the other one out.
- The left arm is curved in a half circle with the sword fingers pointed held above the left eyebrow, palm facing out.
- Each looks at his opponent
- Still holding each other off, starting with the right foot, cross stepping over the left, both walk in a clockwise direction each seeking the advantage), until they have completed a half circle (180°); they take four steps ending with the left foot having taken the last step, and the right foot closest to the opponent in a bow stance.

9. Reverse Attack To The Wrist

- [B] quickly pulls his sword straight back, then chops at [A]'s fingers holding the hilt. The movement is short and resembles a quick hop along [A]'s sword.
- [A] neutralizes by pulling his sword arm back towards himself and shifting his weight back

10. Slice The Waist

- [B] immediately turns his waist to the right, shifts forward into a bow stance, turns the sword to 'tai yang chien', and slices across [A]'s waist from right to left
- the left hand (in sword fingers) is held straight out from the body, pointing to the back left diagonal when slicing across the waist.
- [A] neutralizes by drawing his mid-section in, and turning his waist away from the cut.
- Simultaneously, he executes 'reverse attack to the wrist (#9 above) against [B]'s wrist to force [B] to withdraw his sword so that he can't continue the attack.
- The left hand sword fingers are attached to the right wrist when cutting at the opponent's wrist.
- [B] neutralizes [A]'s 'Reverse Attack to the Wrist' by shifting backwards and pulling his sword arm back just as [A] did in #9 above.
- Now [A] turns his waist to the right, shifts forward into the bow stance, turns his sword to 'tai yang chien' and slices across [B]'s waist from right to left.
- The left hand (in sword fingers) is held straight out from the body, pointing to the back left diagonal when slicing across the waist.
- They repeat this sequence a total of 3 times

11. Press Down

- Just as [B] is ready to cut [A]'s stomach a fourth time, [A] immediately turns his sword into 'chung yin chien' and presses down on [B]'s sword
- The left hand sword fingers touch the right wrist.

12. Pierce The Ear

- Next [A] immediately turns his sword to 'tai yang chien', shifts his weight forward into a right bow stance, and cuts for [B]'s right ear.
- The left hand sword fingers extend back to the left rear corner.

13. Draw Back And Snap Up To The Wrist



Wudang Fencing

- [B] neutralizes by stepping backwards and left with the left leg, and shifting his weight back
 - next, he turns his body to face [A] and draws his right foot back into a 'cat stance'.
-
- At the same time, he changes the sword to 'chung yin chine' (the left hand sword fingers touch the right wrist) and pulls the sword straight back toward himself until the point is under [A]'s wrist, then he sinks down a little and snaps the sword tip up to cut at [A]'s wrist from below.

14. Mutual Raise The Sword

- [A] neutralizes by raising his sword arm out of danger.
- [A] initiates the movement in this section, and [B] matches his movements a split second later.
- [A] steps into a left bow stance, circles his sword counterclockwise to 'shao yin chien', and cuts towards [B]; (his movement is immediately matched by [B])
- the blades are attached about halfway along their lengths, as each tries to thrust his sword in against the other, and at the same time tries to hold the other one out.
- The left hand (in sword fingers) touches the right wrist.

15. Mutual Split

- both 'switch step' by stepping a little backwards with the left foot and forward with the right ending in a 'cat stance'.
- At the same time, both circle their swords clockwise into 'shao yang chien', and both begin to cut downward at the other's right side.
- They cross swords midway along the blades as each blocks the other's cut; they hold each other off using 'shao yang chien'.
- The left hand sword fingers touch the right wrist; each looks at his opponent.

16. Stab The Throat

- [A] changes his sword to 'tai yang chien', presses [B]'s sword down a little, shifts his weight forward into a right bow stance, and thrusts the point of his sword up at a 45° angle towards [B]'s throat
- The left hand sword fingers touch the right wrist; the right hand ends up at the height of the solar plexus.
- [B] neutralizes by stepping back slightly with his left foot and shifting his weight back (into a right reverse bow stance) and blocking [A]'s thrust by turning his sword to 'tai yang chien' (thereby turning [A]'s sword over into 'tai yin chien'), shifts his weight forward, presses [A]'s sword down slightly, and thrusts the point of his sword up at a 45° angle toward [A]'s throat.
- [A] in turn neutralizes as [B] did above.
- These maneuvers are repeated 2x with a fixed step, and 2x with an active step.

17. Horizontal Twist

- [A] initiates the action, [B] follows.
- After [B]'s final thrust in #16 above, with their swords staying attached about midway along their lengths, they twist their swords around each other; [A]'s sword circles clockwise, [B]'s sword circles counterclockwise.
- At the same time they are twisting the swords they circle each other making one complete twist for each step; starting with the right foot cross stepping over the left, they take four steps (R, L, R, L) in a clockwise direction until they have gone 180° (they have changed position); they end up with the left foot having taken the last step, the right foot is closest to the opponent.
- [A]'s hands are apart at the top of the circle, and together at the bottom.
- [B]'s hands are together at the top of the circle, and apart at the bottom.

18. Strike The Head

- On the last twist, [A] ends up with his sword on top of [B]'s
- [A] shifts his weight forward into a right bow stance and uses 'shao yang chine' to cut at [B]'s head.
- The left arm is held out 90° to the side with the hand in sword fingers

19. Hit The Leg

- [B] neutralizes by shifting his weight back into his left leg and squatting down slightly on the left leg (reverse bow stance)
- then [B] flicks [A]'s sword to the right/



Wudang Fencing

- next, [B] changes the sword to 'tai yang chien', shifts his weight forward into a right bow stance, and cuts to the back of [A]'s front knee.
- The left hand (in sword fingers) points towards the rear corner.

20. Intercept The Wrist

- [A] neutralizes by shifting his weight into the left leg, raising the right leg (into a crane stance), and moving it towards his left to get it out of the way of [B]'s cut.
- At the same time, he changes the sword to 'tai yin chien', and cuts diagonally downward to [B]'s wrist with the front end of his sword to keep [B] from completing the cut to his leg.
- The left hand (in sword fingers) is held in a mirror image of the sword.

21. Draw Back To Cut Wrist

- [B] neutralizes by stepping a little backwards with his left foot and shifting the weight back into it to retreat from [A]'s cut
- at the same time, he changes his sword to 'chung yang chien' and draws the sword back to himself to cut at the underside of [B]'s wrist.
- The sword hilt is opposite his left shoulder; his eyes look at [A]'s sword.
- The left hand (held in sword fingers) touches the right wrist
- Resembles the posture 'rhinoceros looks at the moon'

22. Step Forward And Stab the Stomach

- [A] neutralizes by raising his sword arm up, then steps forward into a right bow stance, and using 'chung yin chien', stabs at [B]'s wrist.
- The left hand touches the right forearm

23. Intercept The Wrist

- [B] neutralizes by shifting his weight backwards and turning it to the left to get it out of the way of [A]'s sword
- at the same time, [B] changes his sword to 'chung yin chinen' and cuts up with the front portion at [A]'s wrist to keep [A] from completing the stab.
- [A] neutralizes by moving his sword arm up and to the left.

24. Slice the Waist

- [B] immediately turns his waist to the right, shifts forward into a bow stance, turns the sword to 'tai yang chien', and slices across [A]'s waist from right to left
- the left hand (in sword fingers) is held straight out from the body, pointing to the back left diagonal when slicing across the waist.

25. Press Down

- As [B] is ready to cut [A]'s stomach, [A] immediately turns his sword into 'chung yin chien' and presses down on [B]'s sword
- The left hand sword fingers touch the right wrist.

26. Pierce The Ear

- Next [A] immediately turns his sword to 'tai yang chien', shifts his weight forward into a right bow stance, and cuts for [B]'s right ear.
- The left hand sword fingers extend back to the left rear corner.

27. Draw Back And Snap Up To The Wrist

- [B] neutralizes by stepping backwards and left with the left leg, and shifting his weight back
- next, he turns his body to face [A] and draws his right foot back into a 'cat stance'.
- At the same time, he changes the sword to 'chung yin chine' (the left hand sword fingers touch the right wrist) and pulls the sword straight back toward himself until the point is under [A]'s wrist, then he sinks down a little and snaps the sword tip up to cut at [A]'s wrist from below.



Wudang Fencing

28. Three Bracelets Encircle The Moon

- [A] neutralizes by moving his wrist to the right, and then cuts downward at [B]'s wrist.
- [B] neutralizes by moving his wrist to the right, and then cuts downward at [A]'s wrist.
- [A] neutralizes by moving his wrist to the left, and then cuts upward at [B]'s wrist.
- [B] neutralizes by moving his wrist to the left, and then cuts upward at [A]'s wrist.
- [A] circles in a clockwise direction; [B] in a counterclockwise direction.
- The left hands (in sword fingers) touch the right wrists
- Both complete 3 circles

29. Withdraw The Sword And Be On Guard

- Both step backwards with right leg, and shift their weight back. The left leg is mostly empty in a 'cat stance'
- At the same time, they bring their swords up into 'chung yang chien' with the hand about opposite the right temple.
- The left hand (held in sword fingers) points at the opponent.