

《陈氏太极双剑》

书籍信息

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“陈氏太极双剑”是陈氏太极套路中双器械的一种，此套路是由“太极双刀”演变而来，“双刀”是从周身旋转一圈方可发力，双剑却截然不同。双剑是以剑法中的刺、点、撩、挂等用法，配合太极拳中的太极劲道，动作灵活多变，力透于腕，用腕控制剑的形状，在身前旋转一周而发，使两剑交叉使用，从而达到攻防并用；更加体现了剑术中的灵活、飘逸、自然、轻快、优美大方等特点。Taiji double sword, one of the double-weapon sets of the Chen Taiji, is derived from double broad sword of the Chen Taiji. However, double broad swords strength is from the whole body 's circling movements, which is totally different to that of the double sword. The double swords ' main movements are stabbing, pointing, lifting and hanging. Combined with the moves of Taijiquan, the moves are very flexible with firmness within the wrists. The wrists control the shapes and movements of the swords. Using the two swords in turn to achieve blocking and attacking at the same time, this gives it the full definition of being flexible, natural, relaxed, and beautiful.

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