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32-Form Tai Chi Sword

32 movements • A4 reference sheet • free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

THE SEQUENCE

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00 预备势

Preparation Posture

Stand with the feet together facing due south, body upright, crown lightly suspended, arms hanging at the
The left hand holds the sword with the point up, the blade lying flat along the back of the left arm; the righ
sword fingers.

01 起势（三环套月）

Commencing Posture (Three Rings Around the Moon)

Step the left foot out; raise both arms and sink into a crouch pressing down. Turn and swing the arms, then
sword hand in a T-step.
Bend the elbow and step up into a bow stance to point forward; then cover-step threading the sword, sit ba
arms, and step up again to receive the sword.

02 并步点剑（蜻蜓点水）

Feet Together, Pointing Sword

Bring the left foot in to a feet-together stance; the sword traces a vertical circle at the left side and points
the point at knee height, sword fingers at the inside of the right wrist.
Circle with the wrist alone — do not raise the arms.

03 独立反刺（大魁星式）

Standing on One Leg, Reverse Thrust

Withdraw the right foot and draw the sword back, the ball of the foot landing first with the toes turned out
the foot, lift the sword, then lift the knee and thrust in reverse.
Lift the left knee as high as you can, shin and foot turned slightly inward to guard; the knee faces forward,
left elbow.

04 仆步横扫（燕子抄水）

Crouch Stance, Sweeping Cut

Withdraw a step and chop, press the sword in the crouch stance, pivot the foot and sweep, then settle into
The blade stays parallel to the ground, the force in the middle and front of the edge.

05 向右平带（右拦扫）

Horizontal Carrying to the Right

Draw the foot in and draw the sword (palm up), step forward and extend the sword about 30° right of the ce
carry into the bow stance.
The right palm turns over to face down.

06 向左平带（左拦扫）

Horizontal Carrying to the Left

Draw the foot in and draw the sword with the palm turned down, step out about 30° left of the centre line, t
the bow stance.
The right palm turns over to face up; the sword travels a straight line.

07 独立抡劈（探海势）

Standing on One Leg, Whirling Chop

Draw the foot in and turn, join the hands and whirl the sword; step up raising the sword, then lift the knee
Lifting the knee, the shin and foot turn slightly inward to guard.

08 退步回抽（怀中抱月）

Stepping Back, Drawing Back the Sword

Step back raising the sword so the hilt is at eye height, then draw it back into an empty stance.
The point sits level with the head; the chest hollows, the hips tuck, and the weight shifts back evenly.

09 独立上刺（宿鸟投林）

Standing on One Leg, Upward Thrust

Turn and pad-step due east, then lift the knee and thrust upward.
The point rises above the head; the supporting leg holds firm and the torso does not lean back.

10 虚步下截（乌龙摆尾）

Empty Stance, Downward Block

Withdraw a step, turn and swing the sword with the right palm facing in, then block downward in an empty
The right empty stance faces about 30° north of east while the head turns to look about 45° south of east.

11 左弓步刺（青龙出水）

Left Bow Stance, Sword Thrust

Step back raising the sword with the point about 30° to the front-left and the edge upward; close and pivot
withdraw the sword, draw the foot in and turn the palm up, then thrust level into the bow stance.
The bow stance points about 30° north of east, the feet about 30 cm apart, the force reaching the point.

12 转身斜带（风卷荷叶）

Turning the Body, Diagonal Carrying

Close and pivot the foot drawing the sword in, lift the knee and extend it with the palm turned down, then t
right, stepping about 30° north of west, and settle.
Turning, stepping and carrying are all driven by the waist; the sword travels a diagonal line with the force c

13 缩身斜带（狮子摇头）

Shrinking the Body, Diagonal Carrying

Lift the foot and draw the sword in, withdraw a step and extend it, then carry left into a T-step.
The right palm turns to face up; shrinking the body hollows the chest and tucks the hips, keeping the weigh

14 提膝捧剑（虎抱头）

Lifting the Knee, Holding the Sword

Withdraw a step and extend the sword with the hands joined and the edge up, part the hands in an empty st
the knee holding the sword.
Lift the right knee as high as you can, above the horizontal; both hands hold the hilt, the blade level.

15 跳步平刺（野马跳涧）

Jumping Step, Horizontal Thrust

Lower the foot and draw the sword in, thrust level with the sword at chest height, part the hands on the jur
level into the bow stance.
The jump is light with a stable landing; the thrust goes straight forward, the force reaching the point.

16 左虚步撩（小魁星式）

Left Empty Stance, Lifting Cut

Draw the foot in and circle the sword — the right hand lifting first, arcing past the face to meet the left han
and circle again, and lift the sword in a left empty stance.
The empty stance faces due west; the lift travels from below upward with the force in the front of the edge.

17 右弓步撩（海底捞月）

Right Bow Stance, Lifting Cut

Draw the foot in, turn and circle the sword, pad-step and circle again, then lift into the right bow stance.
Sit into the hips and sink the shoulders; the point sits slightly below the wrist, the waist leading so body ar
one.

18 转身回抽（射雁式）

Turning the Body, Drawing Back

Close and pivot the foot, turn and draw the sword in with the hilt at ear height and the eyes on the point; p
into the bow stance about 30° south of east; then sit back, draw the sword and point forward in an empty st
Both the empty stance and the sword fingers point about 30° south of east; the hilt stays at ear height as th
back.

19 并步平刺（白猿献果）

Feet Together, Horizontal Thrust

Turn and shift the step, then thrust level with the feet together.
The palm faces up, both legs straighten, and the sword is level with the chest.

20 左弓步拦（迎风掸尘）

Left Bow Stance, Blocking

Turn and circle the sword, step up and circle again, then block in the bow stance.
The bow stance points about 30° north of east; the hilt is opposite the left brow — keep the shoulder sunk.

21 右弓步拦（迎风掸尘）

Right Bow Stance, Blocking

Pivot out and circle the sword, draw the foot in and circle again, then block in the bow stance.
The bow stance points about 30° south of east; the hilt is at head height opposite the right brow, shoulder s

22 左弓步拦（迎风掸尘）

Left Bow Stance, Blocking

Pivot out and circle the sword, draw the foot in and circle again, then block in the bow stance.
The same direction as movement 19 (about 30° north of east), hilt opposite the left brow, shoulder sunk.

23 进步反刺（顺水推舟）

Advancing Step, Reverse Thrust

Cover-step drawing the sword in, both hands joining at the waist with the blade close to the body; turn and
from a high resting stance with the weight between the feet and the eyes on the point; then thrust in revers
stance.
The hilt is at head height and the point level with the throat; the reverse thrust drives to the tip.

24 反身回劈（流星赶月）

Turning Back, Returning Chop

Close and pivot the foot, turn and draw the sword in; lift the foot raising the sword, then chop into the bow
The bow stance points about 30° north of west; the chop sinks the shoulders with the force on the edge.

25 虚步点剑（天马行空）

Empty Stance, Pointing Sword

Settle the fingers and draw the foot in; turn, part the hands and raise the sword with the left heel landing,
lower the sword into the bow stance, then point in the empty stance.
The point is driven to the tip with the wrist supplying the force; the empty stance holds firm with the torso

26 独立平托（挑帘式）

Standing on One Leg, Horizontal Supporting

Insert-step and circle the sword with a wrist flower before joining both hands, turn and smear level, then li
supporting the sword.
The support is above the head with the blade level; the lifted knee holds firm and the torso does not lean b

27 弓步挂劈（左车轮剑）

Bow Stance, Hooking and Chopping

Turn and hook the sword, then chop into the bow stance.
The hook travels a vertical circle and the chop reaches the front of the edge, the waist driving the arm.

28 虚步抡劈（右车轮剑）

Empty Stance, Whirling Chop

Turn and whirl the sword, then chop in the empty stance.
The whirl pivots on the shoulder with the waist driving the arm; the empty stance links on from the previou
the weight stable.

29 撤步反击（大鹏展翅）

Retreating Step, Counterattack

Withdraw the step and turn to counter with a chop about 30° south of east.
The withdrawal and the counterattack happen together; the sword travels a diagonal with the force on the

30 进步平刺（黄蜂入洞）

Advancing Step, Horizontal Thrust

Lift the foot with the sword held across, settle and turn the wrist over, then thrust level into the bow stanc
The thrust drives to the point, the bow stance and the thrust completing together.

31 丁步回抽（风扫梅花）

T-Step, Drawing Back

Close and pivot the foot, turn and raise the sword, then draw it back with the hand reversed into a T-step.
The hilt is at head height; the T-step holds firm with the chest hollowed and the hips tucked.

32 旋转平抹

Spinning, Horizontal Smearing

Swing the step with the sword held across, close the step and turn the body, then smear level into the bow
one full turn.
The waist drives the sword and the blade stays level with the force on the edge; the turn stays steady.

33 弓步直刺（指南针）

Bow Stance, Straight Thrust

Draw the foot in and draw the sword in, then step up and thrust straight into the bow stance.
The thrust goes straight forward at chest height, the force driving to the point.

34 收势

Closing Posture

The right hand holding the sword arcs along the side with the turn, the point upward, and rises to chest hei
part and lower slowly as the left foot draws in to close the stance.
Breathe long and settle the breath low, the movement slow and even, the mind calm.