FORMS LIBRARY

42-Form Taijiquan Competition

42 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

01 起势
02 右揽雀尾
03 左单鞭
04 提手
05 白鹤亮翅
06 搂膝拗步（二）
07 撇身捶
08 捋挤势（二）
09 进步搬拦捶
10 如封似闭
11 开合手
12 右单鞭
13 肘底捶
14 转身推掌（二）
15 玉女穿梭（二）
16 右左蹬脚
17 掩手肱捶
18 野马分鬃（二）
19 云手（三）
20 独立打虎
21 右分脚
22 双峰贯耳
23 左分脚
24 转身拍脚
25 进步栽捶
26 斜飞势
27 单鞭下势
28 金鸡独立（二）
29 退步穿掌
30 虚步压掌
31 独立托掌
32 马步靠
33 转身大捋
34 歇步擒打
35 穿掌下势
36 上步七星
37 退步跨虎
38 转身摆莲
39 弯弓射虎
40 左揽雀尾
41 十字手
42 收势

01 起势

Commencing Posture

Open the left foot; raise both hands level in front; bend the knees and press down.
Shoulders sunk and elbows heavy, weight steady, the breath settling low as the palms press.

02 右揽雀尾

Grasp the Bird's Tail (Right)

Hold the ball and draw the foot in; turn and step up; ward off in the bow stance; sit back and roll back; turn
hands to press; sit back drawing in; push in the bow stance.
Ward-off rounds, roll-back travels an arc, press joins both hands, push reaches the heels of the palms; the f
and the front knee stays behind the toes.

03 左单鞭

Single Whip (Left)

Turn the waist carrying the hand; draw the foot in and form the hook; turn and step up; push in the bow sta
The hook wrist stays relaxed with the hook pointing down; the push settles the wrist, and the bow stance fa
of the push.

04 提手

Raise Hands

Turn the waist and swing the hands; follow-step and sit back; close and raise the hands in the empty stance
The empty stance divides the weight thirty-seventy; the arms close on a rounded arc with shoulders sunk ar
hollowed.

05 白鹤亮翅

White Crane Spreads Its Wings

Follow-step and hold the hands; sit back and part them; lift the palms in the empty stance.
The upper hand wards above the brow while the lower plucks and presses by the hip, creating a diagonal st
torso upright.

06 搂膝拗步（二）

Brush Knee and Twist Step

Swing the hand and draw the foot in; bend the arm and step up; brush the knee and push in the bow stance.
The brushing hand passes the knee on an arc, the push completes with the bow stance, and the waist leads

07 撇身捶

Deflect the Body and Punch

Turn the body, close the fist and draw it to the waist; throw the fist across.
The back of the fist supplies the force in a horizontal throw at temple height, with the left palm guarding th
right elbow.

08 捋挤势（二）

Roll Back and Press

Join the hands and sit back; press forward in the bow stance. Once each side.
The roll-back turns the waist with the hands following, round and unbroken; the press keeps both arms rou
force whole.

09 进步搬拦捶

Step Up, Parry, Block and Punch

Parry the fist downward; step up and block with the palm; punch in the bow stance.
Parry, block and punch run as one action; the punch sinks the shoulders and reaches the face of the fist.

10 如封似闭

Apparent Close-Up

Close the hands in a cross and draw them back; sit back and part the palms; press in the bow stance.
The palms part in front of the chest on the way back; the press reaches the heels of the hands and the weig

11 开合手

Opening and Closing Hands

The hands open and close in front of the chest, opening on the in-breath and closing on the out-breath.
Shoulders sunk and elbows heavy, palms facing each other, attention held between them — a Sun-style han

12 右单鞭

Single Whip (Right)

Open the right foot sideways with a slight turn; both palms separate to the sides like a single whip.
Shoulders sunk, tiger mouths facing, the side bow stance rounded through the hips.

13 肘底捶

Fist Under Elbow

Close the foot, cover the palm and hold the ball; step out, follow with the foot and swing the palm; split in
The fist rests under the elbow; nose tip, elbow and toe align.

14 转身推掌（二）

Turn the Body and Push the Palm

Withdraw a step and grind the foot to turn; brush, press and raise the palm; step up, follow and push. Once
The waist leads the turn, the T-step stays steady, and the push follows the direction of the turn.

15 玉女穿梭（二）

Fair Lady Works at Shuttles

Join the hands in front of the chest after rolling back; follow-step, turn and smear the palm level; support a
bow stance. Once each side.
The upper body takes the Wu-style level circular change, the legs take the Sun-style step-and-follow, settli
stance with one arm supporting and one pushing.

16 右左蹬脚

Kick with Right and Left Heel

Turn and thread the palm as both arms open; cross and hold the hands; part the hands and kick. Right, then
Stand firm before lifting the leg; the kick drives through the heel with the toes hooked back and the standi
bent.

17 掩手肱捶

Hidden Hand Forearm Punch

Cover both palms in front of the face; open the step, stack the palms and spread them; rotate out and form
the bow stance.
A Chen-style releasing action: gather and then release with a crisp snap, the fist driving past a guarding ha

18 野马分鬃（二）

Part the Wild Horse's Mane

Turn and rotate the arm to split sideways; turn the palm and support above the knee; step up and thread ar
bow stance. Once each side.
Upper and lower pull apart, the upper hand no higher than the brow and the lower pressing by the hip, the

19 云手（三）

Cloud Hands

The hands circle alternately as the feet step sideways. Three rounds.
The waist is the axis and the arms trace vertical circles; the sideways steps are light with the weight travell
eyes following the upper hand.

20 独立打虎

Stand on One Leg, Hit the Tiger

Withdraw a step and turn the palm to thread forward; swing both palms left and close the fists; lift the knee
fists in the tiger-strike posture.
The knee lifts high and the fists support at brow height, the body held upright and steady.

21 右分脚

Separate Right Foot

Both palms stack in front of the chest; the right leg flicks out and the arms open.
The standing leg bends slightly and the force reaches the toes.

22 双峰贯耳

Twin Peaks Strike the Ears

Bend the leg and gather the palms above the knee; lower the foot, step up and part the palms; strike with b
bow stance.
Both fists drive diagonally up with the tiger mouths facing, no higher than the ears, aiming at the temples.

23 左分脚

Separate Left Foot

As for the right separation, mirrored.
The same requirements apply.

24 转身拍脚

Turn the Body and Slap Foot

Close the step and lower the foot as the body turns; cross the palms in front of the chest; kick the right foo
the instep with the right palm.
The turn and the slap happen together, the leg straight and the palm slapping the instep.

25 进步栽捶

Step Up and Plant the Punch

Lower the foot and turn the body, turning the right palm over; step up brushing the knee; plant the right fis
forward in the bow stance.
The punch plants on a downward diagonal; the waist relaxes and the hips tuck, the force reaching the fist.

26 斜飞势

Diagonal Flying

Sit back and turn left parting both palms; cross and hold the arms; step the right foot out into a side bow s
arms diagonally.
The side bow stance opens out and the arms spread on the diagonal like a bird in flight — the Wu-style flave
movement.

27 单鞭下势

Single Whip, Push Down

Shift the weight onto the left leg and bow; raise the left hook to the side with a bent wrist; bend the knee i
and thread the right palm along the leg.
The crouch stance spreads flat with the weight sunk, the palm threading close to the leg and the knee not t

28 金鸡独立（二）

Golden Rooster Stands on One Leg

Straighten the left leg and bow the right; lower the hook and raise the palm as the knee lifts. Once each sid
The knee lifts with the palm on the same side, the standing leg slightly bent and steady; both sides are the

29 退步穿掌

Step Back and Thread the Palm

Withdraw a step and bow the leg, drawing back; the right palm presses down and the left threads forward.
The withdrawal and the thread happen together; the horizontal palm guards the chest and the threading pa
throat.

30 虚步压掌

Empty Stance, Press the Palm

Turn the left foot in and turn the body right, raising the left palm; lift, turn and settle into a right empty st
palm across above the knee.
The empty stance sinks, the shoulder relaxes as the palm presses, and the weight sits on the rear leg.

31 独立托掌

Stand on One Leg, Support the Palm

Stand on the left leg with the right knee lifted, the right palm turning over to support and the left bracing a
The body stands tall yet relaxed, the supporting palm facing up, and there is no leaning back.

32 马步靠

Horse Stance Shoulder Strike

Lower the right foot and turn the body right, rolling back and swinging the palm; step the left foot forward
stance with the left arm pressing in and rotating.
The stance sinks and the shoulder and hip drive forward as one body.

33 转身大捋

Turn the Body, Great Roll-Back

Sit back carrying the palm and turn it up; circle the right foot up as the body turns left; the right palm supp
and lifts the left; withdraw a step and roll back level through one turn.
A key rotating movement: the roll-back travels a wide arc with both arms following the waist and the weigh
side.

34 歇步擒打

Resting Stance, Catch and Punch

Shift the weight right and turn the body, propping the right elbow up and threading the right fist; turn back
sink into a crouch; the left fist strikes up over the back of the right.
The resting stance crosses and seats both legs firmly; the catch and the strike are distinct in order.

35 穿掌下势

Thread the Palm, Push Down

Draw the foot in and raise the palm, swinging it right; step the left foot out and turn the body right; sink fu
leg into a crouch stance and thread both palms along the leg.
The crouch stance spreads flat and sinks; the palms thread close to the leg in a straight line.

36 上步七星

Step Up, Seven Stars

Shift the weight forward and bow the left leg, the left palm lifting forward to shoulder height; step the righ
empty stance and cross both fists.
The two fists cross in front of the chest as the "seven stars", and the empty stance holds firm.

37 退步跨虎

Step Back and Ride the Tiger

Withdraw a step and support the palm as the body turns right; draw the foot in riding the tiger in one conti
stand firm on the left leg with the right palm and left hook opposing.
The standing leg holds steady and the left hook and right palm pull against each other.

38 转身摆莲

Turn the Body and Sweep the Lotus

Close the foot and turn, the palms passing level; smear with open palms; turn left through the body and sw
as the palms slap the instep in turn.
A key rotating movement: one full turn, the leg sweeping in a fan with both palms slapping, landing steadil

39 弯弓射虎

Bend the Bow and Shoot the Tiger

Roll back and bend down bowing the right leg, the weight moving forward as if drawing a bow; the right ha
left brushes as the body turns; the left fist drives forward.
The two fists sit one forward and one back like a drawn bow; the waist supplies the power and the eyes foll

40 左揽雀尾

Grasp the Bird's Tail (Left)

Draw the foot in and hold the ball; step out and part the hands with the arms rounded; roll back, join the h
back and push forward.
The mirror of the right version: all four energies complete and evenly weighted.

41 十字手

Cross Hands

Shift the upper body right and close the foot, turning, both palms parting as if carrying a pole; embrace in
to form the cross; draw the foot in and stand upright.
The arms cross and round out, the weight centred, the breath settling low.

42 收势

Closing Posture

Turn the palms and press forward at shoulder width; lower them slowly beside the legs; draw the left foot i
Breathe long and slow; stay upright at the finish rather than relaxing the instant it ends.