FORMS LIBRARY

42-Form Tai Chi Sword 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

00 预备势
01 起势
02 并步点剑
03 弓步削剑
04 提膝劈剑
05 左弓步拦
06 左虚步撩
07 右弓步撩
08 提膝捧剑
09 蹬脚前刺
10 跳步平刺
11 转身下刺
12 弓步平斩
13 弓步崩剑
14 歇步压剑
15 进步绞剑
16 提膝上刺
17 虚步下截
18 右左平带
19 弓步劈剑
20 丁步托剑
21 分脚后点
22 仆步穿剑
23 蹬脚架剑
24 提膝点剑
25 仆步横扫
26 弓步下截
27 弓步下刺
28 右左云抹
29 右弓步劈
30 后举腿架剑
31 丁步点剑
32 马步推剑
33 独立上托
34 进步挂剑
35 歇步崩剑
36 弓步反刺
37 转身下刺
38 提膝提剑
39 行步穿剑
40 摆腿架剑
41 弓步直刺
42 收势

00 预备势

Preparation Posture

Stand with the feet together facing due south, the left hand holding the sword point-up with the blade agai
the left arm, the right hand as sword fingers at the side.
Crown lightly suspended, shoulders sunk and elbows heavy, waist loose and hips tucked — calm mind, loose

01 起势

Commencing Posture

Open the left foot half a step; swing the sword, bend and hold it as the foot lifts; step up and extend the sw
turn into the bow stance and point forward.
The sword leads and the waist turns, shoulders sunk; at the settle the sword fingers point the same way as

02 并步点剑

Feet Together, Point Sword

Step up and thread the sword; draw the foot in and part the sword; receive it in the bow stance; bring the f
point.
The point is made by lifting the wrist so the force reaches the tip. Closing the feet should feel like drawing
front and back. Guard against the point falling short of its target.

03 弓步削剑

Bow Stance, Slice Sword

Close the sword and lift the foot; withdraw a step, turn and slice.
The waist drives and the sword extends the reach; hands part and close with the movement, the power spira
one pass.

04 提膝劈剑

Lift Knee, Chop Sword

Sit back and swing the sword; raise the sword, lift the knee and chop forward.
The turn matches the swing and the balance matches the chop. Standing on one leg, the torso is vertical, th
above waist height and the toes guarding; the chop is a vertical blade cutting down with the force in the lo
curl the body, and do not turn the chop into a wrist-flick point.

05 左弓步拦

Left Bow Stance, Block Sword

Circle the sword, turn and withdraw a step; block in the bow stance.
Sink the wrist and the body, the waist and hips leading; crown suspended, torso upright, the left foot angle
stance as the waist brings the sword round and the hands part.

06 左虚步撩

Left Empty Stance, Lift Sword

Turn, draw the foot in and circle the sword; step up and circle again; lift forward in the empty stance towar
The waist leads the sword and hand and foot agree; moving from closed to open, the sword stays about a fi

07 右弓步撩

Right Bow Stance, Lift Sword

Turn and circle the sword; step up and lift forward in the bow stance.
The shoulder is the pivot and the waist turns the body; the foot and the sword rise together and the bow st
the lift arrives. Lifting is from below upward.

08 提膝捧剑

Lift Knee, Hold Sword

Sit back and carry the sword level to the left; withdraw a step and carry it level to the right, parting; shift t
and hold the sword standing on one leg.
The waist carries the sword in blocking both ways and the withdrawal presses without losing attention; sin
the step and hold the sword with the mind centred.

09 蹬脚前刺

Kick with Heel, Thrust Forward

Lift the knee, kick and thrust the sword forward at the same moment.
The right heel drives forward as the sword thrusts; shoulders sunk, crown suspended, joints loose and the b

10 跳步平刺

Jumping Step, Horizontal Thrust

Lower the foot and extend the sword forward; jump, drawing the sword in; step up and thrust level in the bo
The jump is a forward reach that opens and closes; you must be able to stop at any moment rather than rely
momentum, and land already stable.

11 转身下刺

Turn the Body, Thrust Down

Draw the foot in and the sword in; close the foot and turn; thrust down in the bow stance.
The turn carries the sword in one movement with the blade hidden under the elbow through the half turn; t
thrust downward with hand and foot arriving together.

12 弓步平斩

Bow Stance, Horizontal Cut

Close the sword and draw the foot in; open the step and cut level on the south-east to north-west line.
Step the right foot out diagonally, the waist turning the blade to cut across to the left; upper and lower sta
everything comes from the waist and hips.

13 弓步崩剑

Bow Stance, Upward Flick (Beng)

Turn the waist carrying the sword; insert-step and block; lift the leg holding the sword; flick upward in the
A movement from the Wudang sword tradition. Waist, leg, arm and sword must agree; the final flick is a rele
turn the waist, sink the hips, drop the elbow and snap the wrist so the force reaches the tip and springs loo
after the insert-step, and do not let the lifted knee become a full balance.

14 歇步压剑

Resting Stance, Press Sword

Raise the sword and insert the foot; press down into the resting stance with the point toward the south-wes
Sit back into the resting stance with the sword falling with the body and level with the ground; upright and
shoulder and hip together, the crown still suspended.

15 进步绞剑

Step Forward, Twining Sword

Lift the sword in an empty stance facing south-west; advance three times, twining the sword with both hand
Rise and lift the wrist with the right foot empty; the advance twines the sword counter-clockwise; covering
steps move the body sideways, with the waist as the master.

16 提膝上刺

Lift Knee, Thrust Upward

Sit back and draw the foot in; thrust upward standing on one leg toward the south-west.
The turn brings the sword around and the hands together; the knee lift and the upward thrust happen at on
front and back like drawing a bow.

17 虚步下截

Empty Stance, Intercept Downward

Lower the foot, raise the sword and support it forward; intercept downward in the empty stance.
The turn carries the sword with the change; with the left leg full and the right empty, intercept downward –
shoulders level, body upright.

18 右左平带

Carry Horizontally, Right and Left

Raise the sword and lift the foot; step up and carry right in the bow stance; draw the sword and foot in; ste
turn the hand over and carry left.
Holding the sword with the knee lifted keeps the edge level; the step and the sword go out together on both
right and opening left from the waist.

19 弓步劈剑

Bow Stance, Chop Sword

Step up, turn and intercept downward; step up, raise the sword and chop forward.
To go forward, first go back: the step and chop turn like a wheel, and both the rear intercept and the front
waist.

20 丁步托剑

T-Step, Support Sword

Lift the leg and intercept downward; turn, step up, draw the foot in and support upward in the T-step.
Close the foot, turn and recover the sword, the body upright as the knee lifts and the sword swings to inter
guards the head above the crown, and the sword lies level in the T-step.

21 分脚后点

Separate Foot, Point Backward

Step up and grind the foot to turn; withdraw a step and thread the sword; thrust forward in the bow stance;
and draw the foot in; lift the knee and raise the sword, threading the sword fingers down; turn the waist an
the foot separates toward the north-east.
The closing of the feet rises with the knee, and separating the foot while pointing behind is a balance test.

22 仆步穿剑

Crouch Stance, Thread Sword

Withdraw a step and swing the sword forward; turn into a side bow stance and cut; turn the waist raising th
the crouch stance due east; then thrust in the bow stance due east.
The withdrawal joins the hands and stretches front and back; the crouch presses the hands down and the sw
along the ground like a snake.

23 蹬脚架剑

Kick with Heel, Parry Upward

Turn the waist, turn the hand and raise the sword; kick, parry upward and point forward.
The body twists and the hips fold as the sword turns over; the knee lifts and the kick goes out while the swo
form is steady and the sword fingers and the tip arrive together.

24 提膝点剑

Lift Knee, Point Sword

Draw the kicked leg back into a lifted knee, bring the sword back to a steady hold, then lift the wrist and po
south-west.
Upper and lower move as one; the wrist lift that makes the point comes from the waist.

25 仆步横扫

Crouch Stance, Horizontal Sweep

Lower the foot and thread the sword fingers behind; sweep horizontally in the crouch stance.
Sink the wrist and the body, the left foot stepping out diagonally into the crouch; the turn sweeps the swor
stance without the body rising or falling.

26 弓步下截

Bow Stance, Intercept Downward

Draw the foot and sword in; intercept downward in the right bow stance; draw in again; intercept downward
stance.
The sword and hands turn with the movement, stepping diagonally up to intercept; left and right differ only
the movements join continuously.

27 弓步下刺

Bow Stance, Thrust Downward

Stomp and draw the sword in; thrust downward with force in the bow stance.
The stomp is meant to startle; upper and lower combine into one whole force, and as the left leg bows the s
and the body arrive together at the tip.

28 右左云抹

Cloud and Smear, Right and Left

Draw the foot and sword in; open the step and part the sword; cloud with a right cover step; smear in the ri
draw in; open left and swing; cloud with a left cover step; smear in the left bow stance.
Close the body first, then part the clouds with the cover step; left and right should feel like one movement,
with height controlled.

29 右弓步劈

Right Bow Stance, Chop Sword

Draw the foot in, turn the waist and wheel the sword; step up and chop toward the south-east.
The sword hides under the armpit and turns over; the right foot moves up into the bow stance and the whee
arrive together.

30 后举腿架剑

Raise Leg Backward, Parry Upward

Step up, swing the foot and hook the sword; raise the sword to parry, lift the leg behind and point back to t
The body turns and rises lightly with the crown suspended, the raised leg and the high sword forming a bow
backwards.

31 丁步点剑

T-Step, Point Sword

Shift the weight right and turn, the right foot settling into a half crouch with the left heel drawn to its insid
left T-step; point the sword down and forward to the south-east with the wrist about chest height, the swor
to the inside of the right wrist.
The T-step and the point must agree in time and the right arm straightens on the point. Do not let the two a
speeds, and do not let the arm bend so that the point becomes a lift.

32 马步推剑

Horse Stance, Push Sword

Withdraw a step and draw the sword in; step up into the horse stance and push the sword.
Withdraw holding the sword to guard the body, then turn the waist like pushing a millstone; the horse stanc
and the change runs from ground to crown.

33 独立上托

Stand on One Leg, Support Upward

Circle the sword and insert a step; turn, grind the foot and swing the sword; support upward standing on or
An outer wrist circle turns the body back; the withdrawal presses without pausing, the level smear skims pa
a horse\

34 进步挂剑

Step Forward, Hook Sword

Lower the foot, swing the step and hook the sword left; step up and hook right; step up raising the sword; p
stance toward the north-west.
Advancing in a continuous loop, each movement linking to the next, open and close measured and upper an
together, so the empty-stance point completes one round.

35 歇步崩剑

Resting Stance, Upward Flick

Grind the foot, turn and withdraw a step with a reverse lift; withdraw into the resting stance and flick upwa
south-east.
Step up and part the sword as the body turns, the sword turning over as the step withdraws in one line; sin
front and back join — being able to separate and to join is the skill.

36 弓步反刺

Bow Stance, Reverse Thrust

Lift the leg and raise the sword; turn, lower the foot and thrust in reverse in the bow stance toward the nor
Hold the shape and look behind you: the left leg becomes the bow stance and what was the back becomes t
sword takes an oblique line and follows the opening, so front, back, left and right all stay covered.

37 转身下刺

Turn the Body, Thrust Down

Close the foot and draw the sword in; turn and thrust downward in the bow stance.
The sword and foot withdraw as the body turns, then the step goes out on the diagonal and the thrust follo
hand and foot arriving together.

38 提膝提剑

Lift Knee, Raise Sword

Lift and turn left, circling the sword up; turn right and circle it down; lift the knee and raise the sword.
The waist turns and the body draws in as the sword circles; advancing with the knee lifted keeps the sword
front. Above empty and below full, the body is stable with front and back pulling apart.

39 行步穿剑

Walking Steps, Thread Sword

Lower the foot and thread the sword to the front-left with the wrist at waist height; swing the step and thre
right in an arc with the wrist at chest height; close the foot and continue walking.
Five walking steps trace a circle. The weight stays level, the left foot turning in and the right turning out or
sunk and waist wrung, the torso turning right with the eyes on the point.

40 摆腿架剑

Swing Leg, Parry Upward

Carry the sword left; turn the blade over and swing the right leg out, then draw the lower leg back; lower th
the sword right at chest height; raise the sword to parry in the right bow stance with the sword fingers poin
at nose height.
On the outward swing the left leg bends slightly to stand firm, the right foot sweeping from the left in a fan
degrees and no lower than the shoulder, matched to the sword turning over overhead. The smear stops abo
before the sword goes up to parry.

41 弓步直刺

Bow Stance, Straight Thrust

Draw the foot in and the sword in; step up and thrust straight with the blade upright in the bow stance.
The sword drops into the joined hands as the left foot steps up, foot and sword arriving together; practise u
spirit at the crown.

42 收势

Closing Posture

Sit back, turn the waist and receive the sword in the left hand; bring it forward and swing it down; draw the
stance as the right hand becomes sword fingers and arcs forward and down; bring the feet together to the p
position.
The waist turns as the sword returns close to the elbow and the left hand receives it in one flow; the body t
parts and the movement rises and falls — open the stance and the breath returns to its source.