

32 Sword Form

Standard 32 Movements Taijiquan Sword Form

Chinese National Physical Education Committee 1957 Orthodox 32 Swordplay Form
A Simplified Sword Form in the Yang Style of T'ai Chi Ch'uan Swordplay

Preparation and Opening

1. Three Rings Around the Moon
 2. Big Dipper
 3. Swallow Skims across the Water
 4. Block and Sweep to the Right
 5. Block and Sweep to the Left
 6. Searching the Sea
 7. Holding the Moon
 8. Bird Returns to the Tree at Dusk
 9. Black Dragon Whips His Tail
 10. Green Dragon Emerges from the Water
 11. Turning Around and Carrying the Sword
 12. Lion Shakes His Mane
 13. Tigress Holds Her Head
 14. Wild Horse Leaps over the Creek
 15. Cutting Upward in Left Empty Stance
 16. Scooping the Moon from the Bottom of the Sea
 17. Rhinoceros Gazes at the Moon, Shoot the Goose
 18. White Ape Offers the Fruit
 19. Parrying in a Left Bow Stance
 20. Parrying in a Right Bow Stance
 21. Parrying in a Left Bow Stance
 22. Pushing the Boat with the Current
 23. Comet Chases the Moon
 24. Heavenly Horse Gallops across the Sky
 25. Lifting the Door Curtain
 26. Left Wheeling Chop Into a Right Bow Stance
 27. Right Wheeling Chop into a Right Empty Stance
 28. Phoenix Spreads Its Wings
 29. Bee Enters the Hive
 30. Holding the Moon
 31. Wind Sweeps the Plum Blossoms
 32. The Compass Needle
- Withdrawing the Sword and Closing

“32 Taijiquan Sword Form Webpage.” Bibliography, links, lists, study tools, and instructions.
Illustrations, descriptions and analysis of all the movements in the standard 32 Taiji Sword form.

Webpage: <http://www.egreenway.com/taichichuan/sword32.htm>

Michael Garofalo, Valley Spirit Taijiquan, Red Bluff, California, December 2007