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
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