

# Tai Chi Yang Style

## 32 Sword Form

### Commencing

### Section One

1. Three Rings Around the Moon
  - Stand with feet together and point (Bingbu Dianjian)
2. The Big Dipper
  - One leg stance and reverse stab (Duli Fanci)
3. The Swallow Skims Across the Water
  - Crouch stance and sweep to the side (Pubu Hengsao)
4. Block and Sweep to the Right
  - Horizontal draw to the right (Xiangyou Pingdai)
5. Block and Sweep to the Left
  - Horizontal draw to the left (Xiangzuo Pingdai)
6. Searching the Sea
  - One leg stance, circle, and chop down (Duli Lumpi)
7. Holding the Moon
  - Step back and draw the sword back (Tuibu Huichou)
8. The Bird Returns to the Tree at Dusk
  - One leg stance and stab up (Duli Shangci)

## Section Two

9. The Black Dragon Whips His Tail
  - Empty stance and intercept downward (Xubu Xiajie)
10. The Green Dragon Emerges from the Water
  - Left bow stance and stab (Zuogongbu)
11. Turning Around and Carrying the Sword
  - Turn the body and draw on a slant (Zhuanshen Xiedai)
12. The Lion Shakes His Mane
  - Contract the body and draw on the diagonal (Suoshen Xiedai)
13. The Tigress Holds Her Head
  - Raise the knee and hold the sword (Tixi Pengjian)
14. The Wild Horse Leaps Over the Creek
  - Jump step, and stab with a flat sword (Tiaobu Pinci)
15. Cutting Upward in a Left Empty Stance
  - Left empty stance and slice upward (Zuo Xubu Liao)
16. Scooping the Moon from the Bottom of the Sea
  - Right bow stance and slice upward (You Gongbu liao)

## Section Three

17. The Rhinoceros Gazes at the Moon
  - Turn the body and pull back (Zhuanshen Huichou)
18. The White Ape Offers the Fruit
  - Stand upright with feet together, stab with a flat sword (Bingbu Pinci)
19. Parrying in a Left Bow Stance
  - Left bow stance and block (Zuo Gongbu Lan)
20. Parrying in a Right Bow Stance
  - Right bow stance and block (You Gongbu Lan)

Research by: Michael P. Garofalo

<https://www.egreenway.com/taichichuan/sword32.htm>

21. Parrying in a Left Bow Stance
  - Left bow stance and block (Zuo Gongbu Lan)
22. Pushing the Boat with the Current
  - Step in and stab backhand (Jimbu fanci)
23. The Comet Chases the Moon
  - Reverse body and chop behind (fanshen Huipei)
24. The Heavenly Horse Gallops Across the Sky
  - Empty stance and point the sword (Xubu Dianjian)

## **Section Four**

25. Lifting the Door Curtain
  - One leg stance and lift horizontally (Duli Pingtuo)
26. Left Wheeling Chop into a Right Bow Stance
  - Bow stance, hook, and chop (Gongbu Guapi)
27. Right Wheeling Chop into a Right Empty Stance
  - Empty stance, circle sword, and chop (Xubu Lumpi)
28. The Phoenix Spreads Its Wings
  - Backstep and strike backhand (Chebu Fanji)
29. The Bee Enters the Hive
  - Step in and stab with flat sword (Jinbu Pingci)
30. Holding the Moon
  - T-stance and pull back (Dinabu Huichou)
31. The Wind Sweeps the Plum Blossoms
  - Turn around and smear horizontally (Xuanzhuan Pingmo)
32. The Compass Needle
  - Bow stance and stab straight (Gongbu Zhici)

## **Conclusion - Closing position (Shoushi)**