CHINESE WUSHU & TAICHI ACADEMY LLC

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Yang Style Taichi Sword 32 Forms

起势 Opening form

1. 并步点剑Point sword with feet together
2. 独立反刺 Reverse thrust sword, standing on right leg
3. 扑步横扫 Sweep sword with crouching stance
4. 向右平带 Withdraw sword horizontally right bow stance
5. 向左平带 Withdraw sword horizontally left bow stance
6. 独立抡劈 Circle hack with standing on right leg
7. 退步回抽 Bring sword back with left empty stance
8. 独立上刺 Thrust sword upward standing on right leg
9. 虚步下截 Intercept sword with left empty stance
10. 弓步刺剑 Horizontal thrust with bow stance
11. 转身斜带 Turn the body withdraw sword
12. 缩身斜带 Withdraw sword retreat steps
13. 提膝捧剑 Raise right knee hold sword front
14. 跳步平刺 Leap step horizontal thrust with bow stance
15. 左虚步撩 Upper-cut sword with left empty stance
16. 右弓步撩 Upper-cut sword with right bow stance
17. 转身回抽 Turn the body bring back sword
18. 并步平刺 Thrust sword with feet together stand upright
19. 左弓步拦 Block sword left bow stance
20. 右弓步拦 Block sword right bow stance
21. 左弓步拦 Block sword left bow stance
22. 进步反刺 Advance stance with reverse thrust
23. 返身回劈 Turn body hack sword
24. 虚步点剑 Point sword with empty stance
25. 独立平托 Hold up sword with knee lifting
26. 弓步挂劈 Down-cut and hack sword with bow stance
27. 虚步抡劈 Circler hack with empty stance
28. 撤步反击 Tilt sword with back step
29. 进步平刺 Horizontal thrust with advance step
30. 丁步回抽 Bring back sword with t-step
31. 旋转平抹 Horizontal slice sword with circle steps
32. 弓步直刺 Straight thrust with bow stance

收势 Closing form

Opening form

1. Point sword with feet together
2. Reverse thrust sword, standing on right leg
3. Sweep sword with crouching stance
4. Withdraw sword horizontally right bow stance
5. Withdraw sword horizontally left bow stance
6. Circle hack with standing on right leg
7. Bring sword back with left empty stance
8. Thrust sword upward standing on right leg
9. Intercept sword with left empty stance
10. Horizontal thrust with bow stance
11. Turn the body withdraw sword
12. Withdraw sword retreat steps
13. Raise right knee hold sword front
14. Leap step horizontal thrust with bow stance
15. Upper-cut sword with left empty stance
16. Upper-cut sword with right bow stance
17. Turn the body bring back sword
18. Thrust sword with feet together stand upright
19. Block sword left bow stance
20. Block sword right bow stance
21. Block sword left bow stance
22. Advance stance with reverse thrust
23. Turn body hack sword
24. Point sword with empty stance
25. Hold up sword with knee lifting
26. Down-cut and hack sword with bow stance
27. Circler hack with empty stance
28. Tilt sword with back step
29. Horizontal thrust with advance step
30. Bring back sword with t-step
31. Horizontal slice sword with circle steps
32. Straight thrust with bow stanc

Closing form