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**Yang Style Taichi Sword 32 Forms**

起势 commencing form

1.并步点剑point sword with feet together

2.独立反刺 reverse thrust sword with 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 up-cut sword with left empty stance

16.右弓步撩 up-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