

三十二式太极剑 sānshíèr shì tàijíjiàn 32-Movement Taiji Sword

预备式

yùbèi shì

Preparation posture

起势

qǐshì

Commencing posture

(三环套月)

(sānhuán tàoyuè)

(Three rings circle the moon)

1. 并步点剑

bìngbù diǎnjiàn

Stand with feet together and point sword

(蜻蜓点水)

(qīngtíngdiǎnshuǐ)

(Dragonfly brushes water)

2. 独立反刺

dúlì fǎncì

Reverse stab in one-leg stance

(大魁星势)

(dàkuíxīng shì)

(Big Dipper posture)

3. 仆步横扫

pūbù héngsǎo

Sweep to the side in crouching stance

(燕子抄水)

(yànzi chāoshuǐ)

(Swallow skims over water)

4. 向右平带

xiàngyòu píngdài

Horizontal draw to the right

(右拦扫)

(yòu lán sǎo)

(Block and sweep to the right)

5. 向左平带

xiàngzuǒ píngdài

Horizontal draw to the left

(左拦扫)

(zuǒ lán sǎo)

(Block and sweep to the left)

6. 独立抡劈

dúlì lúnpī

Circle and chop down in one-leg stance

(探海势)

(tàn hǎi shì)

(Probing sea posture)

7. 退步回抽

tuìbù huíchōu

Step back and draw back sword

	(怀中抱月)	(huáizhōng bàoYuè)	(Embrace the moon)
8.	独立上刺	dúlì shàngcì	Stab upward in one-leg stance
	(宿鸟投林)	sùniǎo tóulín	(Birds fly into woods)
9.	虚步下截	xūbù xiàjié	Intercept downward in empty stance
	(乌龙摆尾)	(wūlóng bǎiwěi)	(Black dragon swings its tail)
10.	左弓步刺	zuǒ gōngbù cì	Stab in left bow stance
	(青龙出水)	(qīnglóng chūshuǐ)	(Blue dragon emerges from water)
11.	转身斜带	zhuǎnshēn xiédài	Turn body and draw sword at a slant
	(风卷荷叶)	(fēngjuǎn héyè)	(Wind sweeps over lotus leaves)
12.	缩身斜带	suōshēn xiédài	Contract body and draw sword at a slant
	(狮子摇头)	(shīzi yáotóu)	(Lion shakes its head)
13.	提膝捧剑	tíxī pěngjiàn	Raise knee and hold sword with both hands
	(虎抱头)	(hǔbàotóu)	(Tiger covers its head)
14.	跳步平刺	tiàobù píngcì	Horizontal forward stab in a jumping step
	(野马跳涧)	(yěmǎ tiàojiàn)	(Wild horse leaps over ravine)
15.	左虚步撩	zuǒ xūbù liáo	Slice upward in left empty stance
	(小魁星势)	(xiǎokuíxīng shì)	(Small Dipper posture)
16.	右弓步撩	yòu gōngbù liáo	Slice upward in right bow stance

	(海底捞月)	(hǎidǐ lāoyuè)	(Dredge up the moon from sea bottom)
17.	转身回抽 (射雁势)	zhuǎnshēn huíchōu (shèyàn shì)	Turn body and pull back sword (Shooting at wild goose posture)
18.	并步平刺 (白猿献果)	bìngbù píngcì (báiyuán xiànguǒ)	Stand upright with feet together and Horizontal forward stab (White ape offers fruit)
19.	左弓步拦 (迎风掸尘)	zuǒ gōngbù lán (yíngfēng dǎnchén)	Block in left bow stance (Wind flicks dust)
20.	右弓步拦 (迎风弹尘)	yòu gōngbù lán (yíngfēng dǎnchén)	Block in right bow stance (Wind flicks dust)
21.	左弓步拦 (迎风掸尘)	zuǒ gōngbù lán (yíngfēng dǎnchén)	Block in left bow stance (Wind flicks dust)
22.	进步反刺 (顺水推舟)	jìnbù fǎncì (shùnshuǐ tuīzhōu)	Advance and stab backward (Push boat along with current)
23.	反身回劈 (流星赶月)	fǎnshēn huípī (líuxīng gǎnyuè)	Turn body and chop (Meteor chases the moon)
24.	虚步点剑 (天马行空)	xūbù diǎnjiàn (tiānmǎ xíngkōng)	Point sword in empty stance (Celestial horse transverses the void)
25.	独立平托	dúlì píngtuō	Lift sword horizontally in one-leg stance

	(挑帘势)	(tiǎolián shì)	(Lift up curtain)
26.	弓步挂劈 (左车轮剑)	gōngbù pīguà (zuǒ chēlún jiàn)	Hook and chop in bow stance (Wheel sword to the left)
27.	虚步抡劈 (右车轮剑)	xūbù lúnpī (yòu chēlún jiàn)	Circle sword and chop in empty stance (Wheel sword to the right)
28.	撤步反击 (大鹏展翅)	chèbù fǎnjī (dàpéng zhǎnchì)	Strike backhand in a backward step (Roc spreads its wings)
29.	进步平刺 (黄蜂入洞)	jìnbù píngcì (huángfēng rùdòng)	Advance and horizontal forward stab (Wasp enters cave)
30.	丁步回抽 (怀中抱月)	dīngbù huíchōu (huáizhōng bào yuè)	Pull back sword in T-stance (Embrace the moon)
31.	旋转平抹 (风扫梅花)	xuánzhuǎn píngmǒ (fēngsǎo méihuā)	Turn around and smear horizontally (Wind sweeps over plum blossoms)
32.	弓步直刺 (指南针)	gōngbù zhí cì (zhǐnánzhēn)	Stab straight forward in bow stance (Compass points to the south)
	收势	shōushì	Closing posture