

Tai Chi

32 Sword Forms



- 1) Three Rings Around the Moon
- 2) Standing on One Leg to Thrust
- 3) Swallow Skimming across the Water
- 4) Carrying Sword to the Right
- 5) Carrying Sword to the left
- 6) Sounding the Sea
- 7) Withdrawing the Sword in Empty Stance
- 8) Birds Returning to the Tree at Dusk
- 9) Dragon Sweeping Tail
- 10) Green Dragon Emerging from Water
- 11) Turning Round and Carrying Sword
- 12) Stepping Backward Carrying Sword
- 13) Tiger Holding Head
- 14) Wild Horse Leaping Over Creek
- 15) Cutting Upward in Empty Stance
- 16) Scooping the Moon from Sea Bottom
- 17) Rhinoceros Gazing at the Moon
- 18) White Ape Offering Fruit
- 19) Parrying in (L) Bow Stance
- 20) Parrying in (R) Bow Stance
- 21) Parrying in Left Bow Stance
- 22) Stepping Forward and Piercing back
- 23) Comet Chasing the Moon
- 24) Heavenly Horse Flying Across the Sky
- 25) Standing on One Leg and Lifting Sword
- 26) Cutting in Bow Stance
- 27) Cutting Downward in Empty Stance
- 28) Giant Geese Spreading Wings
- 29) Stepping Forward to Thrust
- 30) Withdrawing Sword
- 31) Wind Sweeping Plum Blossom
- 32) Thrusting Forward in Bow Stance