

# 三十二式太极剑

*Sān Shí Èr Shì Tàijíjiàn*

## 32-step Tai Chi Chuan

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|-----|--------|--------------------------|--|
| 1.  | 起势     | Qǐshì                    | Beginning form                         |
| 2.  | 右揽雀尾   | Yòu lǎn què wěi          | Grasp the bird's tail (R) (Wu)         |
| 3.  | 左单鞭    | Zuǒ dānbiān              | Single whip (L)                        |
| 4.  | 手挥琵琶   | Shǒu huī pípā            | Playing the pipa                       |
| 5.  | 进步搬拦捶  | Jìn bù bān lán chuí      | Advance, block parry punch (Sun style) |
| 6.  | 如封似闭   | Rú fēng sì bì            | Apparent closing                       |
| 7.  | 右左搂膝拗步 | Yòu zuǒ lōu xī ào bù     | Brush knee push (RL)                   |
| 8.  | 右单鞭    | Yòu dānbiān              | Single whip (R)                        |
| 9.  | 云手     | Yún shǒu                 | Cloud hands (Rx2)                      |
| 10. | 右左野马分鬃 | Yòu zuǒ yé mǎ fēn zōng   | Part the wild horse's mane (RL)        |
| 11. | 海底针    | Hǎi dǐ zhēn              | Needle at sea bottom                   |
| 12. | 闪通背    | Shǎn tōng bèi            | Flash the back                         |
| 13. | 右揽雀尾   | Yòu lǎn què wěi          | Grasp the bird's tail (R)              |
| 14. | 转身撇身捶  | Zhuǎn shēn piē shēn chuí | Turn and strike with back fist         |
| 15. | 捋挤势    | Lǚ jǐ shì                | Pullback and press                     |
| 16. | 拍脚     | Pāi jiǎo                 | Slap kick                              |
| 17. | 左分脚    | Zuǒ fēn jiǎo             | Toe kick (L)                           |
| 18. | 右蹬脚    | Yòu dēng jiǎo            | Heel kick (R)                          |
| 19. | 进步栽捶   | Jìn bù zāi chuí          | Step up and punch down                 |
| 20. | 右左玉女穿梭 | Yòu zuǒ yù nǚ chuān suō  | Fair lady works the shuttle (RL)       |

21.	肘底捶	Zhǒu dǐ chuí	Fist under elbow
22.	倒卷肱	Dào juǎn gōng	Repulse monkeys
23.	左下势	Zuǒ xià shì	Low form
24.	金鸡独立	Jīn jī dú lì	Golden rooster stands on one leg
25.	右下势	Yòu xià shì	Low form
26.	上步七星	Shàng bù qī xīng	Step up seven stars
27.	退步跨虎	Tuì bù kuà hǔ	Step back to ride the tiger
28.	转身白莲	Zhuǎn shēn bái lián	Turn and sweep the lotus
29.	弯弓射虎	Wān gōng shè hǔ	Bend bow shoot tiger
30.	左揽雀尾	Zuǒ lǎn què wěi	Grasp the bird's tail (L)
31.	十字手	Shí zì shǒu	Cross hands
32.	收势	Shōu shì	Close form