

三十二式太极剑

Sān Shí Èr Shì tàijí jiàn

32-Step Tai Chi Sword

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| 1. | 并步点剑
蜻蜓点水 | Bìng bù diǎn jiàn
Qīngtíng diǎn shuǐ | Feet together point sword
Dragonfly Touches Water |
| 2. | 独立反刺
大魁星势 | Dúlì fǎn cì
Dà Kuíxīng shì | Stand on one leg reverse stab
Major Literary Star |
| 3. | 仆步横扫
燕子抄水 | Pū bù héng sǎo
Yànzi chāo shuǐ | Falling step horizontal sweep
Swallow touches water |
| 4. | 向右平带
右边拦扫 | Xiàng yòu píng dài
Yòubian lán sǎo | Turn right level carry
Block and Sweep, Right |
| 5. | 向左平带
左边拦扫 | Xiàng zuǒ píng dài
Zuǒbian lán sǎo | Turn left level carry
Block and Sweep, Left |
| 6. | 独立抡劈
哪吒探海 | Dúlì lūn pī
Nézhā tàn hǎi | Stand on one leg whirl chop
Nezha searches the sea |
| 7. | 退步回抽
怀中抱月 | Tuì bù huí chōu
Huái zhōng bào yuè | Back step circle draw
Embrace the Moon |
| 8. | 独立上刺
宿鸟投林 | Dúlì shàng cì
Sù niǎo tóu lín | Stand on one leg rise stab
Bird Returns to the Forest |
| 9. | 虚步下截
乌龙摆尾 | Xū bù xià jié
Wūlóng bǎi wěi | Empty stance downwards jab
Black Dragon Whips his Tail |
| 10. | 左弓步刺
青龙出水 | Zuǒ gōng bù cì
Qīnglóng chū shuǐ | Left bow stance stab
Bluegreen Dragon Emerges from the Water |
| 11. | 转身斜带
风卷荷叶 | Zhuǎn shēn xiē dài
Fēng juǎn hé yè | Turn body cross carry
Wind Curls the Lotus Leaf |
| 12. | 缩身斜带
狮子摇头 | Suō shēn xiē dài
Shīzi yáotóu | Withdraw body cross carry
Lion shakes his head |
| 13. | 提膝捧剑
虎抱头 | Tí xī pěng jiàn
Hǔ bào tóu | Lift knee cup sword
Tiger holds his head |

14.	跳步平刺 野马跳涧	Tiào bù píng cì Yé mǎ tiào jiàn	Hop step level stab Wild horse jumps over the stream
15.	左虚步撩 小魁星	Zuǒ xū bù liāo Xiǎo Kuíxīng	Left empty stance lift Minor literary star
16.	右弓步撩 海底捞月	Yòu gōng bù liāo Hǎi dǐ lāo yuè	Right bow stance lift Scoop the Moon from the Bottom of the sea
17.	转身回抽 犀牛望月 射雁势	Zhuǎn shēn huí chōu Xīniú wàng yuè Shè yàn shì	Turn body circle withdraw Rhinceros gazes at the moon Shoot the wild goose
18.	并步平刺 指南针	Bìng bù píng cì Zhǐnánzhēn	Feet together level stab The Compass
19.	左弓步拦 迎风掸尘	Zuǒ gōng bù lán Yíng fēng dǎn chén	Left bow stance block Face the wind and shake the duster
20.	右弓步拦 迎风掸尘	Yòu gōng bù lán Yíng fēng dǎn chén	Right bow stance block Face the wind and shake the duster
21.	左弓步拦 迎风掸尘	Zuǒ gōng bù lán Yíng fēng dǎn chén	Left bow stance block Face the wind and shake the duster
22.	进步反刺 顺水推舟	Jìn bù fǎn cì Shùn shuǐ tuī zhōu	Advance and stab overhead Push boat with current
23.	反身回劈 流星赶月	Fǎn shēn huí pī Liú Xīng gǎn yuè	Reverse body whirl chop Shooting star catches the Moon
24.	虚步点剑 天馬行空	Xū bù diǎn jiàn Tiān mǎ xíng kōng	Empty stance point sword Heavenly steed soars across the sky
25.	独立平托 挑帘势	Dúlì píng tuō Tiǎo lián shì	Stand on one leg level support Raise the screen
26.	弓步挂剑 左车轮剑	Gōng bù guà jiàn Zuǒ chē lún jiàn	Bow stance hang sword Wheel turns left
27.	虚步抡劈 右车轮剑	Xū bù lūn pī Yòu chē lún jiàn	Empty stance whirl chop Wheel turns right
28.	撤步反击 大鹏展翅	Chè bù fǎn jī Dàpéng zhǎn chì	Withdraw step opposite hit Phoenix spreads its wings

29.	進步平刺 黃蜂入洞	Jìn bù píng cì Huángfēng rù dòng	Advance level stab Bee enters cave
30.	丁步回抽 懷中抱月	Dīng bù huí chōu Huái zhōng bào yuè	Step in circle draw Embrace the Moon
31.	旋轉平抹 風掃梅花	Xuán zhuǎn píng mǒ Fèng sǎo méihuā	Turn around and spread level Wind sweeps the falling flowers
32.	弓步直刺	Gōng bù zhí cì	Bow stance straight stab