

# 32 Sword Form

## Standard 32 Movements Taijiquan Sword Form

Chinese National Physical Education Committee 1957 Orthodox 32 Swordplay Form  
A Sword Form in the Yang Style of T'ai Chi Ch'uan Swordplay

1. Three Rings Around the Moon
2. The Big Dipper
3. The Swallow Skims Across the Water
4. Carrying Sword to the Right
5. Carrying Sword to the Left
6. Sounding the Sea (The Little Dipper)
7. Holding the Moon
8. The Birds Return to the Forest Trees at Dusk
9. The Black Dragon Whips Its Tail
10. The Green Dragon Emerges from the Water
11. Turning Around and Carrying the Sword
12. Stepping Back and Carrying the Sword
13. The Tiger Holds Its Head
14. The Wild Horse Leaps Over the Creek
15. Cutting Upwards in Left Empty Stance
16. Scooping the Moon from the Bottom of the Sea

*Tai Chi: The 32 Sword Forms.* Instructional VHS videotape. Presentation by Dr. Paul Lam. ASIN: B00005U59Y. 95 minutes. Step by step teaching, slow and normal speeds, multiple views. East Action Video, Narwee, Australia, 1996.

*Tai Chi Sword: The 32 Simplified Forms.* By Guangqi, Li; Chen, Zhao PhD; and Don G. Shao (Compiler). Agilceed Books, England, 2006. 176 pages. ISBN: 0976118327. Simple and clear line drawings. Large but mediocre quality photos. Large print style of text. Fairly clear, but brief explanations of each movement sequence. Questions and answers, references, and a list of movement names: literal, figurative, and in Chinese. Includes a brief commentary on Tai Chi swordplay.

*32 Taijiquan Sword Form Webpage.* Bibliography, links, lists, study tools, and instructions. Illustrations (black and white line art), descriptions and analysis of all the movements in the standard 32 sword form.

Webpage: <http://www.egreenway.com/taichichuan/sword32.htm>

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Cloud Hands Taijiquan: <http://www.egreenway.com/taichichuan/index.htm>