

四十二式太极剑

sìshíèr shì tàjíjiàn

42-Movement Taiji Sword

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| 1. | 起势 | qǐshì | Commencing posture |
| 2. | 并步点剑 | bìngbù diǎnjiàn | Stand with feet together and point sword |
| 3. | 弓步削剑 | gōngbù xuējiàn | Cut with sword in bow stance |
| 4. | 提膝劈剑 | tíxī pījiàn | Lift knee and chop |
| 5. | 左弓步拦 | zuǒ gōngbù lán | Block in left bow stance |
| 6. | 左虚步撩 | zuǒ xūbù liáo | Slice upward in left empty stance |
| 7. | 右弓步撩 | yòu gōngbù liáo | Slice upward in right bow stance |
| 8. | 提膝捧剑 | tíxī pěngjiàn | Lift knee and hold sword with both hands |
| 9. | 蹬脚前刺 | dēngjiǎo qiáncì | Heel kick and stab forward |
| 10. | 跳步平刺 | tiàobù píngcì | Horizontal forward stab in jumping step |
| 11. | 转身下刺 | zhuǎnshēn xiàcì | Turn body and stab downward |
| 12. | 弓步平斩 | gōngbù píngzhǎn | Horizontal chop in bow stance |
| 13. | 弓步崩剑 | gōngbù bēngjiàn | Snap sword in bow stance |
| 14. | 歇步压剑 | xièbù yājiàn | Press sword in resting stance |
| 15. | 进步绞剑 | jìnbù jiǎojiàn | Advance and entwine with sword |
| 16. | 提膝上刺 | tíxī shàngcì | Lift knee and stab upward |

17.	虚步下截	xūbù xiàjié	Intercept downward in empty stance
18.	左右平带	zuǒyòu píngdài	Draw sword horizontally left and right
19.	弓步劈剑	gōngbù pījiàn	Chop in bow stance
20.	丁步托剑	dīngbù tuōjiàn	Lift sword in T-stance
21.	分脚后点	fēnjiǎo hòudiǎn	Toe kick and point sword backward
22.	仆步穿剑	pūbù chuānjiàn	Piece sword in crouching stance
23.	蹬脚架剑	dēngjiǎo jiàjiàn	Heel kick and block upward with sword
24.	提膝点剑	tíxī diǎnjiàn	Lift knee and point sword
25.	仆步横扫	pūbù héngsǎo	Sweep to the side in crouching stance
26.	弓步下截	gōngbù xiàjié	Intercept downward in bow stance
27.	弓步下刺	gōngbù xiàcì	Stab downward in bow stance
28.	左右云抹	zuǒyòu yúnmǒ	Smear clouds left and right
29.	弓步劈剑	gōngbù pījiàn	Chop in bow stance
30.	后举腿架剑	hòu jǔtuǐ jiàjiàn	Lift up the lower right leg backward and block upward with sword
31.	丁步点剑	dīngbù diǎnjiàn	Point sword in T-stance
32.	马步推剑	mǎbù tuījiàn	Push sword in horse stance
33.	独立上托	dúlì shàngtuō	Lift up sword in one-leg stance
34.	进步挂点	jìnbù guàdiǎn	Advance, hook and point

35.	歇步崩剑	xiēbù bēngjiàn	Snap sword in resting stance
36.	弓步反刺	gōngbù fǎncì	Stab backward in bow stance
37.	转身下刺	zhuǎnshēn xiàcì	Turn body and stab downward
38.	提膝提剑	tíxī tíjiàn	Lift knee and sword
39.	行步穿剑	xíngbù chuānjiàn	Piece sword in walking step
40.	摆腿架剑	bǎituǐ jiàjiàn	Swing leg and block upward with sword
41.	弓步直刺	gōngbù zhíci	Stab straight forward in bow stance
42.	收势	shōushì	Closing posture