

42式太極劍競賽套路

42 Moves Tai Chi Sword Competition Form

Ji Hong Tai Chi & Qi Gong

1	起勢	Commencing Form	22	仆步穿劍	Crouch stance and thread sword
2	并步點劍	Feet together and point sword	23	蹬腳架劍	Heel kick and block with sword
3	弓步斜削	Bow stance and cut obliquely	24	提膝點劍	Lift knee and point sword
4	提膝劈劍	Lift knee and chop sword	25	仆步橫掃	Crouch stance and horizontal sweep
5	左弓步撩	Left bow stance and parry sword	26	右左弓步下截	Right/Left bow stance and downward intercept
6	左虛步撩	Left empty stance and cut upward	27	弓步下刺	Bow stance and downward thrust
7	右弓步撩	Right bow stance and cut upward	28	右左雲抹	Right/Left wave sword
8	提膝捧劍	Left knee and present sword	29	右弓步劈	Right bow stance and chop
9	蹬腳前刺	Heel kick and forward thrust	30	后舉腿架劍	Raise leg backwards and block with sword
10	跳步平刺	Jump step and horizontal thrust	31	丁步點劍	T-stance and point sword
11	轉身下刺	Turn body and downward thrust	32	馬步推劍	Horse stance and push sword
12	弓步平斬	Bow stance and horizontal cut	33	獨立上托	Stand on one leg and hold sword upwards
13	弓步崩劍	Bow stance and tilt sword	34	進步掛點	Advance, parry and point
14	歇步壓劍	Rest stance and press sword	35	歇步崩劍	Cross stance and tilt sword
15	進步絞劍	Advance and circle sword	36	弓步反刺	Bow stance and reverse thrust
16	提膝上刺	Lift knee and upward thrust	37	轉身下刺	Turn body and downward thrust
17	虛步下截	Empty stance and downward intercept	38	提膝提劍	Lift knee and sword
18	左右平常	Left/Right horizontal draw	39	行步穿劍	Walk and thread sword
19	弓步劈劍	Bow stance and chop sword	40	擺腿架劍	Sweep leg and block with sword
20	丁步托劍	T-stance and hold sword	41	弓步直刺	Bow stance and straight thrust
21	分腳后點	Toe kick and point backwards	42	收勢	Closing form