

四十二式太极剑

42 - Competition Tai Chi Sword

1. Beginning position
2. Point the sword, feet together
3. Cut with the sword, bow stance
4. Chop, lift the Knee
5. Block, left bow stance
6. Slice Upward, left empty stance
7. Slice Upward, right bow stance
8. Hold the sword, lift the knee
9. Kick and Stab Forward
10. Jump step and stab with a flat sword
11. Turn the body and stab down
12. Chop with flat sword, bow stance
13. Snap the sword, bow stance
14. Press the sword, resting stance
15. Step in and circle to entwine with the sword
16. Lift the knee and stab upward
17. Intercept Downward, empty stance
18. Draw right and left with the flat sword
19. Vertical chop, bow stance
20. Lift the sword, t-stance
21. Separate the right foot and point back
22. Thread the sword, crouch stance
23. Kick and block up with the sword
24. Lift the knee and point the sword
25. Sweep to the side, crouch stance
26. Intercept downward, bow stance
27. Stab downward, bow stance
28. Stir the clouds left and right
29. Chop, bow stance
30. Lift the leg behind and block up
31. Point, t-stance
32. Push the sword, horse stance
33. Stand on one foot and lift up
34. Step forward, hook, and point
35. Snap the sword, resting stance
36. Reverse stab, bow stance
37. Turn and stab downward
38. Lift the knee and the sword
39. Thread the sword, circular walking
40. Swing the leg and block up
41. Stab straight, bow stance
42. Closing