

三十二式太极剑  
**32 - Posture Tai Sword**

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| 1. 起式       | Commencing Form                                 |
| 2. 三環套月     | Three Rings Circle the Moon                     |
| 3. 大魁星      | Big Pole Star                                   |
| 4. 提手上式     | The Swallow Dips Its Beak in the Water          |
| 5. 边拦扫      | Block, Poke and Sweep, Right and Left           |
| 6. 夜叉探海     | Yecha explore the sea                           |
| 7. 懷中抱月     | Holding the Moon                                |
| 8. 宿鳥投林     | The Birds Returns to the Tree at Dusk           |
| 9. 乌龙摆尾     | Step Forward, Parry & Punch                     |
| 10. 青龍出水    | Green Dragon Emerges from the Water             |
| 11. 風捲荷葉    | Wind Rolls the Lotus Leaf                       |
| 12. 夜叉探海    | Lion Shakes Its Head                            |
| 13. 虎抱頭     | Tiger Holds Its Head                            |
| 14. 野馬跳澗    | Mustang Jumps the Stream                        |
| 15. 小魁星     | Little Star of Dipper                           |
| 16. 海底撈月    | Scoop Up the Moon from the Sea Bottom           |
| 17. 預備式     | Turn to Shoot the Geese                         |
| 18. 猿献果     | White Ape Presents the Fruit                    |
| 19. 迎風揮塵左   | Sweep the Dust into the Wind, Left, Right, Left |
| 20. 順水推舟    | Push the Boat Along the River                   |
| 21. 彗星飞行由月亮 | Comet Chases the Moon                           |
| 22. 飛馬行空    | Pegasus Crosses the Sky                         |
| 23. 挑簾式     | Lifting the Curtain                             |
| 24. 左輪劍     | Wheeling Sword to the left                      |
| 25. 右輪劍     | Wheeling Sword to the right                     |
| 26. 与剑盖印    | Chop with sword                                 |
| 27. 大鵬展翅    | Phoenix Spreads Its Wings                       |
| 28. 黃蜂入洞    | Yellow Bee Enters Its Nest                      |
| 29. 懷中抱月    | Holding the Moon                                |
| 30. 風掃梅花    | Wind Blows the Plum Blossoms                    |
| 31. 指南针     | The Compass Points South                        |
| 32. 收勢      | Closing   |