

JI HONG TAI CHI 蔡宏名太極拳學院

42式太極劍競賽套路 42 Moves Tai Chi Sword Competition Form www.taichiontario.com

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