


TAI CHI SWORD FORM


CLASSICAL YANG STYLE


Updates available from www.taichichuan.org.uk


Key: N,S,E,W = compass directions; CW/ACW = clockwise/anticlockwise

These notes are kept brief and may not be entirely accurate. They are intended as a memory aid to help you to practise what is covered in more detail in your lessons.

<p>1. Attention posture facing north (N) with sword in left hand behind shoulder and flat against side of body.</p> <p>Turn and step out to left then return to face N turning sword flat to back of shoulder.</p>	
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<p>2. Turning NW while raising both arms to shoulder height, and then turn to NE.</p> <p>Turn NW lowering right hand (to hold beach ball) with sword horizontal and tight along left forearm.</p> <p>Turn N then step out E with right leg, raising right arm to shoulder height, facing and butting with sword to NE.</p>	
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<p>3. Turn N raising left knee and right hand.</p> <p>Turn W stepping out with left leg dropping left arm to brush left knee and sword held vertical behind left shoulder, right hand thrusting forward.</p>	
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<p>4. Step up right knee raising left arm to shoulder height and turn NW.</p> <p>Step down, lowering both arms, and dragging left foot into post position.</p> <p>Turn and step left leg to W whilst raising both arms to shoulder height. Continue turning to take sword in right hand at shoulder height.</p> <p>Turn back W, pulling right leg forward into post position and stab down.</p>	
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5. Disengage sword with half turn clockwise and swivel of the hips. Step around CW with right leg and slice sword to finish pointing NE. Left arm remains pointing to NW.

Sit back into left leg, right toe rises, and slice sword behind right shoulder to point SW with left arm following in line with sword.

Slice sword back to point NE raising left knee high and left arm swings back down the body and up to NW.



6. Drop sword with left knee still raised then rotate sword clockwise (CW) while turning N and stepping out sideways to W.

Continue turning to face W while sweeping sword low to end with sword pointing W and left arm pointing S.



7. Yield high to left shielding head.

Swing sword ACW to point down while stepping right leg forward to W.

Step left leg forward pointing toe while raising sword above right of head to point W. Left arm follows pointing to right hand.



8. Swing sword CW to E, then step right leg to face and point sword to W.

Drag right leg back to post and yield low to left.

Step right leg behind, drag left leg into post position and yield low to right.

Turn W stepping out with left leg raising both sword and left arm to form 'bull horns'.



9. Step up right leg into post position pulling sword into tan-tien.

Raise knee high pulling sword back and up to chest height. Straighten right leg to kick out high.

Step down to move forward and thrust sword.

Step left leg forward lowering both arms.

Step right leg forward and stab with sword.



10. Turn to S slicing sword to point E.

Step up left knee, pulling sword back and cover with left arm.

Step around ACW to NW and stab with sword.



11. Step up with right leg to post position and disengage sword with half turn clockwise.

Step around CW with right leg and slow fa-jing to SE.



12. Turn to face N pulling sword backwards past head.

Swing sword ACW whilst stepping behind with left leg to finish inline with sword.



13. Turn NW bringing sword close to body. Sink back and drag right foot back to post position, left hand on sword and stab sword hard to NW.

Step around CW with right leg, raising left hand high and fast fa-jing to SE..



14. Step back to post position raising sword above head height pointing SE and horizontal.

Step behind and drop down on right knee, holding sword low and horizontal close to floor. Left hand stays high.

Stand up to post position. Turn NE, left hand on sword and stab down.



15. Step right leg forward to NE whilst parrying with sword ACW. Left hand hangs low.

Step left leg forward whilst parrying with sword ACW.

Step right leg forward whilst parrying ACW then sit back into left leg, pull sword into tan-tien and touch left hand to sword.

Shift weight forward into right leg and stab sword high.

Shift weight back into left leg turning to face N and pulling both hands backwards across body to left.

Turn NE pulling sword into tan-tien, then raise left knee up high and stab sword high.



16. Step left leg back to W, while turning to face N and pulling both hands backwards across body to left.

Turn NE pulling right leg back to post position, parting hands and sweeping sword down past both legs.

Raise right knee high, left hand on sword and stab sword down to NE.



17. Step right leg down to E. Pull back sword turning to S.

Step out with left leg, turn and point sword to NE.

Step up with right leg and sweep sword down to W.

Swing sword ACW and point to E.



18. Sweep down to point W while turning S and raising right knee.

Raise sword to head height still pointing W and step down to face S.

Step around to face W while turning sword to point down.

Continue turning sword, step around with right leg to face and point sword to E.



19. Turn to face N pulling sword back above head.

Squat down and lower sword close to ground.

Rise while turning and pointing sword to E.



20. Raise sword above head while lifting left knee high. Kick out with left leg.

Turn to face S while swinging sword CW to point down to W. Keeping left knee high.

Turn stepping left leg far out E, sweeping sword horizontally to finish pointing E and stepping up right leg into post position.

