

## The 32 sword form

### Preparatory Form

- Action 1: Hold the sword and point fingers forward in bow step  
(Show the direction)
- Action 2: Take over the sword in bow step  
(Encase the moon with three rings)

### Stage one

- Movement 1: Tap forward with feet together  
(Insert needle to sea bottom)
- Movement 2: Backhand thrust on single leg  
(The biggest star in the big dipper)
- Movement 3: Horizontal sweep in crouch step  
(The swallow skims over the water)
- Movement 4: Right horizontal cut  
(Right interception)
- Movement 5: Left horizontal cut  
(Left interception)
- Movement 6: Circular hack on single leg  
(Probe the sea)
- Movement 7: Step back and withdraw sword  
(Embrace the moon)
- Movement 8: Oblique upward thrust on single leg  
(The bird seeking lodging flies into the woods)

### Stage 2

- Movement 9: Intercept below in empty step  
(The black dragon wags its tail)
- Movement 10: Thrust in left bow step  
(The blue dragon goes out of the water)
- Movement 11: Oblique cut in turning round  
(The wind rolls up lotus leaves)
- Movement 12: Oblique cut in shrinking back  
(The lion shakes its head)
- Movement 13: Hold sword in front with knee raised  
(The tiger hugs its head)

Movement 14: Hop and straight thrust  
(The wild horse leaps over the ravine)

Movement 15: Upper cut in left empty step  
(The little star in the big dipper)

Movement 16: Upper cut in right bow step  
(Fish out the moon from sea bottom)

### Stage 3

Movement 17: Turn and withdraw sword  
(Shoot the wild goose)

Movement 18: Straight thrust with feet together  
(The white ape devotes fruit)

Movement 19: Parry in left bow step  
(Brush the dust against the wind)

Movement 20: Parry in right bow step  
(Brush the dust against the wind)

Movement 21: Parry in left bow step  
( Brush the dust against the wind)

Movement 22: Step forward with backhand thrust  
(Push the boat along the current)

Movement 23: Turn and hack back  
(The meteor runs after the moon)

Movement 24: Tap in empty step  
( The heavenly steed soars across the sky)

### Stage 4

Movement 25: Hold sword level on single leg  
(Lift the curtain)

Movement 26: Parry and hack in bow step  
(Left wheel)

Movement 27: Circular hack in empty step  
(Right wheel)

Movement 28: Retreat and slash back  
(The great roc spreads its wings)

Movement 29: Step forward with straight thrust  
(The wasp flies into the hole)

- Movement 30: Withdraw sword in T-step  
(Embrace the moon)
- Movement 31: Slice horizontally in a whirl  
(The wind sweeps away plum blossoms)
- Movement 32: Straight thrust in bow step  
(The needle towards the south)