

Yang 32 Sword Method

English	Chinese	Blade zone
Commencing Posture	起勢	
1. Immortal Guardian Shows the Direction, Encase the Moon in Three Rings	仙人指路, 并步點劍	Peck (點) - zone 1
2. Big Dipper	獨立反刺	Thrust (刺) - zone 1
3. Swallow Skims the Water	仆步橫掃	Sweep (掃) - zone 2
4. Right Block and Sweep	向右平帶	Block & Sweep (攔掃) - zone 2
5. Left Block and Sweep	向左平帶	Block & Sweep (攔掃) - zone 2
6. Probe the Sea	獨立掄劈	Split (劈) - zone 1
7. Embrace the Moon	退步回抽	Slash across (抽) - zone 2 & 1
8. Bird Seeking Lodging Flies into Forest	獨立上刺	Thrust (刺) - zone 1
9. Black Dragon Wags its Tail	虛步下截	Intercept (截) - zone 1
10. Blue Dragon Emerges From Water	左弓步刺	Thrust (刺) - zone 1
11. Wind Rolls the Lotus Leaves	轉身斜帶	Sweep & Carry (掃帶) - zone 2&3
12. Lion Shakes its Head	縮身斜帶	Sweep & Carry (掃帶) - zone 2&3
13. Tiger Hugs its Head	提膝捧劍	Hold in both hands (捧) - zone 3
14. Wild Horse Leaps the Ravine	跳步平刺	Thrust (刺) - zone 1
15. Little Dipper	左虛步撩	Upward slash (撩) - Zones 1&2
16. Fish the Moon from the Bottom of the Sea	右弓步撩	Upward slash (撩) - Zones 1&2
17. Rhino Gazes at the Moon	轉身回抽	Slash across (抽) - zone 2 & 1
18. White Ape Devotes Fruit	并步平刺	Thrust (刺) - zone 1
19. Dusting Against the Wind (Right)	(左)弓步攔	Block (攔) - zone 2
20. Dusting Against the Wind (Left)	(右)弓步攔	Block (攔) - zone 2
21. Dusting Against the Wind (Right)	(左)弓步攔	Block (攔) - zone 2
22. Push the Boat with the Current	進步反刺	Thrust (刺) - zone 1
23. Meteor Runs After Moon	反身回劈	Split (劈) - zone 1
24. Swallow Pecks Mud	虛步點劍	Peck (點) - zone 1
25. Lift the Curtain Posture	獨立平托	Lift (托) - zone 3
26. Left Car Wheel	弓步挂劈	Split (劈) - zone 1
27. Right Car Wheel	虛步掄劈	Split (劈) - zone 1
28. Big Eagle Spreads its Wings	撤步反擊	Slice (削) - zone 1
29. Yellow Bee Returns to Nest	進步平刺	Thrust (刺) - zone 1
30. Embrace the Moon	丁步回抽	Slash across (抽) - zone 2 & 1
31. Winds Sweeps the Plum Blossoms	旋轉平抹	Sweep (掃) - zone 2
32. Compass Needle to the South	弓步直刺	Thrust (刺) - zone 1
Closing Posture	收勢	

* Blade is separated into three zones with zone 1 starts from the blade tip.