



Taiji Jian 32-Posture Sword Form

James Drewe

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The Sword Form is an important aspect of the popular Chinese martial art, Tàijíquán. The 32-Posture Sword Form, from the point of view of the physical movements only, is not complex, but there is a significant amount of other information, relating to the applications, that is open to interpretation.

Written by an experienced teacher of Tàijíquán, this book provides a detailed description of the Jian (the sword), its parts and how it should be held. Using photographs and illustrations, the author gives step-by-step instructions for the main 13 applications including sword strokes, stances and footwork techniques.

This book contains a wealth of information on Sword Form technique and is an ideal resource for students of martial arts, experienced practitioners or anyone interested in learning about Tàijíquán.

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