

太極基本十三勢- Tai Chi basic thirteen forms

- 太極十三勢：棚、捋、擠、按，採、掄、肘、靠，進、退、顧、盼、定。

包括八門 (including eight gates)

- 四正：棚、捋、擠、按。

Methods used in four cardinal directions:

棚- pronounced as “peng,” meaning ward off; the most fundamental of all

捋- pronounced as “lvu,” meaning roll back

擠- pronounced as “ji,” meaning press

按- pronounced as “an,” meaning push

- 四隅：採、掄、肘、靠。

Methods used in four corners:

採- pronounced as “cai,” meaning push down, e.g., Needle at the sea bottom

掄- pronounced as “lei,” meaning attack the face and up, e.g., Part the white horse’s mane; diagonal flying

肘- pronounced as “zhou,” meaning elbow strike

靠- pronounced as “kao,” meaning shoulder strike, e.g., Transition from “Raise hands” to “White crane cools its wings”

- 五步：進、退、顧、盼、定 (five “steps”)

Five ways to move around

進- pronounced as “jin,” meaning forward; e.g., Brush knee and twist step

退- pronounced as “tui,” meaning retreat: e.g., Repulse monkey

顧- pronounced as “gu,” meaning left; e.g., Wave hands like cloud

盼- pronounced as “pan,” meaning right

定- pronounced as “ding,” the most vague one

It can simply mean the middle, or the following more sophisticated interpretation:

- Balance the external forms (observing all principles for the external) e with the mind (seeking internal quietness and heightened sensibility)