

Tai Chi Chuan Classic

Song of the Thirteen Postures



*The thirteen postures should not be done carelessly;
the source of the postures lies in the waist.*

*Be mindful of the insubstantial and substantial changes;
the chi spreads throughout without hindrance.*

Be still, when attacked by the opponents.

*Be tranquil and move in stillness;
your changes will fill the opponent with wonder.*

Study the function of each posture carefully and with deliberation;

To achieve great skill and health is very easy.

*When the base of the spine is straight,
the spirit (shen) goes to the headtop.*

To make the entire body light and agile suspend the headtop.

*Study carefully, extension and contraction,
opening and closing should be natural.*

*To enter the door and be shown the way,
you must be orally taught.*

*Practice uninterrupted,
and the technique is achieved by self study.*

*Speaking of the body and it's function,
what is the standard?*

*The mind (i) and breath (chi) are king,
and the bones and muscles are the court.
Think carefully what the final purpose is:
to lengthen life and maintain health.
The song consists of 140 characters
each is true and the meaning is complete.
If you do not study in this manner,
then you'll be wasting your time.*