

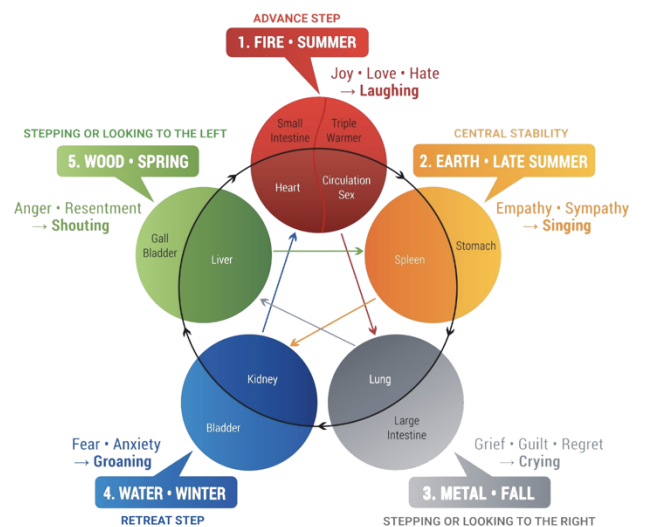
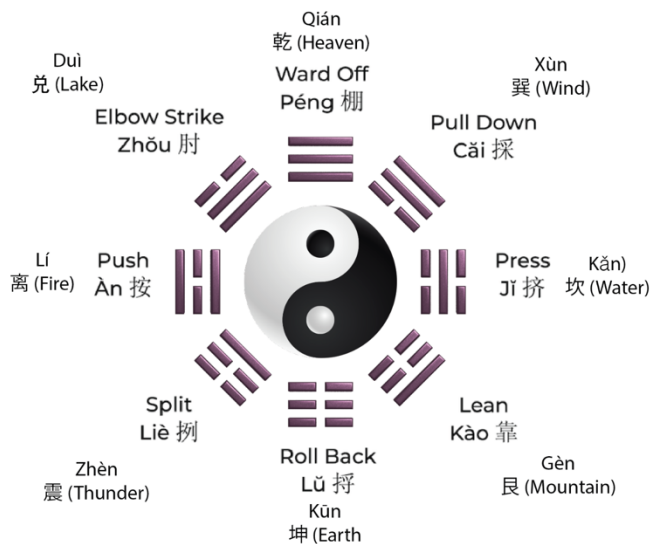
"Tai Chi Chuan 13 Powers"

(太极拳十三势, *Tàijíquán shísān shì*).

This form is a foundational structure in Tai Chi Chuan, representing the **8 Gates (Bā Fǎ 八)** connected to the *I Ching* trigrams and the **5 Steps (Wǔ Bù 五步)** linked to the five elemental directions in which each movement is the expression of many natural energies

- | | | |
|-----|----------------------------------------|---------------------------------------------------------------|
| 1. | Wuji to Taiji | 无极到太极(Wújí dào Tàijí) |
| 2. | Part the Wild Horse's Mane | 野马分鬃 <i>Yě mǎ fēn zōng</i> |
| 3. | White Crane Spreads Its Wings | 白鹤亮翅 <i>Bái hè liàng chì</i> |
| 4. | Brush Knee and Step Forward | (更正: "Twist Step" 为口语化) 搂膝拗步 <i>Lǒu xī ǎo bù</i> |
| 5. | Play the Lute | ("Hand Strums" 非传统译名) 手挥琵琶 <i>Shǒu huī pí pá</i> |
| 6. | Push with Vertical Palm | 立按掌, <i>Lì àn zhǎng</i> ("Locking at Golden Tiger" 非标准名称) |
| 7. | Press (Forward Energy) | 挤 <i>Jǐ</i> |
| 8. | Turn Body and Strike with Fist | ("Back Fist" 不准确) 转身捶 <i>Zhuǎn shēn chuí</i> (更正: "反身捶" 少用) |
| 9. | Fist Under Elbow | 肘底捶 <i>Zhǒu dǐ chuí</i> |
| 10. | Roll Back (Deflecting Energy) | 捋 <i>Lǚ</i> |
| 11. | Press (Forward Energy) | 挤 <i>Jǐ</i> |
| 12. | Push (Downward-Forward Energy) | 按 <i>Àn</i> |
| 13. | Cloud Hands | 云手 <i>Yún shǒu</i> |
| 14. | Single Whip | 单鞭 <i>Dān biān</i> |
| 15. | Seven Stars Posture | 七星势 <i>Qī xīng shì</i> |
| 16. | Pluck (Downward Pull) | 采 <i>Cǎi</i> |
| 17. | Split (Rending Force) | 捌 <i>Liè</i> |
| 18. | Elbow Strike | 肘 <i>Zhǒu</i> |
| 19. | Shoulder Strike | ("Lean" 不精准) 靠 <i>Kào</i> |
| 20. | Closing Form (Return to Origin) | 收势 / 合太极 <i>Shōu shì / Hé tàijí</i> |

Each movement is the expression of many natural energies

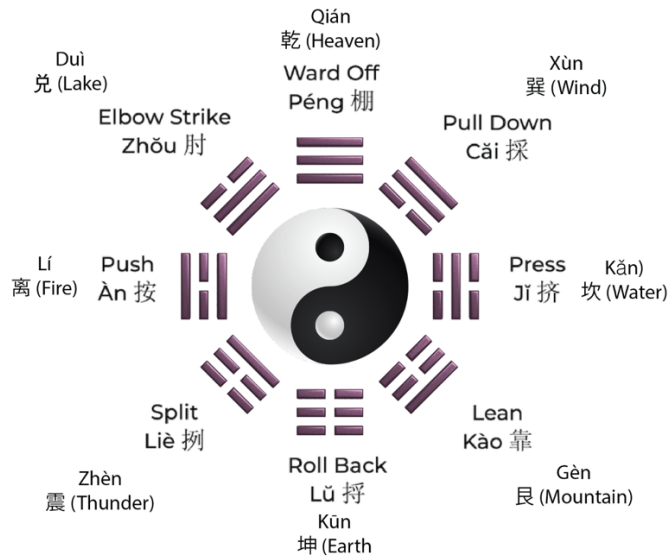


Complete Table: Movements, Techniques, Trigrams, Elements & Steps

Movement	Technique (Ba Men)	Type (S/D)	Trigram	Element (Wu Xing)	Step (Wu Bu)	Step Energy
Part the Wild Horse's Mane	Péng (棚)	Square	☰ Qián-Heaven	Metal-solid	Jìn Bù (Advance)	Fire (Expansion)
White Crane Spreads Wings	Péng (棚)	Square	☰ Qián-Heaven	Metal-Precision	Yòu Pàn (Right)	Metal (Precision)
Brush Knee & Step Forward	Àn (按)	Square	☲ Lí-Fire	Fire-Direct	Jìn Bù (Advance)	Fire (Direct Attack)
Play the Lute	Lǚ (捋)	Square	☷ Kūn-Earth	Earth-Yielding	Tuì Bù (Retreat)	Water (Redirection)
Push with vertical palm	Kào (靠)	Diagonal	☳ Zhèn-Thunder	Wood-Growth	Zhōng Dìng (Center)	Earth (Stability)
Press (Jǐ)	Jǐ (挤)	Square	☵ Kǎn-Water	Water-Penetrate	Jìn Bù (Advance)	Fire (Penetration)
Turn & Strike (Back Fist)	Liè (掇)	Diagonal	☶ Gèn-Mountain	Earth-Steady	Zhōng Dìng (Center)	Earth (Steadiness)
Fist Under Elbow	Zhǒu (肘)	Diagonal	☱ Duì-Lake	Metal-Sharp	Zhōng Dìng (Center)	Earth (Structure)
Roll-Back (Lǚ)	Lǚ (捋)	Square	☷ Kūn-Earth	Earth-Absorb	Tuì Bù (Retreat)	Water (Fluidity)
Press (Jǐ)	Jǐ (挤)	Square	☵ Kǎn-Water	Water-Penetrate	Jìn Bù (Advance)	Fire (Penetration)
Push (Àn)	Àn (按)	Square	☲ Lí-Fire	Fire-Upward	Jìn Bù (Advance)	Fire (Upward Force)
Cloud Hands	Péng + Lǚ	Square	☰ + ☷	Metal + Earth	Zuǒ Gù (Left)	Wood (Flexibility)
Single Whip	Àn (按)	Square	☲ Lí-Fire	Fire-Focused	Zhōng Dìng (Center)	Earth (Rooting)
Seven Stars	Zhǒu (肘)	Diagonal	☱ Duì-Lake	Metal-Precise	Zhōng Dìng (Center)	Earth (Balance)
Pluck (Cǎi)	Cǎi (採)	Diagonal	☴ Xùn-Wind	Wood-Leverage	Tuì Bù (Retreat)	Water (Uprooting)
Split (Liè)	Liè (掇)	Diagonal	☶ Gèn-Mountain	Earth-Solid	Zhōng Dìng (Center)	Earth (Solid Force)
Elbow Strike (Zhǒu)	Zhǒu (肘)	Diagonal	☱ Duì-Lake	Metal-Speed	Jìn Bù (Advance)	Fire (Rapid Strike)
Shoulder Strike (Kào)	Kào (靠)	Secondary	☳ Zhèn-Thunder	Wood-Power	Zhōng Dìng (Center)	Earth (Body Weight)

- **The Wu Xing element assigned** to a posture represents the dominant energy quality of that movement's technique and intent—its "overall outgoing energy." Defines the "Flavor" of the Technique.

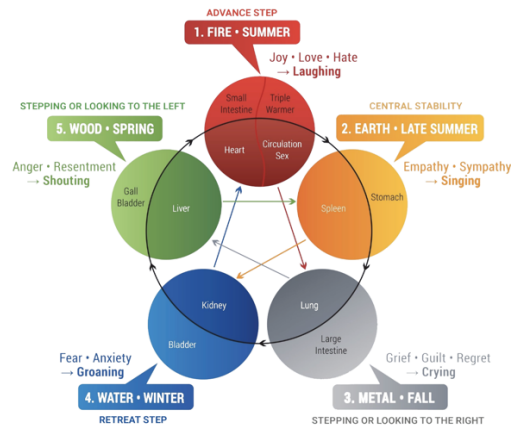
- **Step Energy:** Describes the energy generated by footwork (advancing, retreating, etc.). Linked to the Five Steps (Wu Bu) and how force is expressed through movement



Classical Taijiquan Trigram-Energy Correspondence

(Based on the Later Heaven (Hòu Tiān) Bāguà and pre-20th century manuscripts)

Trigram	Element/Nature	Energy (Bā Mén)	Technique	Classical Source
☰ (Qián)	Heaven	Péng (棚)	Ward Off	"Péng belongs to Qián" – Taijiquan Jing (Wang Zongyue)
☷ (Kūn)	Earth	Lǚ (捋)	Roll Back	"Lǚ belongs to Kūn" – Taijiquan Jing
☵ (Kǎn)	Water	Jǐ (挤)	Press	"Jǐ belongs to Kǎn" – Yang Luchan's manuscripts
☲ (Lí)	Fire	Àn (按)	Push	"Àn belongs to Lí" – Yang Luchan
☴ (Xùn)	Wind	Cǎi (采)	Pluck/Pull Down	"Xùn is Cǎi" – Wu Yuxiang; "Cǎi like wind" – Yang Luchan
☶ (Gèn)	Mountain	Kào (靠)	Shoulder Lean	"Kào like a mountain" – Yang Luchan; "Kào's energy is mountain-like" – Chen Xin
☳ (Zhèn)	Thunder	Liè (掇)	Split	"Liè erupts like thunder" – Chen Xin; "Zhèn is Liè" – Wu Yuxiang
☱ (Duì)	Lake	Zhǒu (肘)	Elbow Strike	"Duì is Zhǒu" – Wu Yuxiang; Zhou Dao in Chen Lao Jia forms



Classical Correlation in Taijiquan According to Traditional Texts and the Five Elements (Wu Xing) Theory Applied to the Five Steps (Wu Bu)

Classical Correlation in Traditional Taijiquan

In ancient manuals (such as those of the Chen or Yang styles) and in internal martial theory, the most widely accepted association is:

1. Advance (Jìn Bù - 进步) → Fire (Huǒ - 火)
 - *Expansive, direct, Yang* (e.g., forward strike).
 - Heart energy (impulse, action).
2. Retreat (Tuì Bù - 退步) → Water (Shuǐ - 水)
 - *Yielding, fluid, Yin* (e.g., absorbing force).
 - Kidney energy (rooting, adaptability).
3. Torso Rotation Right (Metal) or Left (Wood)
 - Right Rotation → Metal (Jīn - 金)
 - *Precision, cutting energy* (e.g., pivoting to deflect).
 - Lung energy (control, boundaries).
 - Left Rotation → Wood (Mù - 木)
 - *Expansive, scanning energy* (e.g., surveying space).
 - Liver energy (strategic planning).
4. Central Equilibrium (Dìng Bù - 定步) → Earth (Tǔ - 土)
 - *Neutrality, integration* (e.g., stabilizing mid-movement).
 - Spleen energy (harmonizing all elements).

Interpretation in Tai Chi: Non-Linear Dynamics

The apparent "contradiction" is explained by the fact that Tai Chi steps do not follow a generative sequence, but rather represent complementary and opposing movement principles, like Yin-Yang.

1. Fire (Advance) vs. Water (Retreat):
 - They are direct opposites (Yang vs. Yin), not generative. Fire advances; Water yields.
2. Metal (Side Step) vs. Wood (Gaze to the Left):
 - Metal "cuts" (precise movement), while Wood "expands" (growth). They are forces in tension, not sequential.
3. Earth (Center):
 - It is the balance that moderates extremes (as in the Control Cycle, where Earth restrains Water).