

Song of 13 Movements

- 1 十三總勢莫輕視。命意源頭在腰隙。
Shísān zǒng shì mò qīngshì.
Mìngyì yuántóu zài yāo xì
The song of thirteen movements should not be overlooked.
The source of controlling heart/mind is in the waist
- 2 變轉虛實須留意。氣遍身體不少凝。
Biàn zhuǎn xūshí xū liúyì.
Qì biàn shēntǐ bù shǎo níng
Be aware of change between emptiness and fullness.
Qi must circulate over your whole body without obstruction.
- 3 靜中觸動動猶靜。因敵變化示神奇。
Jìng zhōng chùdòng dòng yóu jìng.
Yīn dí biànhuà shì shénqí
There is movement in stillness and stillness in movement,
Enemy will be transformed by miraculousness of your response
- 4 勢勢在心揆用意。得來不覺費工夫。
Shì shì zàixīn kuí yòngyì.
Dé lái bù jué fèi gōngfū
Use intention and heart/mind to consider every one of this 13 movements
In time this will become effortless
- 5 刻刻留意在腰間。腹內鬆靜氣騰然。
Kè kè liúyì zài yāo jiān.
Fù nèi sōng jìng qì téng rán
Pay attention to space around your waist.
Relax your abdomen and qi will naturally rise
- 6 尾間中正神貫頂。滿身輕利頂頭懸。
Wěi jiān zhōngzhèng shén guàn dǐng.
Mǎn shēn qīng lì dǐngtóu xuán
When the sacrum is centered, the spirit can rise.
Let the whole body be light and aligned, with head suspended
- 7 仔細留心向推求。屈伸開合聽自由。
Zǐxì liúxīn xiàng tuīqiú.
Qūshēn kāi hé tīng zìyóu
Inquire with careful and attentive heart/mind.
Let stretching, opening, and closing become natural
- 8 入門引路須口授。工夫無息法自修。
Rùmén yǐnlù xū kǒushòu.
Gōngfū wú xī fǎ zìxiū
Oral teaching leads the way to learning fundamentals.
Practice should be uninterrupted, and technique achieved by self-study
- 9 若言體用何為準。意氣君來骨肉臣。
Ruò yán tǐ yòng hé wèi zhǔn.
Yìqì jūn lái gǔròu chén
What is the standard of practice?
Qi and Intention are rulers, skeleton and muscles are subjects
- 10 想推用意終何在。益壽延年不老春。
Xiǎng tuī yòngyì zhōng hézài.
Yì shòuyán nián bùlǎo chūn
Consider, what is the purpose of practicing 13 movements?
To extend your age for many springs
- 11 歌兮歌兮百四十。字字真切義無疑。
Gē xī gē xī bǎi sìshí.
Zì zì zhēn qiè yì wúyí.
This song is composed of hundred forty words,
Every word is just without doubt.

12 若不向此推求去。枉費工夫貽歎息。
Ruò bù xiàng cǐ tuīqiú qù. Wǎngfèi gōngfū yí tàn xī.

13 十三勢: Shísān shì: -
棚, 掙, 擠, 按, 採, 捌, 肘, 靠, -
péng, lǚ, jǐ, àn, cǎi, liè, zhǒu, kào,
進, 退, 顧, 盼, 定
jìn, tuì, gù, pàn, dìng

If you don't seek in this direction,
Your efforts will be in vain and you will sigh in regret.

Thirteen movements are:

push, pull, squeeze, press, pluck, split, elbow, shoulder,-

advance, retreat, attend to the left, look to the right, be centered.

Translated by students of Taiji Summer 2020 class