

Wudang Tai Chi Chuan
武當太極拳
Tai Chi 13 Technique Spear Form
- Shí Sān Shì Qiāng
太極十三勢槍

1	Ready style	預備式	yù bèi shì
2	Tai Chi beginning style	太極起式	tài jí qǐ shì
3	Facing the wind blowing the willow	迎風拂柳	yíng fēng fú liǔ
4	The waves swell high and low	波瀾起伏	bō lán qǐ fú
5	Obstructing the river to intercept the dipper	攔江截斗	lán jiāng jié dòu
6	Green dragon stretching its claw	青龍現爪	qīng lóng xiàn zhuǎ
7	Giant python turning its head	大蟒回頭	dà mǎng huí tóu
8	Golden dragon swinging its tail	金龍擺尾	jīn lóng bǎi wěi
9	Giving the horse its head while chasing enemies	縱馬追曹	zòng mǎ zhuī cáo
10	The Black-eared Kite flies and the fish Leaps	鳶飛魚躍	yuān fēi yú yuè
11	Golden cockerel nodding its head	金雞點頭	jīn jī diǎn tóu
12	White rainbow soaring over the sun	白虹貫日	bái hóng guàn rì
13	Lying tiger and diving dragon	卧虎潛龍	wò hǔ qián lóng
14	Plum blossom opens five petals	梅開五瓣	méi kāi wǔ bàn
15	Celestial horse walks the skies	天馬騰空	tiān mǎ téng kòng
16	The completion style	太極收式	tài jí shōu shì