

# The 13 Tai Chi postures

Also called the Eight Gates and Five Steps

## Four Directions

P'eng	Ward Off Slantingly	South
Lu	Roll Back	West
Chee	Squeeze	East
An	Press	North

## Four Corners

Ts'ai	Pull	North West
Leih	Split	South East
T'sou	Elbow strike	North East
Kao	Shoulder strike	South East

## Five Phases

Chian Jing	Step Forward	Fire
Hou Tui	Step Back (Retreat)	Water
Zuo Gu	Look Left	Wood
You P'an	Look Right	Metal
Zhong Ding	Central Equilibrium)	Earth

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