# Yang Style Taiji Dao 13 Postures

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<tr>
<th>口诀</th>
<th>Poem</th>
<th>动作</th>
<th>Movement</th>
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<tr>
<td>1</td>
<td>七星跨虎交刀勢</td>
<td>Seven Stars tiger riding, wielding saber posture</td>
<td>1. 預備式&lt;br&gt;2. 上步七星&lt;br&gt;3. 退步跨虎&lt;br&gt;4. 上步交刀</td>
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<td>2</td>
<td>騰挪閃展意氣揚</td>
<td>Maneuvers flash showing, emotion raising</td>
<td>1. 提膝平掃勒刀&lt;br&gt;2. 上步轉刀扎刺&lt;br&gt;3. 左右推刀(先右後左)</td>
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<td>3</td>
<td>左顧右盼兩分張</td>
<td>Gazing left and right, spreading two components</td>
<td>1. 後顧劈刀獨立</td>
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<td>4</td>
<td>白鶴展翅五行掌</td>
<td>White crane spreading wings, the five-element palm</td>
<td>1. 左右撩刀&lt;br&gt;2. 撩刀穿掌</td>
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<td>5</td>
<td>風捲荷花葉內藏</td>
<td>Breeze turning lotus bloom, hiding beneath the leaves</td>
<td>1. 轉身負刀&lt;br&gt;2. 提膝後刺</td>
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<td>6</td>
<td>玉女穿梭八方勢</td>
<td>Jade Lady weaving shuttle, facing eightfold ways</td>
<td>1. 翻身撲刀(西南)&lt;br&gt;2. 移步推刀(西南)&lt;br&gt;3. 翻身藏刀獻掌(東南)&lt;br&gt;4. 玉女穿梭(東北)&lt;br&gt;5. 移步推刀(東北)&lt;br&gt;6. 翻身藏刀獻掌(西北)&lt;br&gt;7. 玉女穿梭(西南)&lt;br&gt;8. 移步推刀(西南)&lt;br&gt;9. 翻身藏刀獻掌(東南)</td>
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<td>7</td>
<td>三星開合自主張</td>
<td>Triple stars opening and closing, extending to their will</td>
<td>1. 翻身截割&lt;br&gt;2. 提膝平刺&lt;br&gt;3. 跳步藏刀迎面刺&lt;br&gt;4. 滾刀交刀式</td>
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| 8 二起脚来打虎式 | Double jump kicking, striking tiger pose | 1. 交刀式  
2. 右蹬脚  
3. 左右打虎 | 1. Dao transferring  
2. Right heel kick  
3. Left right strike tiger |
| 9 披身斜挂鸳鸯脚 | Draping over and hanging oblique, kicking like mandarin ducks | 1. 披身蹬脚  
2. 交刀掄劈 | 1. Draping over and heel kick  
2. Dao transfer and swinging chop |
| 10 順水推舟鞭作篙 | Pushing boat with the current, making the whip as a punting pole | 1. 鞭作篙式 (翻身截割, 提膝平刺)  
2. 翻身滚刀  
3. 藏刀献掌 | 1. Make whip as punting pole (Turn body over to intercept and cut, Up knee and horizontally pierce)  
2. Turn body over and rolling the dao  
3. Dao hiding and palm showing |
| 11 下勢三合自由招 | Pushing down with thrice combining, freeing move | 1. 移步推刀  
2. 攔腰抹斬 | 1. Move step and dao pushing  
2. Wipe chopping at waist |
| 12 左右分水龍門跳 | Water shedding to left and right, jumping over the Dragon gate | 1. 左右撩刀  
2. 跳步藏刀獻掌 (左釣馬) | 1. Left right cartwheel  
2. Hop, dao hiding and palm showing (left hanging horse stand) |
| 13 卞和携石鳳還巢 | Bian-He retrieving his jade stone, phoenix returning to nest | 1. 滾刀式  
2. 翻身藏刀獻掌 (左釣馬)  
3. 上步七星  
4. 太極歸原 | 1. Rolling the dao style  
2. Turn body over, dao hiding and palm showing (left hanging horse stand)  
3. Step Up to Open the 7 Stars  
4. Taiji Return back |