









## 13 Tai Chi Essentials/Postures/Gates

The 13 Postures are comprised of 8 energies and 5 steps:

### 8 Energies are:

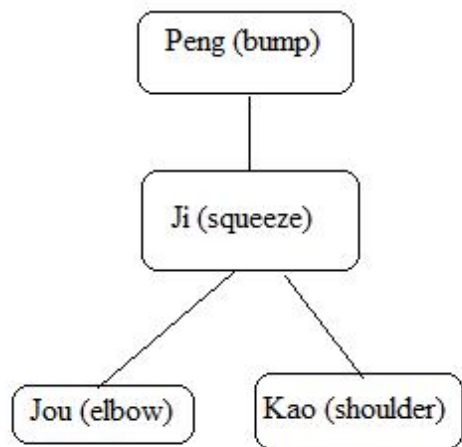
#	Energy/ Gate	Chinese	I Ching/ Trigram	Detail
1	ward off	Peng  棚	☰  Qian The Creative, Force Father	<p>This means that the nature of this movement is expansive. It seeks to occupy space and bounce off obstacles. This gate is named "ward off," or <i>peng</i>, in Chinese. To some degree, peng is present in 6 of the other gates. If you apply it in a punch, kick, or other strike, it penetrates deeply into the opponent. Mentally and spiritually, it is an all-out confident presence and assertiveness – a "go for it" attitude. It is abundance and vitality shining brightly.</p> <p>Example of Form movements: Grasping the Sparrow's Tail (Ward Off)</p>
2	roll back	Lu  捋	☷ ☷  Kun The Receptive Field Mother	<p>The opposite energy of the peng gate is "roll back," character of the movement is contracting or yielding. It creates a vacuum or an absence. It can draw the opponent in, or with very little effort, parry, yield and disappear from the opponent's attack. As in a famous quote attributed to kung fu master Bruce Lee, "Best way to deal with an opponent's attack is to not be there." That is the essence of the lu gate. It dissipates an opponent's energy or simply lets it burn itself out with no effect on you. Psychologically and spiritually, it is total yielding, but with the intent to survive. It is the power of peace, silence and space.</p> <p>Form movements: Grasping the Sparrow's Tail - Rollback</p>

3	press	Ji 挤	 <p>Kan The Abysmal, Gorge Second Son</p>	<p>It is best used close in, as a way to gain some space from an opponent who is smothering you. It is also used to change a joint lock on your arm into a comfortable and advantageous position to clear an opponent's energy off of you. It is subtle, as evidenced by the majority of yin lines, but it has a decisive and expansive energy hidden within. Mentally and spiritually, it teaches you how to take a bad situation and cleverly turn it into your favor with a final positive result. It also teaches that we can turn a situation from lack and pain to abundance, if we learn to change our perspective or positioning within the situation.</p> <p><b>Form movements: Grasping the Sparrow's Tail - palm pressing on forearm.</b></p>
4	push	An 按	 <p>Li The Clinging, Radiance Second Daughter</p>	<p>The yin is hidden in the core, and executed for just a moment. "Push" grants you more physical space than press, often resulting in your opponent hurtling out of your space while losing his or her footing. It teases the opponent in by executing peng energy in order to build up an excess of resistance, then for a moment lets go of it (yin) to make it kinetic, and then finishes off with expansion to repel the opponent. Energetically, it teaches you about timing and positioning yourself in proper response to the energy of what is happening to you and around you. It also reminds you to yield in the midst of tension, so that you can neutralize negative energy and turn it around for your betterment.</p> <p><b>Form movements: Grasping the Sparrow's Tail, Fair Lady Works the Loom</b></p>
5	Pull Down	Cai 採	 <p>Xun The Gentle, Ground First Daughter</p>	<p>In this trigram, the oppression of yang's expansiveness gives way to the yin foundation line, which yields. The martial application of this gate is applied in two ways. One way is to pluck the opponent's force downwards. The second way is to grasp the opponent's arm and forcefully pluck it downwards to your side. It utilizes the element of speed and surprise. It is aggressive, but must avoid hesitation to work properly, lest you leave yourself open for counterattack. Mentally and spiritually, it is a swift energy that teaches us that impulsiveness can be useful, but must be balanced with reinstating a sound foundation, or having a good back-up plan.</p> <p><b>Form movements: Needle at Sea Bottom.</b></p>

6	split	Lie 捌	 <p>Zhen The Arousing, Snake First Son</p>	<p>pull-down's complementary pairing. The yin lines cannot contain yang's expansiveness or assertiveness, so the yang energy bursts up and out when the condition is ripe. This martial energy is used to whirl an opponent off of you – usually by way of your leg – in a throwing or tripping movement. It lifts the opponent by way of the principle of levers and fulcrums, and allows the opponent's mass to tumble down with the force of gravity. It mentally teaches us that we can turn a bad situation to a good one by way of proper leverage. It also reminds us that what goes around comes around, so be pure in your energy (non-physical) and structure (physical)!</p> <p><b>Form movements:</b>  Parting the Wild Horses Mane  Slant Flying  Wild Stork Flashes Its Wings</p>
7	elbow strike	Zhou 肘	 <p>Dui The Joyous, Open Third Daughter</p>	<p>most destructive of the gates. It gives you strength in a situation wherein the opponent is trying to suffocate your power by closing in. The yin line represents that you can reduce the length of your arm by bending it at the elbow and still have a lot of martial power. The yin line also teaches us when to conceal information – as the elbow gate can be easily thwarted if the opponent notices you preparing to use it.</p>
8	shoulder strike	Kao 靠	 <p>Gen Keeping Still, Bound Third Son</p>	<p>It is the energetic pair of the "elbow" gate. It is used for the tightest of spaces, when you have no room to chamber for a hand strike or kick. The trigram teaches that although the two yin lines on the bottom indicate that your space allowed the opponent in, the yang line on top shows that you can still apply expansive peng energy. Though this gate is named "shoulder," the hip plays a critical role too, and the gate can be used as an entire body-bump if you position yourself correctly. Mentally, it teaches you that no matter how close the threat comes, you can still free yourself from a negative situation, even if you mistakenly co-created the problem.</p>

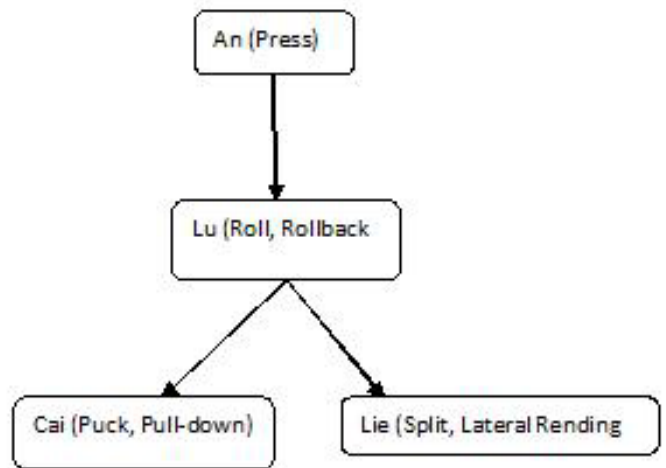
## Eight Gates

Eight methods/energies. "If you depart from the eight, you are no longer doing tai chi."



Peng is the square.

Drill the sequence of Peng against Lu flowing into Kao. Then Jou filling into Ji. Jou and Kao are lateral moves used to return to the square.



An is the square. Drill against Peng into An. As peng opens the space into kao, stretch into cai (puck) to bring your partner onto his toes and finish with lie (split/rend). cai and lie are lateral movements used to return to square

## 5 steps are - Wu Bu:

#	Energy/ Gate	Chinese	Element	Detail
1	forward	Jin Bu 進步	Metal	Brush Knee and Twist Step
2	back	Tui Bu 退步	Water	Step Back and Repulse Monkey
3	Left step Gaze Left	Zuo Gu 退步	Wood	Parting the Wild Horse's Mane Waving Hands Like Clouds Strike the Tiger Deflect, Parry and Punch Single Whip
4	Right step Look Right	You Pan 左顾	Fire	Parting the Wild Horse's Mane Strike the Tiger Brush Knee and Twist Step Slant Flying
5	The central position	Zhong Ding 中定	Earth	<p>The central position, balance, equilibrium. Not just the physical center, but a condition which is expected to be present at all times in the first four steps as well, associated with the concept of <i>rooting</i> (the stability said to be achieved by a correctly aligned, thoroughly relaxed body as a result of correct Tai Chi training). Chung ting can also be compared to the Taoist concept of moderation or the <a href="#">Buddhist "middle way"</a> as discouraging extremes of behavior, or in this case, movement. An extreme of movement, usually characterized as leaning to one side or the other, destroys a practitioner's balance and enables defeat.</p> <p>Golden Cock Stands on Right Leg - Left Knee Strike Golden Cock Stands on Left Leg - Right Knee Strike Needle at Sea Bottom Fair Lady Works the Shuttles</p>