

# Shi San Shi

## THE THIRTEEN TACTICS

**The Thirteen Tactics are also known by the following names:**

The Thirteen Postures/Techniques/Movements/Powers/Forces

The Eight Gates and The Five Directions

The Eight Forces (Ba Jin) and Five Steps (Wu Bu)

The Eight Techniques and The Five Elements

### **PENG**

an **upwards**-directed and usually circular force

### **LU**

diverting to the **side**

### **JI**

**forwards**-directed palm strike or push

(after the opponent's attack has been avoided or redirected)

### **AN**

a **downwards**-directed force

### **CAI**

**uprooting** (using leverage)

### **LIE**

use of **spiral** force

### **ZHOU**

use of the **elbow** or forearm to divert or attack

### **KAO**

use of the **shoulder** or hip/body to divert or attack

**JIN BU forwards** (step forwards)

**TUI BU backwards** (step backwards)

**ZUO GU left** (see the left)

**YOU PAN right** (look to the right)

**ZHONG DING centre** (firm the centre)

#### NOTE:

1) Different styles of Taijiquan sometimes have slightly different meanings for the 8 techniques and some have a static posture for each. Eg. Yang Style usually interprets Ji as a 'press' or 'squeeze' and Cai as a 'pluck' or 'pull down', Lie as 'split' (any movement that opposes one torque against another usually using rotation, as in a tight coil releasing) and Kao as 'lean' or 'bump'

2) The techniques can be combined in limitless combinations.

