



NEW YORK CITY  
YANGJIA MICHUAN TAIJIQUAN  
FOUNDED 1994



## The Thirteen Postures – Yang Family Hidden Tradition

### The Eight Upper Body Movements:

1. Ward Off - *Peng*
2. Roll Back - *Lu*
3. Press - *Ji*
4. Push - *An*
5. Pull Down - *Tsai*
6. Split - *Lieh*
7. Elbow - *Chou*
8. Shoulder - *Kao*

### The Five Lower Body Directions:

9. Advancing Steps - *Jin*
10. Retreating Steps - *Tui*
11. Glance to the Left Side - *Ku*
12. Glance to the Right Side - *Pan*
13. Central Equilibrium – *Ding*

**Parts 1 and parts 2 of the Thirteen Postures are performed in four cardinal directions, connected by transitions and alternated on the right side/left side**

### The movements - Part one

Begin at Center

Ward off  
Grasp the Sparrow's tail  
Press  
Seal it closed  
Push

## **The movements - Part two**

Drag Down  
Brush the Knee, Twist Step  
Wield The Pipa

**Part 3 of the Thirteen Postures is performed in four diagonal directions, connected by transitions and alternated on the right side/left side**

## **The movements - Part three**

### ***Moving Forward, using snake step:***

Drag Down,  
Twist the Joint  
Elbow Strike  
Shoulder Strike  
Step Forward, Pull Down

### ***Moving backward, using circle step:***

Ward Off  
Roll Back  
Split  
Push  
Press Low  
Press High

Return to Center,  
Embrace Tiger, Return to Mountain

The Class Blog, with historical, current and instructional information, can be found at: **[www.nycymt.com](http://www.nycymt.com)**

Taiji classes are taught in three sessions at the West Side YMCA  
All ages and levels of skill are welcome at every class:

Saturday: 9:00 AM - 10:25 AM (Beginners and Seniors)  
Monday: 6:30 PM - 7:30 PM (Intermediate)  
Wednesday: 7:35 - 8:30 (Advanced)

Feel free to send questions about the class to: [tomwctaiji@gmail.com](mailto:tomwctaiji@gmail.com)