

## Primal 13 Form Postures

- Opening the Form/Hold the Ball
- Grasp Sparrows Tail Left  
*Ward Off, Roll Back, Press, Push*
- Catching Stars
- Forward Kick Left
- Play the Lute
- Single Whip
- Hold the Ball
- Grasp Sparrows Tail Right  
*Ward Off, Roll Back, Press, Push*
- Carry Water to Temple
- Needle at Sea Bottom
- Step Forward and Raise Elbow
- Horizontal Elbow and Brace
- Step Backward and Brace
- Forward Kick Right
- Box the Ears
- Play the Lute
- Reeling Silk
- Part Wild Horses Mane Left
- Part Wild Horses Mane Right
- Pluck Lotus/Present Gift
- Closing Form

# Tai Chi Transformation

## Primal 13 Curriculum

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### The Eight Gates: Bā Mén – 八門

- 1. Ward Off: Péng – 棚 捋
- 2. Roll Back: Lǚ – 捋 捋
- 3. Press: Jǐ – 擠 捋
- 4. Push: An – 按
- 5. Pull Down: Cǎi – 採 捋
- 6. Split: Liè – 掇 捋
- 7. Elbow Stroke: Zhǒu – 肘 捋
- 8. Shoulder Stroke: Kào – 靠 捋

### The Five Steps: Wǔ Bù – 五步

- 1. Step Forward: Jìn Bù – 進步
- 2. Step Back: Tùi Bù – 退步
- 3. Step Right: Yòu Pàn – 右盼
- 4. Step Left: Zǔo Gù – 左顧
- 5. Central Equilibrium: Zhōng Dìng – 中定

### Fundamental Stances: Ji Ben Shi

- 1. Horse Stance: Ma Bu – 馬步
- 2. Bow Stance: Gong Bu – 弓步
- 3. Four-Six Stance: Si Liu Bu – 四六步
- 4. False Stance: Xuan Ji Bu – 玄機步
- 5. Rooster Stands on One Leg: Jin Gi Du Li – 金雞獨立
- 6. Squat Stance: Zuo Dun