Primal 13 Form Postures

- Opening the Form/Hold the Ball
- Grasp Sparrows Tail Left
  
- Catching Stars
- Forward Kick Left
- Play the Lute
- Single Whip
- Hold the Ball
- Grasp Sparrows Tail Right
  
- 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

The Eight Gates: Bā Mén – 八門

1. Ward Off: Péng – 拓
2. Roll Back: Lǚ – 捲
3. Press: Jǐ – 捨
4. Push: An – 按
5. Pull Down: Cǎi – 掃
6. Split: Liè – 揭
7. Elbow Stroke: Zhǒu – 肘
8. Shoulder Stroke: Kào – 肩

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 – 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

Online Notes and Resources: http://taichitransformation.com