

## Saber Form 13 Posture Poem

-Translated by Audi Peal  
(from Yang Family Tai Chi site, see LINKS section)

- 1 Qi Xing Kua Hu Jiao Dao Shi  
**Seven stars to mount the tiger, Wielding saber forms.**
- 2 Teng Nuo Shan Zhan Yi Qi Yang  
**Spring-and-clear to Daze-and-strike with Will and spirit raised.**
- 3 Zuo Gu You Pan Liang Kai Zhang  
**Looking leftward, Gazing right, the two components spread.**
- 4 Bai He Liang Chi Wu Xing Zhang  
**White crane displays its wings to palm the five-fold states.**
- 5 Feng Juan He Hua Ye Li Cang  
**Breezes turn the lotus bloom to hide it in the leaves.**
- 6 Yu Nv Chuan Suo Ba Fang Shi  
**Treasured maidens work their shuttles facing eightfold ways.**
- 7 San Xing Kai He Zi Zhu Zhang  
**Triple stars open, close, Extending to their will.**
- 8 Er Qi Jiao Lai Da Hu Shi  
**Double legs arising come and Strike the tiger pose.**
- 9 Pi Shen Xie Kua Yuan Yang Jiao  
**Drape the body, hang aslant, and kick like doting ducks**
- 10 Shun Shui Tui Zhou Bian Zuo Gao  
**With the current, push the boat, the whip can be a pole.**
- 11 Xia Shi San He Zi You Zhao  
**Lower posture, Thrice combining, freedom calls to roll.**
- 12 Zuo You Fen Shui Long Men Tiao  
**Leftward, rightward cleaving streams, the Dragon gate to crest.**
- 13 Bian He Xie Shi Feng Huan Chao  
**Old Bian-He retrieves his stone and Phoenix returns to nest.**