

Mid-Island Tai Chi Club

member of the Canadian Tai Chi Academy

<http://www.midislandtaichi.org> <https://www.facebook.com/groups/1721740381422758/> 778-744-0413

The Thirteen Postures

1. Ward-off (Peng)
2. Roll-back (Lu)
3. Press (Chi)
4. Push (An)
5. Pull or Pull-down (Tsai)
6. Split (Lieh)
7. Elbow Strike (Chou)
8. Shoulder strike (Kao)
9. Step forward or Advance (Chin)
10. Step back or Retreat (Tui)
11. Look or Turn left (Ku)
12. Look or Turn right (Pan)
13. Central Equilibrium or Center (Ting)