

## Zhang Sanfeng Taijiquan Classic (张三丰太极拳论)

一举动，周身俱要轻灵，尤须贯串。气宜鼓荡，神宜内敛。无使有凸凹处，无使有断续处。其根在脚，发于腿，主宰于腰。形于手指；由脚而腿而腰，总须完整一气。向前退后，乃得机得势，有不得机得势处，身便散乱。其病必于腰腿求之。上下前后左右皆然。凡此皆是意不在外面。在上即有下，有前即有后，有左即有右。如意要向上，即寓下意。若将物掀起，而加以挫之力，斯其根自断，乃坏之速而无疑。虚实宜分清楚，一处自有一处虚实，处处总此一虚实。周身节节贯串，无令有丝毫间断耳。

长拳者，如长江大海，滔滔不绝。十三势者，棚捋挤按采捌肘靠，此八卦也。进步、退步、左顾、右盼、中定，此五行也。棚捋挤按即坎离震兑，四正方也。采捌肘靠即乾坤艮巽，四斜角也。进退顾盼定，即金木水火土也。

原书注云：以上系武当山张三丰祖师所著，欲天下豪杰延年益寿，不徒作技艺之末也。

Once in motion, the entire body should be light and agile. There especially needs to be connection from movement to movement. The Qi should be roused and made vibrant, the spirit should be collected within. Do not allow there to be cracks or gaps anywhere, pits or protrusions anywhere, breaks in the flow anywhere. Starting from your foot, issue through your leg, directing it at your waist, and expressing it at your fingers. From foot through leg through waist, it must be a fully continuous process, and whether advancing or retreating, you will then be able to seize the opportunity and gain the upper hand. If your body easily falls into disorder, the problem must be in your waist and legs, so look for it there. This is always so, regardless of the direction of the movement, be it up, down, forward, back, left, right. And in all of these cases, the problem is a matter of your intent and does not lie outside of you. With an upward comes a downward, with a forward comes a backward, and with a left comes a right. If your intention wants to go upward, then harbor a downward intention, like when you reach down to lift up an object. You thereby add a setback to the opponent's own intention, thus he cuts his own root and is defeated quickly and certainly. Empty and full must be distinguished clearly. In each part there is a part that is empty and a part that is full. Throughout your body, as the movement goes from one section to another there has to be connection. Do not allow the slightest break in the connection.

Long Boxing, it is like a long river or ocean flowing on and on ceaselessly... The thirteen fundamentals are: "Ward-off" (Peng), "Roll-back" (Lu), "Press" (Ji), "Push" (An), "Pull-down" (Cai), "Split" (Lie), "Elbow Strike" (Zhou), and "Shoulder Charge" (Kao), they are the eight trigrams. "Advance" (Jin), "Retreat" (Tui), "Step to the left" (Gu), "Step to the right" (Pan), and "Maintain the center" (Ding), they are the five elements. "Ward-off", "Roll-back", "Press", and "Push" correspond to Qian, Kun, Kan and Li in the four principle compass directions. "Pull-down", "Split", "Elbow Strike", and "Shoulder Charge" correspond to Sun, Zhen, Dui, and Ken in the four corner directions. "Advance", "Retreat", "Step to the left", "Step to the right", and "Maintain the center" correspond to the five elements of metal, wood, water, fire, and earth. These combined [8+5] are called the Thirteen Fundamentals.

An original note says: “This relates to the writings of Zhang Sanfeng of Mt. Wudang. He wanted the practitioners to live longer and healthier and it is not merely for fighting skill.”