



## Chen Style Taiji 13 Long Pole 陳式太極十三杆 - Chén Shì Tàijí Shí Sān Gān

Chén Shì Tàijí 陳式太極十三杆 Shí Sān Gān - Chen Style Taiji 13 Long Pole is the longest weapon on Chén Style Tàijíquán 陈式太极拳. It is three metres long and is also heavy. Of course, we can train with a shorter pole, for example two metres and also with a spearhead. The pole is traditionally made of Bai La Gan 白獵杆 – White Wax Wood. This type of wood commonly used for staffs and poles in Chinese Kung Fu, because it is strong and flexible. When we Fā Jìn 發勁 with a Bai La Gan pole the pole with whip and make a whipping sound, particularly when it is three metres long.

The form is quite short with only 13 movements and the movements cover 13 techniques.

沾 Zhān - Stick,	掛 Guà - Hit Down Vertically,
纏 Chán - Spiral,	橫 Héng - Horizon,
絞 Jiǎo - Tight Up,	紮 Zā - Shoot,
攔 Lán - Block,	抖 Dǒu - Shake,
披 Pī - Flick Down,	架 Jià - Separate,
崩 Bēng - Flick Up,	挑 Tiāo - Circle Up
拖 Tuō - Drag,	

Each movement demands a lot of power and so will help you develop Fā Jìn in your Tàijíquán. The long weapon can be used against many people. Training this form will bring up Qi and strengthen the bones.

1. 青龍出水 Green Dragon Comes out from the Water - 紮 Zā
2. 童子拜觀音 Child Worships Guan Yin - 架 Jià
3. 餓虎撲食 Hungry Tiger Jumps on the Prey - 攔 Lán
4. 攔路虎 Blocking the Road Tiger - 絞 Jiǎo
5. 腰攔槍 Sweep the Waist Spear - 沾 Zhān
6. 斜披橫掃眉 Wiping the Eyebrows on an Angle - 橫 Héng, 抖 Dǒu
7. 井攔倒掛 Well Blocking Upside Down - 掛 Guà
8. 中心入碓 Hammer at the Centre - 挑 Tiāo
9. 俊鳥入巢 Clever Bird flies into the Nest - 紮 Zā
10. 面披背崩 Pī披 (Down) and Bēng 崩 (Up) the Pole - 披 Pī, 崩 Bēng
11. 拖杆 Drag the Pole - 拖 Tuō
12. 黃龍三攪水 Yellow Dragon Spins the Water Three Times - 纏 Chán
13. 懷中抱月 Embracing the Moon - 抖 Dǒu