

Taijiquan Rhyme

- an attempt to restore "Song of the Thirteen Movements" to its original rhythmic and rhyming pattern
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Practice Taiji with intent
starting with the abdomen.
Full and Empty shift with care
Qi, unblocked, is everywhere

十三總勢莫輕視。
命意源頭在腰隙。
變轉虛實須留意。
氣遍身軀不少滯。

Motion rests and stillness flows,
Stay with change, then you will know.
Study carefully each stance,
Once you know them it's a dance.

靜中觸動動猶靜。
因敵變化示神奇。
勢勢揆心須用意。
得來不覺費工夫。

Sense, relax your belly's floor
And the qi begins to soar.
Tuck your tailbone, raise your head
Hanging loosely from a thread

刻刻留心在腰間。
腹內鬆淨氣騰然。
尾閭中正神貫頂。
滿身輕利頂頭懸。

Focused study sets, you'll see,
Bend, Extend, Close, Open free.
Heed the words your teachers say
And persist to find your way.

仔細留心向推求。
屈伸開合聽自由。
入門引路須口授。
工夫無息法自修。

Not just theory but fact:
Mind intends - flesh promptly acts.
What's the purpose of this thing?
Long life, high years, ageless spring

若言體用何為準。
意氣君來骨肉臣。
想推用意終何在。
益壽延年不老春。

Twenty lines - remember each,
To the point and true they teach.
Disregard them and you get
wasted efforts and regret.

歌兮歌兮百卅字。
字字真切義無遺。
若不向此推求去。
枉費工夫貽歎息。

