

Saber Form 13 Posture Poem

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| 1. 七星跨虎交刀势 | Qi Xing Kua Hu Jiao
Dao Shi | Seven stars to Mount the tiger, Wielding
saber forms. |
| 2. 腾挪闪展意气扬 | Teng Nuo Shan Zhan
Yi Qi Yang | Spring-and-clear to Daze-and-strike with
Will and spirit raised. |
| 3. 左顾右盼两分张 | Zuo Gu You Pan Liang
Kai Zhang | Looking leftward, Gazing right, the Two
components spread. |
| 4. 白鹤亮翅五行掌 | Bai He Liang Chi Wu
Xing Zhang | White crane displays its wings to Palm
the five-fold states. |
| 5. 风卷荷花叶里藏 | Feng Juan He Hua Ye
Li Cang | Breezes turn the lotus bloom to Hide it in
the leaves. |
| 6. 玉女穿梭八方势 | Yu Nu Chuan Suo Ba
Fang Shi | Treasured maidens work their shuttles
facing eightfold ways. |
| 7. 三星开合自主张 | San Xing Kai He Zi
Zhu Zhang | Triple stars open, close, Extending to their
will. |
| 8. 二起脚来打虎势 | Er Qi Jiao Lai Da Hu
Shi | Double legs arising come and Strike the
tiger pose. |
| 9. 披身斜挂鸳鸯脚 | Pi Shen Xie Kua Yuan
Yang Jiao | Drape the body, hang aslant, and Kick
like doting ducks |
| 10. 顺水推舟鞭做篙 | Shun Shui Tui Zhou
Bian Zuo Gao | With the current, push the boat, the Whip
can be a pole. |
| 11. 下势三合自由招 | Xia Shi San He Zi You
Zhao | Lower posture, Thrice combining,
freedom calls to roll. |
| 12. 左右分水龙门跳 | Zuo You Fen Shui
Long Men Tiao | Leftward, rightward cleaving streams, the
Dragon gate to crest. |
| 13. 卞和携石凤还巢 | Bian He Xie Shi Feng
Huan Chao | Old Bian-He retrieves his stone and
Phoenix returns to nest. |