

# 太极拳经 *Tàijíquánjīng* 'Supreme Polarity Fist Classic'

Excerpts of translations by Tyler J. Rowe  
Completed Annotations & Commentaries to be published as a future text



## 太极拳经 *Tàijíquánjīng* 'Supreme Polarity Fist Classic'

一举动	<i>Yījūdòng</i>	'In each movement
周身俱要轻灵	<i>Zhōushēn jù yào qīnglíng</i>	The whole body should be light nimble
尤须贯串	<i>Yóuxū guānchuàn</i>	And especially must connect together
气宜鼓荡	<i>Qìyí gǔdàng</i>	Qi should be excited
神宜内敛	<i>Shényí nèiliǎn</i>	Spirit should be internally collected
无使有凸凹处	<i>Wú shíyǒu āotū chū</i>	Nothing causing to have protrusions being hollow
无使有断续处	<i>Wú shíyǒu duàn xù chū</i>	Nothing causing to have breaks being continuous
其根在脚	<i>Qígēn zài jiǎo</i>	It is rooted in the feet
发于腿	<i>fāyú tuǐ</i>	Emitted at the legs
主宰于腰	<i>zhǔzǎi yú yāo</i>	Controlled at the waist
形于手指	<i>xíngyú shǒuzhǐ</i>	Formed at the fingers
由脚而腿而腰	<i>yóujiǎo értuǐ éryāo</i>	From the feet to legs to waist
总须完整一气	<i>zǒngxū wánzhěng yīqì</i>	There must always be completely one qi
向前退后	<i>xiàngqián tuìhòu</i>	facing forward retreating back
乃得机得势	<i>nǎi déjī déshì</i>	Therefore gain opportunity gain position
有不得机得势处	<i>yǒubù déjī déshì chū</i>	If there has not been gained opportunity gained position
身便散乱	<i>shēnbiàn sǎnluàn</i>	Body is then scattered and confused
其病必于腰腿求之	<i>qíbìng bìyú yāotuǐ qiúzhī</i>	Its fault must be in the waist and legs sought
上下前后左右皆然	<i>shàngxià hòuqián zuǒyòu jiērán</i>	High low forward backward left right all so
凡此皆是意	<i>fāncǐ jiēshì yì</i>	All these each are mind
不在外面	<i>bùzài wàimiàn</i>	Are not exterior
有上即有下	<i>Yǒushàng jì yǒuxià</i>	There is high thereby exists low
有前即有后	<i>Yǒuqián jì yǒuhòu</i>	There is forward thereby exists backward
有左即有右	<i>Yǒuzuǒ jì yǒuyòu</i>	There is left thereby exists right
如意要向上	<i>rúyì yào xiàngshàng</i>	If one wishes the mind upward
即寓下意	<i>jíyù xià yì</i>	Immediately send downward the mind
若将物掀起	<i>ruòjiāng wù xiānqǐ</i>	Like inciting a thing to surge
而加以挫之之力	<i>ér jiāyǐ cuòzhī zhīlì</i>	thus moreover defeating power
斯其根自断	<i>sīqí gēnzì duàn</i>	In this their own root is broken
乃坏之速而无疑	<i>nǎi huàizhī sù ér wúyí</i>	Thereby ruining quickly without doubt
虚实宜分清楚	<i>xūshí yí fēnqīngchǔ</i>	Empty full should be distinguished clearly
一处自有一处虚实	<i>Yīchù zìyǒu yīchù xūshí</i>	All places in oneself have this every point empty and full
处处总此一虚实	<i>Chùchù zǒngcǐ yī xūshí</i>	Everyplace together has the same empty and full
周身节节贯串	<i>dīāoshēn jiéjié guānchuàn</i>	The whole body every joint is linked together
无令丝毫间断耳	<i>wú lìng sīháo jiànduàn ěr</i>	Nothing made the slightest bit disconnected.'

长拳者  
如长江大海  
滔滔不绝也  
十三势者  
碰捋挤按采裂肘靠  
此八卦也  
进步退步右顾左盼中定  
  
此五行也  
碰捋挤按  
即乾坤坎离四正方也  
采裂肘靠  
即巽震兑艮四斜角也  
进退顾盼定  
即火水金木土也

*Chángquán zhě*  
*Rú chángjiāng dàhǎi*  
*Tāotāobùjué yě*  
*Shísānshì zhě*  
*Pènglǚjiǎn cǎilièzhǒukào*  
*Cǐ bāguà yě*  
*Jìnbù tuìbù yòugù zuópàn*  
*zhōngdìng*  
  
*Cǐ wǔxíngyě*  
*Pènglǚjiǎn*  
*Jí kānlízhènduì zhèngfāng yě*  
*cǎilièzhǒukào*  
*Jí xiànzūn duì gēn sì xiéjiǎo yě*  
*Jìntuì gùpàn dìng*  
*Jí huǒshuǐjīnmùtǔ yě*

'Longfist  
Like the long river (Yangtze) or great sea  
A torrent unceasing  
The thirteen postures  
Ward-off roll-back press push pluck split elbow lean  
These are the eight diagrams  
Advancing step retreating step right gaze left look middle  
settling  
These are the five elements  
Ward-off roll-back press push  
Sequentially Qian kun Kan li the cardinal directions  
pluck split elbow lean  
Sequentially xun zhen dui gen the four oblique angles  
Advance retreat gaze look settle  
Sequentially fire water metal wood earth.'

### 打手歌 *Dǎshǒugē* 'Striking Hands Song'

碰捋挤按须认真  
上下相随人难进  
任他巨力来打我  
牵动四两拨千斤

*Pèng lǚ jǐ àn xū rènzhēn*  
*Shàngxià xiāngsuí rén nánjìn*  
*Rèn tā jùlì lái dǎwǒ*  
*Qiān dòng sìliǎng bō qiānjīn*

'Ward-off roll-back press and push must be taken seriously,  
High or low mutually follow the person making difficult the advance.  
No matter they have great power coming to strike me,  
I pull using four ounces to move a thousand pounds.'