

## Shi San Tai Bao 十三太保

### Thirteen Royal Defenders / Thirteen that go astray

“SHI SAN TAI BAO” is also one of the mother routines of YONG CHUN BAI HE QUAN, which is a set of more advanced level training routine base on “QI BU SAN ZHAN. This routine has clear elements, simple but tight, emphasis both offense and defense, both hands and feet, most importantly, emphasis on training the skills of left and right flash Yao Move, attack and retreat with springy force. Moves such as WEI FENG BA SHU, QING LONG CHU SHUI, XIA GU ZHI JIAO, LI MAO XI LIAN and BAI HE XIAN ZHAO have special emphasis on trembling and springy force training. This routine has its own orders and cadences of move and calm, rise and down, smooth and rough, energy and breath. It is skillful but also powerful.

#### The Opening

**1<sup>st</sup> move 预备式 Preparation Stand at attention.** (yù bèi shì)

**2<sup>nd</sup> move 起式请拳 Commencing Posture** (qǐ shǐ qīng quán)

This feet position is called **white crane sends a foot** (Bai He Ji Jiao)

The move of the hands is called **A general accepts his seal** (Jiang Jun Gua Yin)

**3<sup>rd</sup> move 半月沉江 Half Moon Sinks into a River** (Ban Yue Chen Jiang)

Right foot draws half step back into a **Parallel or Flat Horse Stance** (Si Ping Ma)

with a spiral kind of spin, spiral strength (Luo xuan)

**4<sup>th</sup> move 孩儿捧花 A Child Holds a Bouquet** (Hai Er Peng Hua)

Two hands open to **Crane’s wings palms** (HE Chi Zhang)

**5<sup>th</sup> move 双枝昭阳 Two Branches Bathe in the Sun** (Shuang Zhi Zhao Yang Shou)

#### The Form

**6<sup>th</sup> move 青龙出水 A Dragon Raises out of Water** (Qing Long Chu Shui)

foot strides, as a kind of horse stance, as character ‘丁’ and ‘八’ pattern (Bu Ding Bu Ba Ma) with your right hand To 45 degree right front

**7<sup>th</sup> move 双枝昭阳 Two Branches Bathe in the Sun** (Shuang Zhi Zhao Yang )

8<sup>th</sup> move 双龙探海 Two Dragons Dive into the Sea (Shuang Long Tan Hai)

9<sup>th</sup> move 双枝昭阳 Two Branches Bathe in the Sun (Shuang Zhi Zhao Yang )

10<sup>th</sup> move 拨水求鱼 stir water to get fish (Bo Shui Qiu Yu)

Right palm outside, left palm inside, palms face down

11<sup>th</sup> move 白鹤冲天 white crane soars into clouds (bái hè chōng tiān)

12<sup>th</sup> move 昭阳散弹 white crane presents its claw (Bai he xian zhao)

This is also called Zhao Yang hands make attack with springy force (ZHAO YANG SAN TAN)

13<sup>th</sup> move 青龙出水 A Dragon Raises out of Water (Qing Long Chu Shui)

14<sup>th</sup> move 双枝昭阳 Two Branches Bathe in the Sun (Shuang Zhi Zhao Yang )

15<sup>th</sup> move 双龙探海 Two Dragons Dive into the Sea (Shuang Long Tan Hai)

16<sup>th</sup> move 双枝昭阳 Two Branches Bathe in the Sun (Shuang Zhi Zhao Yang )

17<sup>th</sup> move 拨水求鱼 stir water to get fish (Bo Shui Qiu Yu)

18<sup>th</sup> move 白鹤冲天 white crane soars into clouds (Bai He Chong Tian)

19<sup>th</sup> move 昭阳散弹 white crane presents its claw (Bai he xian zhao)

This is also called Zhao Yang hands make attack with springy force (ZHAO YANG SAN TAN)

20<sup>th</sup> move 青龙出水 A Dragon Raises out of Water (Qing Long Chu Shui)

21<sup>st</sup> move 双枝昭阳 Two Branches Bathe in the Sun (Shuang Zhi Zhao Yang )

22<sup>nd</sup> move 双龙探海 Two Dragons Dive into the Sea (Shuang Long Tan Hai)

23<sup>rd</sup> move 双枝昭阳 Two Branches Bathe in the Sun (Shuang Zhi Zhao Yang )

24<sup>th</sup> move 拨水求鱼 stir water to get fish (Bo Shui Qiu Yu)

25<sup>th</sup> move 白鹤冲天 white crane soars into clouds (Bai He Chong Tian)

26<sup>th</sup> move 昭阳散弹 white crane presents its claw (Bai he xian zhao)

This is also called Zhao Yang hands make attack with springy force (ZHAO YANG SAN TAN)

27<sup>th</sup> move 青龙出水 A Dragon Raises out of Water (Qing Long Chu Shui)

28<sup>th</sup> move 青龙出水 A Dragon Raises out of Water (Qing Long Chu Shui)

29<sup>th</sup> move 青龙出水 A Dragon Raises out of Water (Qing Long Chu Shui)

foot strides, as a kind of horse stance, as character ‘丁’ and ‘八’ pattern (Bu Ding Bu Ba Ma) These 3 movements backwards are also called Yao Man Men

30<sup>th</sup> move 玷鞋出线 Pull out the thread when she makes the shoes (Dian Xie Chu Xian)

31<sup>st</sup> move 白鹤剪翼 white crane folding its wings (Bai He Jian Yi)

32<sup>nd</sup> move 虾蛄掷脚 A Lobster Hurls its Claws (xiā gū zhì jiǎo)

33<sup>rd</sup> move 白鹤摇胛 white crane shakes its shoulder blades (do Zuo Yao Ge)

34<sup>th</sup> move 锦盘摇珠 shake the pearls on a silky surface tray (jǐn pán yáo zhū)

35<sup>th</sup> move 白鹤扇胛 white crane folds its shoulder blade (Bai He Shan Jia)

36<sup>th</sup> move 白鹤弹翅 white crane flicks its wings (bái hè dàn chì)

37<sup>th</sup> move 霸王开弓 a tyrant draws a bow (Ba Wang Kai Gong)

38<sup>th</sup> move 白鹤盖膊 a white crane's primary wing covers down (bái hè gài bó)

39<sup>th</sup> move 白鹤扑翼 white crane swats its wings (Bai He Sao Chi)

40<sup>th</sup> move 青龙出水 A Dragon rolls into Water (QING LONG GUN SHUI)

41.微风拔树 Light breeze uproots a tree (wēi fēng bá shù)

42<sup>nd</sup> move 双枝昭阳 Two Branches Bathe in the Sun (Shuang Zhi Zhao Yang)

43<sup>rd</sup> move 双龙探海 Two Dragons Dive into the Sea (Shuang Long Tan Hai)

44<sup>th</sup> move 双枝昭阳 Two Branches Bathe in the Sun (Shuang Zhi Zhao Yang)

45<sup>th</sup> move 拨水求鱼 stir water to get fish (BO SHUI QIU YU)

46<sup>th</sup> moves 白鹤冲天 white crane soars into clouds (Bai He Chong Tian)

47<sup>th</sup> moves 昭阳散弹 white crane presents its claw (Bai he xian zhao)

This is also called Zhao Yang hands make attack with springy force (ZHAO YANG SAN TAN)

48<sup>th</sup> move 霸王开弓 a tyrant draws a bow (Ba Wang Kai Gong)

then hit down, white crane's primary wing covers down (bai he gai bo)

49<sup>th</sup> move 白鹤扫翅 white crane flaps its wings (Bai He Sao Chi)

50<sup>th</sup> move 青龙滚水 a dragon rolls into water (QING LONG GUN SHUI)

51<sup>st</sup> move 走马回枪 wheel the horse and stab the spear backward (zǒu mǎ huí qiāng)

Poses as **the Plough points up** (KUI XING TI DOU)

Hands pose as **one finger palm** (Dan Zhi Shou)

52<sup>nd</sup> move 青龙出水 A Dragon Raises out of Water (Qing Long Chu Shui)

53<sup>rd</sup> move 狸猫洗脸 A Raccoon Washes its Face (lí māo xǐ liǎn)

which includes **white crane presents its claw** (Bai he xian zhao)

#### The Closing

54<sup>th</sup> move 收式请拳 closing form, (Qing Quan)

This feet position is called **white crane sends a foot** (Bai He Ji Jiao)

The move of the hands is called **A general accepts his seal** (Jiang Jun Gua Yin)

55<sup>th</sup> move 半月沉江 Half Moon Sinks into a River (bàn yuè chén jiāng)

56<sup>th</sup> move 收式 closing form (shōu shì)

## Chapter One

1. 预备式 yù bèi shì
2. 起式请拳 qǐ shì qǐng quán
3. 半月沉江 bàn yuè chén jiāng
4. 孩儿捧花 hái ér pěng huā
5. 双枝昭阳 shuāng zhī zhāo yáng

## Chapter Two

6. 青龙出水 qīng lóng chū shuǐ
7. 双枝昭阳 shuāng zhī zhāo yáng
8. 双龙探海 shuāng lóng tàn hǎi
9. 双枝昭阳 shuāng zhī zhāo yáng
10. 拨水求鱼 bō shuǐ qiú yú
11. 白鹤冲天 bái hè chōng tiān
12. 昭阳散弹 zhāo yáng sàn dàn

## Chapter 3

13. 青龙出水 qīng lóng chū shuǐ
14. 双枝昭阳 shuāng zhī zhāo yáng
15. 双龙探海 shuāng lóng tàn hǎi
16. 双枝昭阳 shuāng zhī zhāo yáng
17. 拨水求鱼 bō shuǐ qiú yú
18. 白鹤冲天 bái hè chōng tiān
19. 昭阳散弹 zhāo yáng sàn dàn

## Chapter 4

20. 青龙出水 qīng lóng chū shuǐ
21. 双枝昭阳 shuāng zhī zhāo yáng
22. 双龙探海 shuāng lóng tàn hǎi

23.双枝昭阳 shuāng zhī zhāo yáng

24.拨水求鱼 bō shuǐ qiú yú

25.白鹤冲天 bái hè chōng tiān

26.昭阳散弹 zhāo yáng sàn dàn

## Chapter 5

27.青龙出水 qīng lóng chū shuǐ

28.青龙出水 qīng lóng chū shuǐ

29.青龙出水 qīng lóng chū shuǐ

30.玷鞋出线 diàn xié chū xiàn

31.白鹤剪翼 bái hè jiǎn yì

32.虾蛄掷脚 xiā gū zhì jiǎo

33.白鹤摇胛 bái hè yáo jiǎ

34.锦盘摇珠 jǐn pán yáo zhū

35.白鹤扇胛 bái hè shàn jiǎ

36.白鹤弹翅 bái hè dàn chì

37.霸王开弓 bà wáng kāi gōng

38.白鹤盖膊 bái hè gài bó

39.白鹤扑翼 bái hè pū yì

## Chapter 6

40. 青龙出水 qīng lóng chū shuǐ
41. 微风拔树 wēi fēng bá shù
42. 双枝昭阳 shuāng zhī zhāo yáng
43. 双龙探海 shuāng lóng tàn hǎi
44. 双枝昭阳 shuāng zhī zhāo yáng
45. 拨水求鱼 bō shuǐ qiú yú
46. 白鹤冲天 bái hè chōng tiān
47. 昭阳散弹 zhāo yáng sàn dàn
48. 霸王开弓 bà wáng kāi gōng
49. 白鹤扫翅 bái hè sǎo chì
50. 青龙滚水 qīng lóng gǔn shuǐ
51. 走马回枪 zǒu mǎ huí qiāng
52. 青龙出水 qīng lóng chū shuǐ
53. 狸猫洗脸 lí māo xǐ liǎn
54. 收势请拳 shōu shì qǐng quán
55. 半月沉江 bàn yuè chén jiāng
56. 收式 shōu shì