

Saber Form 13 Posture Poem

Translated by Audi Peal

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| 1. | 七星跨虎交刀势 | Seven stars to Mount the tiger, Wielding saber forms. |
| 2. | 腾挪闪展意气扬 | Spring-and-clear to Daze-and-strike with Will and spirit raised. |
| 3. | 左顾右盼两分张 | Looking leftward, Gazing right, the Two components spread. |
| 4. | 白鹤亮翅五行掌 | White crane displays its wings to Palm the five-fold states. |
| 5. | 风卷荷花叶里藏 | Breezes turn the lotus bloom to Hide it in the leaves. |
| 6. | 玉女穿梭八方势 | Treasured maidens work their shuttles facing eightfold ways. |
| 7. | 三星开合自主张 | Triple stars open, close, Extending to their will. |
| 8. | 二起脚来打虎势 | Double legs arising come and Strike the tiger pose. |
| 9. | 披身斜挂鸳鸯脚 | Drape the body, hang aslant, and Kick like doting ducks |
| 10. | 顺水推舟鞭做篙 | With the current, push the boat, the Whip can be a pole. |
| 11. | 下势三合自由招 | Lower posture, Thrice combining, freedom calls to roll. |
| 12. | 左右分水龙门跳 | Leftward, rightward cleaving streams, the Dragon gate to crest. |
| 13. | 卞和携石凤还巢 | Old Bian-He retrieves his stone and Phoenix returns to nest. |

