

Le chant des treize postures

十三勢歌

shi san shi ge

十三總勢莫輕視

shi san zong shi mo qing shi

命意源頭在腰際

ming yi yuan tou zai yao ji

變轉虛實須留意

bian zhuan xu shi xu liu yi

氣遍身軀不少滯

qi bian shen qu bu shao zhi

靜中觸動動猶靜

jing zhong chu dong dong you

因敵變化示神奇

yin di bian hua shi shen ji

勢勢存心揆用意

shi shi cun xin kui yong yi

得來不覺費功夫

de lai bu jiao fei gong fu

刻刻留心在腰間

ke ke liu xin zai yao jian

腹內松靜氣騰然

fu nei song jing qi teng ran

尾間中正神貫頂

wei lu zhong zheng shen guan ding

滿身輕利頂頭懸

man shen qing li ding tou xuan

仔細留心向推求

zi xi liu xin xiang tui qiu

屈伸開合聽自由

qu shen kai ge ting zi you

入門引路須口授

ru men yin lu xu kou shou

功夫無息法自修

gong fu wu xi fa zi xiu

若言體用何為準

ruo yan ti yong he wei zhun

意氣君來骨肉臣

yi qijun lai gu rou chen

想推用意終何在

xiang tui yong yi zhong he zai

益壽延年不老春

yi shou yan nian bu lao chun

歌兮歌兮百四十

ge xi ge xi bai si shi

字字真切義無遺

zi zi zhen qie yi wu yi

若不向此推求去

ruo bu xiang xi tui qiu qu

枉費功夫貽嘆息

wang fei gong fu yi tan xi