

# The Thirteen Tactics

## Note:

Also called Thirteen Postures / Movements  
Eight Gates and five Directions  
Eight Forces and Five Elements (Ba Jin and Wu Bu)

## Peng – Jin

Upward directed - and sometimes circular

## Lu – Jin

Diverting to the side

## Ji – Jin

Forward directed palm strike or push

## An – Jin

A downward directed force

## Cai – Jin

Uprooting

## Lie – Jin

Use of spiral force

## Zhou – Jin

Use of elbow or Forearm to divert or attack

## Kao - Jin

Use of shoulder or Body to divert or attack

**Jin Bu** - (Step forward)

**Tui Bui** – (Step backward)

**Zuo Gu** – (See the left)

**You Pan** – (look to the right)

**Zhong Ding** – (Firm the centre)