

Forma 13 se sastoji od tzv. primarnih 13 pozicija ili principa – sledi lista pokreta:

Pripremna forma - Preparation Form

1. Početak/otvaranje - Beginning
 2. Ruke poput oblaka - Cloud Hands (2)
 3. Udarac biča - Single Whip
 4. Pesnica u lakat - Fist Under Elbow
 5. Beli Ždral širi krila - White Crane Spreads its Wings
 6. Očisti koleno u levo i gurni - Left Brush Knee and Push
 7. Sviranje pipa - Hand Strums the Lute
 8. Timarenje konja uz Zmija plazi jezik - High Pat on Horse with Palm Thrust
 9. Okret telom uz udarac pesnicom - Turn Body and Chop with Fist
 10. Odbij, pariraj, udarac pesnicom unapred-Deflect, Parry Block and Forward Punch
 11. Posegni za ptičjim repom - Grasp the Bird's Tail (Peng, Lu, Ji, An)
 12. Ukrštene ruke - Cross Hands
 13. Kraj/zatvaranje - Close Form
- Povratak u početni položaj - Return to Normal