

《陈氏太极十三杆》

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《陈氏太极十三杆》俗称抖大杆，“大杆”是陈氏太极套路中独有的器械，此杆长3.5至4.5，重10公斤至20公斤不等，此套路注重练习人体的爆发力，增加螺旋力度及太极中弹、抖、劲、力与功架。对陈氏太极拳的劲道有非常突出的辅助作用。The Thirteen Posture Long Pole Form of Chen family Taiji is also called “Da gan”, which is the unique tool of Chen family Taiji. The pole is about three meters to four meters long and weighs ten kilos to twenty kilos. These movements were to develop and focus power and also to increase spiral strength and shaking force. It is a very good supplementary exercise within the overall syllabus of Chen family Taiji practice methods which helps to relate and understand the genuine function of Taiji.

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