

# Cheng Man-Ch'ing's 37 Posture Yang-Style TAI CHI FORM

## Starting Position

1. Preparation
2. Beginning

## GRASP SPARROW'S TAIL

3. Turn Right with Beach Ball
4. Ward-off Left
5. Ward-off Right
6. Rollback, Press
7. Rollback, Push
8. **Single Whip**
9. Lift Hands (gather energy)
10. **Shoulder Strike**
11. Stork Spreads Wings
12. Backwards Play the Guitar
13. Brush Knee Left
14. Knee Strike
15. Play the Guitar in front
16. Backwards Play the Guitar
17. Brush Knee Left
18. Hold the Watermelon
19. **Block, Parry, Punch**
20. Cross Hands
21. **Apparent Closure**
22. Embrace Tiger & Return to Mountain
23. Diagonal Rollback, Press
24. Diagonal Rollback, Push
25. Diagonal Single Whip
26. Push Back Curtain
27. Fist Under Elbow
28. **Repulse Monkey (3x)**
29. Diagonal Flying
30. **Wave Hands Like Clouds (3x)**

31. Single Whip

## GOLDEN ROOSTER

32. Snake Creeps Down
33. **Golden Rooster Stands on One Leg** (right up)
34. **Golden Rooster Stands on One Leg** (left up)
35. (step back) Separate Right Foot
36. (step forward) Separate Left Foot
37. Spinning Heel Kick
38. Brush Knee Left
39. Brush Knee Right
40. (step forward) **Low Punch**
41. (step forward) Ward-off Right
42. Rollback, Press
43. Rollback, Push
44. Single Whip

## FOUR CORNERS

45. Fair Lady Works at Shuttles (CORNER #1)
46. Fair Lady Works at Shuttles (CORNER #2)
47. Fair Lady Works at Shuttles (CORNER #3)
48. Fair Lady Works at Shuttles (CORNER #4)
49. Ward-off Left
50. Ward-off Right
51. Rollback, Press
52. Rollback, Push
53. Single Whip
54. Snake Creeps Down
55. **Seven Stars** (right foot forward)
56. **Step Back & Ride Tiger** (left foot forward)
57. Lotus Sweep (360° turn) (sweep palms)
58. Bend Bow & Shoot Tiger
59. Block, Parry, Punch
60. Cross Hands
61. Conclusion