

Cheng Man-Ch'ing's 37 Posture Yang-Style

TAI CHI FORM

Starting Position (feet at 10 and 2)

1. Preparation
2. Beginning

GRASP SPARROW'S TAIL

3. "Beach Ball" (turning right)
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. Phoenix Spreads Wings
12. "Play the Guitar" (in back)
13. Brush Knee Left
14. "Knee Strike"
15. Play the Guitar (in front)
16. "Play the Guitar" (in back)
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. Rollback, Press (diagonal)
24. Rollback, Push (diagonal)
25. Single Whip (diagonal)
26. "Push Back Curtain"
27. Fist Under Elbow

28. **Repulse Monkey (3x)**
29. Diagonal Flying

30. **Wave Hands in the Clouds (3x)**

31. Single Whip
32. Snake Creeps Down

GOLDEN ROOSTER

33. **Golden Rooster Stands on Right Leg**
34. Golden Rooster Stands on Left Leg
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 / Fair Lady Weaves Shuttles

45. Corner 1 (northeast)
46. Corner 2 (northwest)
47. Corner 3 (southwest)
48. Corner 4 (southeast)

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. 360° Turn
Lotus Sweep (sweep palms with right foot)
58. Bend Bow & Shoot Tiger
59. Block, Parry, Punch

60. Cross Hands & Closure / Conclusion