

# Yang-Style Tai Chi in 37 Postures

T'ai Chi Ch'uan Form of Professor Cheng Man-ch'ing (鄭曼青, 1902-1975)

## List of Postures and Movement Sequence



### 1 – 17. First Section, Short Half

1. Preparation Yu Pei Shih N12
2. Beginning Ch'i Shih N12
3. Ward Off, Left Hand Tso P'eng N12  
Grasp the Sparrow's Tail Lan Ch'ueh Wei (#4-8)
4. Ward Off, Right Hand Yu P'eng E4
5. Roll Back Lu E4
6. Press Chi E4
7. Push An E4
8. Single Whip Tan Pien W9
9. Raise Hands T'i Shou N12
10. Shoulder Stroke K'ao N12
11. White Crane Spreads Its Wings Pai Hao Liang Ch'ih W9
12. Brush Left Knee, Twist Step Tso Lou Hsih Yao Pu W9
13. Play the Guitar Shou Hui P'i Pa W9  
Brush Left Knee, Twist Step Tso Lou Hsih Yao Pu W9
14. Step, Deflect Downward, Intercept, Punch Chin Pu, Pan Lan Ch'ui W9
15. Withdraw and Push Ju Feng Szu Pi W9
16. Cross Hands Shih Tzu Shou N12

## 18-37 Second Section, Long Half

17. Embrace Tiger, Return to Mountain Pao Hu Kuei Shan  
Brush Right Knee SE4  
Roll Back SE4  
Press SE4  
Push SE4  
Diagonal Single Whip Sheih Tan Pien NW10
18. Looking at Fist Under Elbow Chou Ti Kan Chui W9
19. Step Back and Repulse Monkey, Left Tao Nien Hou Tso W9  
Step Back and Repulse Monkey, Right Tao Nien Hou Y'u W9
20. Step Back and Repulse Monkey, Left Tao Nien Hou Tso W9
21. Diagonal Slant Flying Hsieh Fei Shih NE2
  
22. Wave Hands Like Clouds, Right Y'u Yun Shou N12
23. Wave Hands Like Clouds, Left Ts'o Yun Shou N12  
Wave Hands Like Clouds, Right N12  
Wave Hands Like Clouds, Left N12  
Single Whip Tan Pien W9
  
24. Single Whip Squatting Down Tan Pien Hsia Shih W9  
(Snake Creeps Down Left Leg, Descending Single Whip)
25. The Golden Pheasant Stands on One Leg Chin Chi Tu Li Shih W9  
(Golden Rooster Stands on Left Leg)
26. Golden Rooster Stands on Right Leg W9
27. Separate Right Foot Y'u Fen Chio NW10  
(Separate Hands, Kick with Right Foot)
28. Separate Left Foot Tso Fen Chio SW7  
(Separate Hands, Kick with Left Foot)
29. Turn Body and Kick with Left Heel Chuan Shen Teng Chio E3
30. Brush Left Knee E3  
Brush Right Knee E3
  
31. Step Forward and Punch Right Fist Down Chin Pu Tsai Ch'ui E3  
Grasping the Sparrows Tail Sequence  
Ward off Left N12  
Ward off Right E4  
Roll Back E4  
Press E4  
Push E4  
Single Whip W9

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32. The Fairy Weaving at the Shuttle, Yu Nu Ch'uan Suo  
(Fair Lady Works at the Shuttles)  
Turn, #1 Shuttle, Left Hand High NE2
33. Fairy Weaving at the Shuttle, #2, Right Hand High NW10  
Fairy Weaving at the Shuttle, #3, Left Hand High SW7  
Fairy Weaving at the Shuttle, #4, Right Hand High SE4

Grasping the Sparrow's Tail Sequence

- Ward Off Left N12  
Ward Off Right E4  
Roll Back E4  
Press E4  
Push E4  
Single Whip W9  
Snake Creeps Down Left Leg W9
34. Step Forward to the Seven Stars of the Big Dipper  
Shang Pu Ch'i Hsing W9
35. Step Back to Ride the Tiger Tu'i Pu K'ua Hu W9
36. Turn Body and Sweeping Right Leg Lotus Kick  
Chuan Shen Pai Lien T'ui W9
37. Bend the Bow to Shoot the Tiger Wan Kung She Hu W9  
Step, Deflect Block, Intercept and Punch W9  
Withdraw and Push Ju Feng Szu Pi W9  
Cross Hands Shih Tzu Shou N12  
Return to Wuji Conclusion Ho T'ai Chi N12

**References:**

"The Tai Chi Book." By Robert Chuckrow. Refining and Enjoying a Lifetime of Practice. Including the teachings of Chen Man-ch'ing, William C. C. Chen, and Harvey I. Sober. Boston, MA, YMAA Pub. Center, 1998. Index, 209 pages. ISBN: 1886969647. The order of the list shown above comes from this text by Professor Chuckrow, p.177.

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"Master Cheng's New Method of T'ai Chi Chuan Self-Cultivation." By Cheng Man-ch'ing. Translated by Mark Hennessy. Berkeley, California, North Atlantic Books, Frog, Ltd., 1963, 1999. 128 pages. ISBN: 1883319927.

"Cheng Man-ch'ing T'ai Chi Ch'uan: A Simplified Method of Calisthenics for Health and Self Defense." By Cheng Man-ch'ing. Team translation and reviewed by Dr., Beauson Tseng. Berkeley, California, North Atlantic Books, 1981. 135 pages. ISBN: 0913028851. 42 movements listed for the form. The Wade-Giles Chinese transliteration phrases for the movements that are listed above come from this text by Professor Cheng, pp. 32-111.

Cheng Man-ch'ing (1902-1975) webpage:  
<http://www.egreenway.com/taichichuan/cheng1.htm>

Traditional Yang Family Taijiquan 108 Movements Long Form, Yang Chen Fu, published in 1931. Professor Chen Man-ch'ing helped write Yang Chen Fu's books: <http://www.egreenway.com/taichichuan/longyang.htm>

Standard Simplified 24 Movements Short Form Taijiquan in the Yang Style from 1956: <http://www.egreenway.com/taichichuan/short.htm>

Cloud Hands Website: <http://www.egreenway.com/taichichuan/index.htm>

All the web pages listed above were created by Mike Garofalo and published by Green Way Research, Red Bluff, California:  
<http://www.egreenway.com/index.htm>

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<http://www.egreenway.com/taichichuan/chengform2.pdf>