Yang-Style Tai Chi Ch’uan 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

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
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:


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


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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