Taijiquan Form of Master Cheng
Simplified Yang Style Tai Chi Chuan 37 Form
1940 Taichi Ch’uan Routine of Professor Cheng Man-ch’ing (郑曼青, 1902-1975)

Introduction

List of Postures and Movement Sequence

First Section, Movements 1 - 10

1. Preparation  Stand, Empty/Release, Step to Left  F (Facing) N12
2. Beginning  Raise Hands, Lower Hands  Sung/Relax  F N12
3. Ward Off Left, Left Leg Forward Bow Stance, Ward Off with Left Hand  F N12  Sink (S) L Leg
4. Grasping the Sparrow’s Tail Sequence
   Ward Off Right, Right Leg Bow, Right Hand, S R Leg, F NE2
   Roll Back  Lower, Draw Down to N12,  F NE2, S L Leg
   Press, Left Hand to Right Forearm, Right Bow, S R Leg, NE2
   Push  R Bow, Down/Up, Push Both Hands [Explode]  F NE2
5. Single Whip  F N12  LH (Left Hand) W9  Look W9
6. Raise Hands  Separate Hands  Playing the Pipa Right.
   Ring heel forward, RH high, S L leg, TF N12, EG N12
7. Shoulder Strike   Strike Right Shoulder
   Move shoulder to N12, LH on R inside elbow,
   [Explode]

8. White Crane Spreads Its Wing   Left Toe, RH (Right Hand) high   F W9

9. Brush Left Knee, Twist Step, RH Palm Strike
   TF W9, Palm Strike to W9, Left Bow Stance
   [Explode]

10. Play the Lute (Pipa, Guitar) Left Heel, LH high   F W9

Second Section, Movements   11 - 19

11. Brush Left Knee, Twist Step   RH Palm Strike   F W9

12. Step Forward, Deflect Downward, Intercept, Punch   F W9
    Deflect, Step, Parry, Step, RH Punch Move towards W9

    Apparent Close, Push   F W9

14. Cross Hands   Horse Stance, RH forward F N12
    Embracing the Tiger
    Relax and Loosen, Sink and Root, Use Spiral Energy, Slow Down

15. (Embrace Tiger), Return to Mountain Brush Right Knee
    Brush Right Knee  LH Strike to E3   TF (Torso Facing) NE1
    Grasping the Sparrow’s Tail Sequence:
    Roll Back   Pull arms down to N12   Sink   TF NE1
    Press   LF on R forearm  Strike toward E3   TF E3
    Push   Two Hands Push towards E3   TF E3   [Explode]
    Diagonal Single Whip   LH to N12   TF NE1

16. Rely on Fist Under Elbow
    Right Fist under Left Elbow,   Left Heel F W9

17. Step Back, Retreat, and Repulsing Monkeys
    Retreating, Moving backwards towards E3, Exchanging Arms
Step Back Left Leg, RH moves to W9  
Moving towards E3  
Repulse Monkey: Turn to Right, Glance Back, Step LL,  
Exchange Arms, [Explode]

Step Back Right Leg, LH Moves to W9  
Moving towards E3  
Repulse Monkey, Turn to Left, Glance Back, Step RL, Exchange Arms

Step Back Left Leg, RH moves to W9  
Moving towards E3  
Repulse Monkey: Turn to Right, Glance Back, Step LL, Exchange Arms

18. Diagonal Slant Flying Right Leg Bow, RH to NE2  TF N12, [Explode]

19. Wave Hands Like Clouds    Moving Hands Like Clouds  
Moving Left towards W9    F N12

Wave Hands Like Clouds, Right Hand to Left, Step R Foot  
Wave Hands Like Clouds, Left Hand to Right, Step L Foot  
Wave Hands Like Clouds, Right Hand to Left, Step R Foot  
Wave Hands Like Clouds, Left Hand to Right, Step L Foot

Single Whip    Step Forward Half, F N12, LH and Look to W9, [Explode]

Third Section, Movements  20 - 27

20. Snake Creeps Down, Single Whip Squatting Down    W9  
(Snake Creeps Down Left Leg, Descending Single Whip)

21. The Golden Rooster Pheasant Stands on Both Legs  
Golden Rooster Stands on Left Leg    F W9     [Explode]  
Golden Rooster Stands on Right Leg    F W9

22. Kick with Right Foot  
Cross Hands, Separate Raised Arms, Root in Left Leg,  
Aim and EG to right diagonal direction NW11  
Lift and Kick with Right Leg, Right Toe Kick    NW11
23. Kick with Left Foot  
    Cross Hands, Separate Raised Hands, Root in Right Leg  
    Aim and EG to left diagonal direction  SW8  
    Lift and Kick with Left Leg, Left Toe Kick  SW8

24. Turn Body and Kick with Left Heel  
    Rotate spin 180° Left  
    Aim and EG to left diagonal  
    Lift and Kick with Left leg, Left Heel Kick to NE2  
    [Explode]

25. Brush Knees Three Times then Punch Down  
    Brush Left Knee, RH Palm Strike  TF E3  
    Brush Right Knee, LH Palm Strike  TF E3  
    Brush Left Knee, Punch Right Fist Down  TF down  [Explode]

26. Grasping the Sparrow’s Tail Sequence:  
    Ward off Left  N12  
    Ward off Right  E4  
    Roll Back  E4  
    Press  E4  [Explode]  
    Push  E4

    Single Whip  W9

27. The Fairy Weaving at the Shuttle  
    Fair Lady Works at the Shuttles  
    Turn Body Clockwise, #1 Shuttle, Left Hand High  TF NE2  
    Fairy Weaving at the Shuttle, #2, Right Hand High  NW10  
    Fair Lady Works at the Shuttles, #3, Left Hand High  SW7  
    Fairy Weaving at the Shuttle, #4, Right Hand High  SE4  [Explode]

Fourth Section, Movements  28 - 37

28. Grasping the Sparrow’s Tail Sequence:  
    Ward Off Left  N12  
    Ward Off Right  E4  [Explode]  
    Roll Back  E4  
    Press  E4  [Explode]
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Valley Spirit Taijiquan Guide by Mike Garofalo

Push E4 [Explode] Slow

Single Whip Relax, TF N12, LH W9, EG W9, RH Beaked

29. Snake Creeps Down Left Leg
Extend Left leg forward, Squat down in right leg
Draw the back of open left hand down left leg
EG towards W9, TF N12

30. Seven Stars of the Big Dipper Step Forward
Left Toe Stance, S R leg, TF W9 , EG W9 [Explode]

31. Step Back, Ride the Tiger, F W9

32. Rotate and Turn Body, Sweeping Right Leg Lotus Kick
Right Leg Swings from left to right in a clockwise arc
Right foot to waist high tap with extended right hand, F W9 [Explode]

33. Bend the Bow, Shoot the Tiger, F W9 [Explode]

34. Step Froward, Deflect Block, Intercept and Punch
Deflect Downward and Step Right, Parry Left Arm,
Step Left to L Bow with R fist to waist, Punch R fist to W9

35. Apparent Close, Withdraw and Push F W9 [Explode]

36. Cross Hands Horse Stance, RH front F N12

37. Conclusion of Taijiquan Form
Return to Standing Still Posture, Empty/Still, Conclusion
TF N12, EG N12, Root/Sink, Standing Qigong
Slow Down, Pause, Forget
Introduction:

Master Cheng's New Method of Taichi Ch’uan Self-Cultivation. By Taijiquan Master Cheng Man-ch’ing. Translated by Mark Hennessy. Berkeley, California, North Atlantic Books, Frog, Ltd., 1963, 1999. 128 pages. ISBN: 1883319927. Professor Cheng was a Chinese medical doctor and herbalist, painter, author, taichi chuan master, and influential teacher. Master Cheng developed and taught this version of a Simplified Yang Style Taijiquan Form in 1940. This book provides you with floor and foot diagrams for each movement sequence (posture, form) to show you how your feet should move, how they should be weighted, and exactly where the feet should be placed on the floor matrix. The sequence of the movements and the names of the postures listed in the Taijiquan Form of Master Cheng, as listed above, are found in this 1999 book.

However, the numbering, the four Sections, a few additions to the names of some movements/postures, directional orientation notes, and the brief descriptive reminders or codes for each posture, as listed above, are the personal study notes of Mike Garofalo.

Master Cheng Man-ch’ing

Abbreviations: F = Facing (Front of Chest) Direction, primary orientation in compass terms; R = Right, L = Left; H = Hand; S = Sink, bring weight into, lower, engender yin-earth-gravity-jin-vertical forces; TF = Torso Front Facing; Bow = Lunge Stance, Weight 60-80% on front leg, both legs used, leg forward is hand forward; EG = Eye Gaze Direction, Eyes Focus Direction, In What Direction Should You Gaze; Directions (e.g., N12, NE2, W9) in terms of compass shown directly below.

[Explode] = All Taijiquan forms can be done at faster speeds to improve cardio-vascular conditioning, develop martial powers, increase strength, and gradually improve coordination, agility, and power (Jin). At faster speeds, there may be bursts of energy (fa jin), grunts, big exhales, quick power...
strikes, fast punches, hard kicks, low postures and high concentration challenges ... overall, a challenging martial arts workout.

References:


Yang Chen Fu Taijiquan

Cheng Man-ch’ing Webpage (1902-1975): Bibliography, Notes, Resources, Quotations

37 Posture Form of Master Cheng Man-ch’ing. Robert Chuckrow’s numbering order. Chinese Phrases from Cheng Man-ch’ing. 37 Form postures list by Mike Garofalo. 4/13/2016. PDF.

Cloud Hands Website

Cloud Hands Blog by Mike Garofalo

37 Posture Form of Master Cheng Man-ch’ing, List of Postures
Taijiquan Form of Master Cheng
One Page List by Mike Garofalo

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