

Taijiquan Form of Master Cheng

Simplified Yang Style Tai Chi Chuan 37 Form

1940 Taichi Ch'uan Routine of Professor Cheng Man-ch'ing (鄭曼青, 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

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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
13. Withdraw and Push, (Apparently Sealing, Seemingly Closing, Push)
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

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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

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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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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 Forward, 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

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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

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strikes, fast punches, hard kicks, low postures and high concentration challenges ... overall, a challenging martial arts workout.

References:

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.

Cheng Tzu's Thirteen Treatises on Tai Chi Chuan. By Cheng Man-ch'ing. Translated by Benjamin Pang Jeng Lo and Martin Inn. Berkeley, California, North Atlantic Books, 1985. 223 pages. ISBN: 0938190458.

The Tai Chi Book: Refining and Enjoying a Lifetime of Practice. By Robert Chuckrow, Ph.D.. Including the Teachings of Cheng Man-ch'ing, William C. C. Chen, and Harvey I. Sober. Jamaica Plain, Massachusetts, YMAA Publication Center, c 1998. Index, 209 pages. ISBN: 1886969647. The Cheng 37 Posture form is described and illustrated with photographs on pages 177-204. VSCL.

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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Taijiquan Form of Master Cheng

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Green Way Research: <http://www.egreenway.com/index.htm>

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