

## Yang Taijiquan 37 Form of Master Cheng Man-ch'ing in 1940

1. Preparation: Standing, Step
2. Beginning: Raise Hands, Lower Hands
3. Ward Off Left
4. Grasping the Sparrow's Tail: Ward Off L/R, Roll Back, Press, Push
5. Single Whip
6. Raise Hands
7. Shoulder Strike
8. White Crane Spreads Its Wing
9. Brush Left Knee, Twist Step
10. Play the Lute
11. Brush Left Knee, Twist Step
12. Step Forward, Deflect, Parry, Punch
13. Apparently Sealing, Seemingly Closing, Apparent Close, Push
14. Cross Hands, Embrace Tiger
15. Return to Mountain Brush Knee, Grasping Sparrow's Tail, Single Whip
16. Rely on Fist Under Elbow
17. Step Back, Retreat, Repulsing Monkey 3X
18. Diagonal Slant Flying
19. Cloud Hands 4X, Single Whip
20. Snake Creeps Down
21. Golden Rooster Stands on Both Legs 2X
22. Kick with Right Foot
23. Kick with Left Foot
24. Turn, Kick with Left Heel
25. Brush Knees 3X, Punch Down
26. Grasping the Sparrow's Tail, Single Whip
27. Fair Lady Works the Shuttles 4X
28. Grasping the Sparrow's Tail, Single Whip
29. Snake Creeps Down Left Leg
30. Seven Stars of the Big Dipper Step Forward
31. Step Back, Ride the Tiger
32. Rotate and Turn Body, Sweeping Right Leg Lotus Kick
33. Bend the Bow, Shoot the Tiger
34. Step Forward, Deflect Block, Intercept and Punch
35. Apparent Close, Withdraw and Push
36. Cross Hands, Horse Stance
37. Conclusion: Feet Together, Hands Down, Standing

Valley Spirit Taijiquan, Mike Garofalo, 4/15/2016, PDF  
<http://www.egreenway.com/taichichuan/chengform4.pdf>