

## Cheng Man-ch'ing's T'ai Chi Ch'uan 37-Form Yang-Style Short Form

Part I	Part II	Part III
Preparation	Hold and Carry the Jar to Fist Under Elbow	Grasp the Sparrow's Tail Ward Off Right Roll Back
Beginning (Raising Hands)	Step Back to Drive the Monkey Away (Repulse like Monkey) (five movements: Left, Right, Left, Right, Left)	Press Push
Grasp the Sparrow's Tail Ward Off Left Ward Off Right Roll Back Push Press	Diagonal Flying	Single Whip
Single Whip	Waving Hands through Clouds (five movements: Right, Left, Right, Left, Right)	Fair Lady Works at Shuttles (four diagonal directions)
Lift the Hands	Single Whip	Grasp the Sparrow's Tail Ward Off Left Ward Off Right Roll Back Press Push
Lean Forward (Shoulder Stroke)	Snake Creeps Down (Single Whip Squatting Down)	Single Whip
The Crane Spreads its Wings	Golden Pheasant Stands on Left Leg	Snake Creeps Down (Single Whip Squatting Down)
Play Pipa (Play the Guitar) and Roll Back	Golden Pheasant Stands on Right Leg	Step Forward to Seven Stars
Brush Knee and Twist Step Left	Separate Right Foot	Step Back to Ride the Tiger
Play Pipa (Play the Guitar) and Roll Back	Separate Left Foot	Turning the Body to Sweep the Lotus with the Leg
Brush Knee and Twist Step Left	Turn Around and Strike with Left Heel	Bend Bow to Shoot the Tiger
Step Forward, Deflect Downward, Intercept and Punch	Brush Knee and Twist Step Left	Step Forward, Deflect Downward, Intercept and Punch
Apparently Closing Up (Withdraw and Push)	Brush Knee and Twist Step Right	Apparently Closing Up (Withdraw and Push)
Cross Hands	Step Forward and Strike With Fist	Turning and Crossing Hands
Carry Tiger to Mountain (and Diagonal Brush Knee and Twist Step Right)		Conclusion of T'ai Chi
Grasp the Sparrow's Tail Roll Back Push Press		
Diagonal Single Whip		