

# Yang-Style Tai Chi in 37 Postures

T'ai Chi Ch'uan Form of Professor Cheng Man-ch'ing (鄭曼青, 1901-1975)

## List of Postures and Movement Sequence



### 1 – 17. First Section, Short Half

1. Preparation Yu Pei Shih N12
2. Beginning Chi Shih N12
- 3-7. Grasp the Sparrow's Tail Lan Chueh Wei
3. Ward Off, Left Tso Peng N12
4. Ward Off, Right Yu Peng E3
5. Roll Back Lu E3
6. Press Chi E3
7. Push An E3
8. Single Whip Tan Pien W9
9. Raise Hands Ti Shou N12
10. Shoulder Stroke Kao N12
11. White Crane Spreads Its Wings Pai Hao Liang Chih W9
12. Brush Left Knee Tso Lou Hsih Yao Pu W9
13. Play the Guitar Shou Hui Pi Pa W9  
Brush Left Knee W9
- 14-16. Step, Deflect, Intercept, Punch Chin Pu, Pan Lan Chui
14. Step Up and Block (Deflect) W9
15. Intercept and Punch W9
16. Withdraw and Push Ju Feng Szu Pi W9
17. Cross Hands Shih Tzu Shou N12

## 18-37 Second Section, Long Half

18. 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
19. Fist Under Elbow Chou Ti Kan Chui W9
- 20-21. Step Back and Repulse Monkey
20. Step Back and Repulse Monkey, Right Tao Nien Hou Yu W9
21. Step Back and Repulse Monkey, Left Tao Nien Hou Tso W9  
Step Back and Repulse Monkey, Right W9  
Step Back and Repulse Monkey, Left W9  
Step Back and Repulse Monkey, Right W9
22. Diagonal Slant Flying Hsieh Fei Shih NE2
- 23-24. Wave Hands Like Clouds
23. Wave Hands Like Clouds, 1, Right Yu Yun Shou N12
24. Wave Hands Like Clouds, 2, Left Tso Yun Shou N12  
Wave Hands Like Clouds, 3, Right N12  
Wave Hands Like Clouds, 4, Left N12  
Single Whip Tan Pien W9
25. Snake Creeps Down Left Leg Tan Pien Hsia Shih W9
26. Golden Rooster Stands on Left Leg Chin Chi Tu Li Shih W9
27. Golden Rooster Stands on Right Leg W9
28. Separate Hands, Kick with Right Foot Yu Fen Chio NW1011
29. Separate Hands, Kick with Left Foot SW7
30. Turn Body and Kick with Left Heel E3  
Brush Left Knee E3  
Brush Right Knee E3
31. Step Forward and Punch Down Chin Pu Tsai Chui E3  
Grasping the Sparrows Tail  
Ward off Right E3  
Roll Back E3  
Press E3  
Push E3  
Single Whip W9

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- 32-33. Fair Lady Weaves (Works) at Shuttles
32. Fair Lady Weaves at Shuttles 1, Left Yu Nu Ch'uan Suo NE2
33. Fair Lady Weaves at Shuttles, 2, Right NW10  
Fair Lady Weaves at Shuttles, 3, Left SW7  
Fair Lady Weaves at Shuttles, 4, Right SE4
- Grasping the Sparrow's Tail
- Ward Off Left N12
  - Ward Off Right E3
  - Roll Back E3
  - Press E3
  - Push E3
- Single Whip W9
- Snake Creeps Down Left Leg W9
34. Step Up to Seven Stars Shang Pu Chi Hsing W9
35. Retreat to Ride the Tiger Tui Pu Kua Hu W9
36. Turn Body and Sweeping Left Leg Lotus Kick  
Chuan Shen Pai Lien Tui W9
37. Bend the Bow to Shoot the Tiger Wan Kung She Hu W9
- Step, Block, Intercept and Punch
- Step Up and Block W9
  - Intercept and Punch W9
- Withdraw and Push W9
- Cross Hands Shih Tzu Shou N12
- Return to Wuji Conclusion Ho Tai Chi N12

### 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.

"Master Cheng's New Method of T'ai Chi Chuan Self-Cultivation." By Cheng Man-ch'ing. Translated by Mark Hennessy. Berkeley, California, North Atlantic Books, Frog, Ltd., 1999. 128 pages. ISBN: 1883319927.

This Yang style Taijiquan form, created by Professor Cheng Man-ch'ing and published in 1949 as "Master Cheng's Thirteen Treatises on Taichi Ch'uan," has approximately 73 movements by repeating approximately 37 postures.

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Standard Simplified 24 Form Taijiquan in the Yang Style from 1956:  
<http://www.egreenway.com/taichichuan/short.htm>

Traditional Yang Family Taijiquan 85 Long Form, Yang Chen Fu, published in 1931. Professor Chen Man-ch'ing wrote many of Yang Chen Fu's books:  
<http://www.egreenway.com/taichichuan/longyang.htm>

Cheng Man-ch'ing webpage:  
<http://www.egreenway.com/taichichuan/cheng1.htm>

Cloud Hands Website: <http://www.egreenway.com/taichichuan/index.htm>

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September 2008