

Cheng Man-ch'ing's Yang Style Tai Chi Simplified Form (37 Postures)

1st Section	1)	Preparation Posture		Start with feet together pointing 15° out. Shift weight to right, bend the knee, step left foot out to side, put down straight, shifting to left will turn waste to right, turn waist left to straighten right foot, shift weight to both feet, stand up, knees slightly bent, arms rise to front, elbows down, wrists rise to 45°. First of six wrist changes. This is the standing posture before separating weight.
	2)	Beginning Posture		Wrist changes #2-6: Raise wrists, drop elbows to straighten wrists, wrists fold back, wrists drop, return to Preparation Posture
	3)	Ward-off Left		Hold ball right, then raise left arm (chest level) to front while moving forward
	4)	Ward-off Right		Hold ball left, turn to right, move hands across from each other (mouth level) while moving forward. Right hand on outside.
	5)	Roll Back	Grasp the Sparrows Tail	Turn to right corner, right palm out, left palm up, roll back onto left leg
	6)	Press		Left hand comes past left ear and press hands together forward & up
	7)	Push		Separate hands, shift weight & hands back, shift and push forward and up
	8)	Single Whip		Shift left, arms parallel & slightly bent, turn right heel, shift right, hook hand below shoulder, strike with hook, step left, deflect with open hand
2nd Section	9)	Lift Hands		Shift left, look forward, open arms close in, left hand towards right elbow
	10)	Shoulder Stroke		Step forward, shift to right, right arm opens like sail, left points to right elbow
	11)	White Crane Spreads its Wings		Weight on right, turn left, right arm rise like salute, left hand brush knee
	12)	Brush Knee Twist Step, Left		Right arm down, turn right, right to ear, turn left, brush knee left, push right
	13)	Play Guitar		Step to left leg, go back to right leg, lift hands, right hands towards left elbow
		Brush Knee Twist Step, Left		Right arm down, turn right, right to ear, turn left, brush knee left, push right
	14)	Step Forward, Deflect Downward and Punch *		Shift right, turn left, right fist left hip, step right, turn, backhand, chop, punch
	15)	Withdraw and Push		Shift left front, left hand under right elbow, shift back, separate hands, push
16)	Cross Hands/Apparent Closure		Shift right, separate arms to circle, cross hands, shift left	
3rd Section	17)	Embrace Tiger, Return to Mountain		Right palm down, left palm up, turn 135° to right brush knee, turn right palm up
		Roll Back	Grasp the Sparrows Tail	Shift back, right palm out, left palm up, roll back onto left leg
		Press		Left hand comes past left ear and press hands together forward & up
		Push		Separate hands, shift weight & hands back, shift and push forward and up
		Single Whip		Repeat Single Whip but turn towards corner
	18)	Look at Fist Punching Under Elbow		Shift right, left out, shift left then right, face corner, left hand under right fist
	19)	Step Back to Repulse Monkey, Right	Any Odd Number	Turn right, outstretch arms, step back, left hand down, right hand forward
	20)	Step Back to Repulse Monkey, Left		Turn left, outstretch arms, step back, right arm down, left hand forward
		Step Back to Repulse Monkey, Right		Turn right, outstretch arms, step back, left hand down, right hand forward
	21)	Diagonal Flying Posture		Turn left, hold ball, turn 180°, step to corner, right hand up, corner arm strike
	22)	Wave Hands Like Clouds, Right	Any Even Number	Shift left, hold ball on left, step right in, left hand down, right ward off
	23)	Wave Hands Like Clouds, Left		Shift right, hold ball on right, step left out wide, right hand down, left ward off
	Wave Hands Like Clouds, Right	Shift left, hold ball on left, step right in, left hand down, right ward off		
	Wave Hands Like Clouds, Left	Shift left, hold ball on left		
	Step Forward and Turn Ball		Step right leg forward, shift to right, turn ball, right hand hook, left palm up	
	Single Whip		Strike with hook to corner, step to left to repeat Single Whip	

Cheng Man-ch'ing's Yang Style Tai Chi Simplified Form (37 Postures)

4th Section	24)	Squatting Down Single Whip		Turn right foot out, shift right, squat down, left hand inside leg, move forward
	25)	Golden Pheasant Stands on One Leg, Right Side		Shift left, turn left palm down, raise right knee to right elbow, right fingers up
	26)	Golden Pheasant Stands on One Leg, Left Side		Step back, shift right, right palm down, raise left knee to elbow, left fingers up
	27)	Separate Right Foot		Step back, right palm over left elbow, shift left, turn/pull to left, cross wrists, open arms like flower, kick to right corner
	28)	Separate Left Foot		Fold right hand and leg, step forward, shift right, turn/pull to right, cross wrists, open arms like flower, kick to left corner
	29)	Turn and Strike with Heal		Fold hands and leg, spin around, knee hip level, separate hands, heal kick
		Brush Knee Twist Step, Left		Fold in, step forward with left, repeat Brush Knee Twist step, Left
	30)	Brush Knee Twist Step, Right **		Shift back, turn left, shift left, step forward, shift right, brush right knee
	31)	Step Forward and Strike Low with Fist		Shift back, turn right, shift right, step forward, brush knee, right low punch
		Step Forward and Ward-off Right		Shift back, turn to left, step forward, Repeat Ward-off Right
		Roll Back	Grasp the Sparrows Tail	Turn to right corner, right palm out, left palm up, roll back onto left leg
	Press	Left hand comes past left ear and press hands together forward & up		
	Push	Separate hands, shift weight & hands back, shift and push forward and up		
		Single Whip	Repeat Single Whip	
5th Section	32)	Fair Lady Weaves at Shuttle, Right		Shift back, turn to right back corner, left palm up, right palm down. Turn right foot out & right palm up, shift right, step left forward, left hand up, right out
	33)	Fair Lady Weaves at Shuttle, Left		Shift back, turn 270° to step to right front corner, right hand up, left hand out
		Fair Lady Weaves at Shuttle, Right		Shift back, pick up/down right foot, step to left front corner, left up, right out
		Fair Lady Weaves at Shuttle, Left		Shift back, turn 270° to step to right back corner, right hand up, left out
		Ward-off Left		Shift to right leg, turn waist 135° to front, step forward to repeat Ward-off Left
		Ward-off Right		Repeat Ward-off Right
		Roll Back	Grasp the Sparrows Tail	Turn to right corner, right palm out, left palm up, roll back onto left leg
		Press		Left hand comes past left ear and press hands together forward & up
		Push		Separate hands, shift weight & hands back, shift and push forward and up
			Single Whip	Repeat Single Whip
			Squatting Down Single Whip	Turn right foot out, shift right, squat down, left hand inside leg, move forward
	34)	Step Forward to Seven Stars		Shift left, step up, right toes forward, arms crossed in front, hands in fists
	35)	Step Back and Ride Tiger		Step right back and shift, swing arms; right up, left down, left toes forward
	36)	Turn Body and Sweep Lotus with Leg		Turn body to left, pivot on right toes 180° (body 360°), right leg up and sweep
	37)	Bend Bow and Shoot Tiger		Arms swing right, then punch left, waist to right corner, look and punch to left
		Step Forward, Deflect Downward and Punch		Step back with left foot, Repeat Step Forward Deflect Downward and Punch
		Withdraw and Push		Shift left front, left hand under right elbow, shift back, separate hands, push
	Cross Hands/Prepare to Close		Shift right, separate arms to circle, cross hands, shift left	
	Conclusion		Shift weight to both feet, sink down, stand up, arms go down. Return to Preparation Posture. Shift weight left, turn right foot, shift weight right, bring in left foot. Shift weight to both feet. Stand up. Arms return to sides.	

Note: These Postures are not always counted the same by all students but all counts manage to end up with 37 postures.

14) * Step Forward, Deflect Downward and Punch is counted as two postures by some students

30) ** Brush Knee Twist Step, Right is not counted as a posture by some students