

Professor Cheng Man-ch'ing's 37-posture T'ai Chi Ch'uan Solo Form

First Section (Beginning Form Class)

1. Preparation
2. Beginning
3. Ward-off Left (Grasping the Sparrow's Tail)
4. Ward-off Right (Grasping the Sparrow's Tail)
5. Rollback (Grasping the Sparrow's Tail)
6. Press (Grasping the Sparrow's Tail)
7. Push (Grasping the Sparrow's Tail)
8. Single Whip
9. Lift Hands
10. Shoulder Strike
11. White Crane Spreads Wings
12. Brush Knee Twist Step, Left
13. Play the Lute (Repeat #12)
14. Deflect Downward, Chop, and Punch
15. Withdraw and Push
16. Cross Hands
17. Embrace Tiger Return to Mountain (Repeat #5,6,7,8)
18. Fist Under Elbow

Second Section (Beginning Form Class)

19. Step Back to Repulse Monkey, Right
20. Step Back to Repulse Monkey, Left
21. Diagonal Flying
22. Wave Hands Like Clouds, Right
23. Wave Hands Like Clouds, Left
24. Squatting Single Whip
25. Golden Rooster Stands on One Leg, Right
26. Golden Rooster Stands on One Leg, Left
27. Separate Right Foot
28. Separate Left Foot
29. Turn and Kick with Heel (Repeat #12)
30. Brush Knee Twist Step, Right
31. Low Punch (Repeat #4,5,6,7,8)
32. Works at Shuttles (Four Corners), Right
33. Works at Shuttles (Four Corners), Left (Repeat #32,33,3,4,5,6,7,8)
34. Step Forward to Seven Stars
35. Step Back and Ride Tiger
36. Turn and Sweep the Lotus
37. Bend Bow Shoot Tiger (Repeat #14,15,16)

Conclusion