

Cheng Man-Ch'ing's 37 Postures (Yang Short Form, aka)
with "Taiwan Form" (**added Long Form Movements in bold**)

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1. Preparation
2. Beginning
3. Grasp Sparrows Tail--Left Ward Off
4. Grasp Sparrows Tail--Right Ward Off
5. Grasp Sparrows Tail--Rollback
6. Grasp Sparrows Tail--Press
7. Grasp Sparrows Tail--Push
8. Single Whip
9. Lift Hands
10. Shoulder
11. Stork Spreads Its Wings
12. Brush Knee and Twist--Left
13. Play the Guitar and **Repeat: 12**
14. Step Forward, Deflect Downward, Parry and Punch
15. Withdraw and Push
16. Cross Hands
17. Embrace Tiger Return to Mountain and **Repeat: 5-8 diagonally**
18. Fist Under Elbow
- 19, 20. Repulse the Monkey - (right & left)
21. Diagonal Flying
- 22, 23. Wave Hands in Clouds - (right & left) and **Repeat: 8**
24. Snake Slides Down
- 25, 26. Golden Pheasant Stands on One Leg (left and right)
- 27, 28. Separate Arms and Kick (right and left)
29. Turn and Strike with Heel and **Repeat: 12**
30. Brush Knee - Right
31. Low Punch and **Repeat: 4-8**
- 32, 33. Fair Lady Weaves at the Shuttles (for CMC's 37, **Repeat 3-8, 24, go to 34**)

"Taiwan Form" Added Section

- 1. Parting the Horses Mane left and right and Repeat: 9-12**
 - 2. Pick Up the Needle at the Bottom of the Sea**
 - 3. Separate Arms Like a Fan**
 - 4. Turn and Strike Opponent with Fist**
 - 5. High Pat on a Horse**
 - 6. Hit the Tiger left and right**
 - 7. Step Forward and Kick**
 - 8. Box Opponent's Ears and Repeat: 28 left**
 - 9. White Snake Thrusts out its Tongue**
 - 10. Sweep Lotus with Leg and Repeat: 4-8 and 24**
34. Step Forward to the Seven Stars
 35. Step Back and Ride the Tiger
 36. Turn and Sweep Lotus with Leg
 37. Bend Bow and Shoot Tiger and **Repeat: 14-16**