

Cheng Man-Ching's 37 postures, (Yang style Short Form)



1) Preparation

Separate feet, Lift hands and sink



2) Left Ward off
step to right
holding a ball step
out and forward
with left ward off



3) Right Ward off
Step out to right, ward
of to right



4) Roll back



5) Press



6) Push



Roll back, form
birds' beak in front,
step out turn left
hand and push to
left



7) Single whip



8) Lift hands

9) Shoulder stroke

Gather hands form empty leg stance

Sink hands and pick-up empty leg, step into shoulder strike



Change hands, stretch up and down, bring in left toe

Step out with left, brush knee and push

Play lute / Pipa - Weight back, lift hands, then brush knee and push

10) White crane spreads wings



11) Brush knee, push

12) Play guitar



Form fist at hip as weight sinks back, step round and step again with a punch

Pass right elbow over left palm, follow with a push

Step back too the right, cross hands



13) Step Forwards to punch

14) Cross hands



Step behind with right leg, form right ward off, grasp sparrow's tail forming single whip at diagonal

16) Embrace tiger, return to mountain





17) Fist under elbow
Birds' beak swings
round with right leg, step
left leg forward



18) Repulse monkey – Right

19) Repulse monkey - Left

Step back repel like a monkey





20) Diagonal Flying

21) Cloud hands - Right

22) Cloud hands - Left





23) Squatting
single whip



24) Right Golden
Rooster



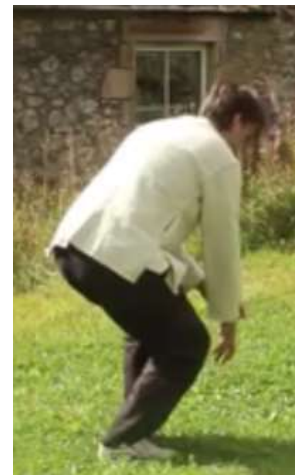
25) Right Golden¹²



26) Right Kick

27) Left Kick

28) Needle at sea bottom





Fan through back/turn
Body, Kick

Place left toe, sink hands down,
rise up and step out with left,
form fan through back Turn
body and chop with back of
right hand, form fist at hip step
forward to punch then Kick with
heel





From fist again step forward punch downwards, raise both hands step forwards, grasp sparrows' tail

29) Plant fist





From single whip, gather and fair ladies to four corners



30 -33) Fair lady weaves shuttle



Part the horses main - Change hands, left ward off the grasp
sparrow's tail, then squatting single whip, step up with
crossed hand in front in an empty leg stance



34) Step up to Steven Stars



Swing round to right, circle kick with right leg

35) Ride Tiger Sink hands and hold them out to left



36) Sweep lotus

37) Shoot tiger



Form fist at hip step forwards, punch,
cross hands and conclude

The End



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