

# Postures of Cheng Man-ching's Simplified T'ai Chi Ch'uan

(from "Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan")

## The 37 Postures

1. Preparation
2. Beginning
3. Ward Off Left Side
4. Ward Off Right Side
5. Roll Back                    Grasp The Sparrow's Tail
6. Press
7. Push
8. Single Whip
9. Lift Hands
10. Shoulder
11. White Crane Spreads Wings
12. Brush Knee, Left
13. Play Pí pá (lute/guitar)
14. Step Forward, Deflect Downward, And Punch
15. Withdraw and Push
16. Cross Hands
17. Embrace Tiger, Return To Mountain
18. Look At Fist Under Elbow
19. Step Back to Repulse the Monkey: Right Side
20. Step Back to Repulse the Monkey: Left Side
21. Diagonal Flying
22. Cloudy Hands, Right
23. Cloudy Hands, Left
24. Descending Single Whip
25. Golden Pheasant Stands on One Leg: Right Side
26. Golden Pheasant Stands on One Leg: Left Side
27. Separate Right Foot
28. Separate Left Foot
29. Turn and Kick with Heel
30. Brush Knee, Right
31. Step Forward and Strike with Fist
32. Fair Lady Weaves at the Shuttle #1 (Left side)
33. Fair Lady Weaves at the Shuttle #2 (Right side)
34. Step Forward to Seven Stars
35. Step Back and Ride the Tiger
36. Turn the Body and Sweep the Lotus with Leg
37. Bend the Bow, Shoot the Tiger

# The Sequence

1. Preparation
2. Beginning
3. Ward Off Left Side
4. Ward Off Right Side
5. Roll Back Grasp The Sparrow's Tail
6. Press
7. Push
8. Single Whip
9. Lift Hands
10. Shoulder
11. White Crane Spreads Wings
12. Brush Knee, Left
13. Play Pí-pá (lute/guitar)  
Brush Knee, Left
14. Step Forward, Deflect Downward, And Punch
15. Withdraw and Push
16. Cross Hands
17. Embrace Tiger, Return To Mountain  
Roll Back (diagonal)  
Press (diagonal) Partial Grasp The Sparrow's Tail  
Push (diagonal)  
Single Whip (diagonal)
18. Look At Fist Under Elbow
19. Step Back to Repulse the Monkey: Right Side
20. Step Back to Repulse the Monkey: Left Side  
Step Back to Repulse the Monkey: Right Side  
*Step Back to Repulse the Monkey: Left Side*  
*Step Back to Repulse the Monkey: Right Side*
21. Diagonal Flying
22. Cloudy Hands, Right
23. Cloudy Hands, Left  
Cloudy Hands, Right  
Cloudy Hands, Left  
Cloudy Hands, Right  
Cloudy Hands, Left  
*Cloudy Hands, Right*  
*Cloudy Hands, Left*  
*Cloudy Hands, Right*  
*Cloudy Hands, Left*

- Single Whip
24. Descending Single Whip
25. Golden Pheasant Stands on One Leg: Right Side
26. Golden Pheasant Stands on One Leg: Left Side
27. Separate Right Foot
28. Separate Left Foot
29. Turn and Kick with Heel  
Brush Knee, Left
30. Brush Knee, Right
31. Step Forward and Strike with Fist  
Step Forward and Ward Off (Right Side)  
Roll Back Partial Grasp The Sparrow's Tail  
Press  
Push  
Single Whip
32. Fair Lady Weaves at the Shuttle #1 (Left side)
33. Fair Lady Weaves at the Shuttle #2 (Right side)  
Fair Lady Weaves at the Shuttle #3 (Left side)  
Fair Lady Weaves at the Shuttle #4 (Right side)  
Ward Off Left Side  
Ward Off (Right Side)  
Roll Back Grasp The Sparrow's Tail  
Press  
Push  
Single Whip
- Descending Single Whip
34. Step Forward to Seven Stars
35. Step Back and Ride the Tiger
36. Turn the Body and Sweep the Lotus with Leg
37. Bend the Bow, Shoot the Tiger  
Step Forward, Deflect Downward, And Punch)  
Withdraw and Push  
Cross Hands  
Ending of T'ai Chi

## Notes

- Numbers in gray identify a unique posture
- Text in blue extends Repulse Monkey and Cloud Hands to five. This can be done to any odd number greater than three.