

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

1. Preparation
 2. Beginning
 3. Grasping the Sparrow's Tail, Ward-off Left
 4. Grasping the Sparrow's Tail, Ward-off Right
 5. Grasping the Sparrow's Tail, Rollback
 6. Grasping the Sparrow's Tail, Press
 7. Grasping the Sparrow's Tail, Push
 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
 19. Step Back to Repulse Monkey, Right
 20. Step Back to Repulse Monkey, Left
 21. Diagonal Flying
 22. Wave Hands in Clouds, Right
 23. Wave Hands in Clouds, Left
 24. Squatting Single Whip
 25. Golden Cock, Right
 26. Golden Cock, 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. Fair Lady Works at Shuttle, Right
 33. Fair Lady Works at Shuttle, 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