

T'ai Chi Ch'uan

(Cheng Man-Ching Short Form)

	Preparation	
1	Beginning	N
2	Grasp Sparrows Tail, Ward off Left	N
3	Grasp Sparrows Tail, Ward off Right	E
4	Roll Back, Press & Push	E
5	Single Whip	W
6	Lift Hands	N
7	White Crane Spreads Wings	W
8	Brush Knee and Push	W
9	Play the Lute	W
10	Brush Knee and Push	W
11	Embrace the Moon	SW
12	Swinging Fist	NW
13	Left Step Forward, Parry & Punch	W
14	Withdraw and Push	W
15	Cross Hands	N
16	Embrace Tiger, Return to Mountain	SE
17	Roll Back, Press & Push	SE
18	Slanting Single Whip	NW
19	Fist Under Elbow	W
20	Step Back, Repulse Monkey (3)	W
21	Diagonal Flying	NE
22	Wave Hands Like Clouds (3)	N
23	Single Whip	W
24	Snake Creeps Down	W
25	Golden Rooster Stands on One Leg (L & R)	W
26	High Pat on Horse, Separate Right Foot	NW
	High Pat on Horse, Separate Left Foot	SW
27	Turn & Strike with Left Heel	E
28	Brush Knee and Push (L & R)	E
29	Brush Knee, Punch Down	E
30	Ward off Right, Roll Back, Press & Push	E
31	Single Whip	W
32	Fair Lady Works at Shuttles (4)	CORNERS
33	Ward Off Left & Right, Roll Back, Press & Push	E
34	Single Whip	W
35	Snake Creeps Down	W
36	Step Forward to the Seven Stars	W
37	Step Back, Ride the Tiger	W
38	Sweep the Lotus	W
39	Bend Bow, Shoot Tiger	W
40	Swinging Fist	NW
41	Left Step Forward, Parry & Punch	W
42	Withdraw and Push	W
43	Cross Hands and Close	N