



Cheng Man-Ching's Sequence-37 Steps

Sequence	Health Benefits
Part I	
1. Preparation - Also known as wu chi or hun-yuan (Undifferentiated Unity)	
2. Beginning - or ch'i shih (where you perform the opening breath). Raise hands back and down, more familiarly known as "the ch'i exercise."	
(3a. Preparation for Ward Off, Left - where you relax your shoulders and gain spatial understandings)	
3. Ward Off, Left - Also known as tso peng, the foundation of Yang Tai Chi. This is also a great stance to practice rooting in.	
4. Ward Off, Right	
5. Roll Back - One of Professor Cheng's favorite defensive postures: essential for the small to overcome the large	
6. Press - an opportunity to transmit power through the wrist of the opposite-side hand	
7. Push - a vertical movement, unlike the Yang Style Long Form "Push." The knee and elbow coordinate in this posture.	
Postures 3 through 7 are collectively known as "Grasping the Sparrow's Tail", which gives the impression of one playing a tugging game with a bird. Your motions should move forward and backward, like waves lapping at the seashore.	This group of Postures act upon the eliminative organs of the body, i.e. colon, large intestine, etc. Also treats constipation.
8. Single Whip - An excellent posture for chi circulation	Benefits the liver and digestive tract and heals arthritic joints.
9. Raise Hands	Treat the liver and makes the spinal column more elastic.
10. Shoulder Stroke - A great inside fighting technique	Treat the central nervous system. Expand the back and chest.
11. White Crane Cools Wings	Treat the central nervous system and the full length of the vertebrae.
12. Brush Knee, Left	Treat the heart, lower digestive tract and stomach disorders.
13. Play Guitar - Also known as Play "Pipa"	Treat digestive disorders.
Repeat Brush Knee, Left	Treat the heart, lower digestive tract and stomach disorders.
14. Step Up and Block	Treat the glands. Benefits the stomach.
15. Parry and Punch - a neutralization is hidden here	

Postures 14 and 15 are collectively called Chin Pu, Pan Nan Ch'ui. Professor Cheng distinctly indicated there are two postures here.	
16. Apparent Close-up - Also called "Withdraw and Push"	Treat gastric problems.
17. Cross Hands	Benefits gastric problems
Part 2	
Posture 17 marks the end of the first section of the kung chia, which we call the "Short Half." This is because it contains approximately half of the total postures in the form and lacks some of the repetitions we find in the second half (thus requiring less time for its performance).	
18. Embrace or Carry Tiger and Return to Mountain	Assist gastric-intestinal functions and generally rejuvenate the organs.
This is followed by Roll Back, Press, Push; then Single Whip in the direction of the corner (or diagonal).	
19. Fist Under Elbow - A good stance to practice one-legged rooting	Help in weight loss. Benefits the large intestine and pancreas.
20. Step Back and Repulse Monkey, Right - Good for loosening hips and improving digestion (front-back foot placement)	Benefits the small and large intestines, gallbladder, kidneys and spinal cord.
21. Step Back and Repulse Monkey, Left - same as above	
Follow these with three more repetitions of Repulse Monkey: Right, Left, and Right.	
22. Diagonal Flying	Treat the lungs and small intestine.
23. Wave Hands Like Clouds, Left - Also good for loosening hips and improving digestion (side-to-side foot placement)	Treat the whole stomach area including spleen and pancreas.
24. Wave Hands Like Clouds, Right	
Follow these with three more repetitions of "Cloud Hands": Left, Right, and Left; then go into Single Whip.	
25. Single Whip, Lower Style - Also known as "Snake Creeps Up" (or Down). An excellent posture for increasing flexibility, power and single-weightedness	Treat the digestive tract and heal arthritic joints. Benefits the large intestine, kidneys and helps with general body conditioning.
26. Golden Cock Stands on One Leg, Right - Also known by "Golden Pheasant", this posture teaches balance	Treat stomach disorders.
27. Golden Cock Stands on One Leg, Left	
28. Separation of the Right Foot - Coordinates the hands with kicking	Help to treat excessive yang energy in the body, i.e. having a red face, too hot, etc. Also help to lose weight.
29. Separation of the Left Foot	
30. Turn Body and Kick With Heel - Teaches balance while turning and improves flexibility	Treat the kidneys and stomach.
This posture is followed by Brush Knee, Left and then Brush Knee, Right.	
31. Step Forward and Punch	Strengthen the legs and flexibility of the lower back. Benefits the stomach.
Part 3	
Next, step up into Ward Off, Right; followed by Roll Back, Press, Push, and Single Whip.	
32. Fair Lady Weaves (Works) Shuttle I - A textbook example of how defense proceeds offense in Tai Chi	Treat cramps, and the whole chest area is invigorated. Benefits the small intestine.
33. Fair Lady Weaves (Works) Shuttle II - A different hand position (opposing hand position).	

These postures are followed by Fair Lady Weaves Shuttle III & IV, which are all done towards different corners. Together they are called the "Four Corners". The "Four Corners" are followed by "Grasping the Sparrow's Tail" (Ward Off, Left & Right, Roll Back, Press, and Push), Single Whip, and "Snake Creeps Down" or Single Whip, Lower Style.	
Part 4	
34. Step Up to Seven Stars - A devastating solar plexus attack.	Improve blood circulation. Benefits the small intestine.
35. Retreat to Ride Tiger	
36. Turn Body Sweep Lotus Leg - Teaches balance while spinning with a crescent kick.	Treat yin dullness, i.e. introverted, sick, small, dull, pale, etc. Activate yang energy. Benefits the kidneys and spleen.
37. Bend Bow Shoot Tiger	Benefits the lungs.
This posture is followed by Step Up, Block, Parry and Punch then Apparent Close-up, and lastly Cross Hands, which leads to the close of the Tai Chi form	