

Cheng Man-ch'ing 37 Posture Yang family solo 'exercise'

Short Form, see CMC and RW Smith, ("T'ai Chi", 1967)

- Posture:
1. Preparation (empty, shift weight)
 2. Beginning (lift hands, turn to the right)
 3. Grasp Sparrow's Tail, Ward-off, Left
 4. " " , Ward-off, Right
 - 5, " " , Rollback
 6. " " , Press
 7. " " , Push
 8. Single Whip
 9. Lift Hands
 10. Lean Forward (shoulder)
 11. Stork Spreads Wings
 12. Brush Left Knee and Twist Step
 13. Play the Guitar
 - 13A. Repeat 12 (without lifting back foot)
 14. Step forward, deflect down, parry, punch
 15. Withdraw and push
 16. Cross hands
 17. Embrace Tiger, return to Mountain
 - 17 A, B, C, D. Repeat postures 5,6,7, 8. (sparrows tail)
 18. Punch under elbow
 19. Step back, repulse monkey, right
 20. Step back, repulse monkey, left - repeat
 21. Diagonal flying
 22. Wave Hands in Clouds, right
 23. Wave Hands in Clouds, left
 - 23A, B, C Repeat posture 22, 23, then 8 (single whip)
 24. Squatting single whip (snake creeps down)
 25. Rooster (golden cock on one leg), right
 26. Rooster, left

27. Separate Right Foot (touch)
28. Separate Left Foot (touch)
29. Turn and Strike with Heel
30. Brush Right Knee and Twist Step
31. Step forward and Strike with fist
- 31 ABCDE. Repeat posture 4,5,6,7,8 Sparrow's tail
32. Fair Lady Works Shuttles, Right
33. Fair Lady Works Shuttles, Left
33. A,B Repeat Fair Lady (32,33)
33. CDEFGH Repeat postures 3,4,5,6,7,8 Sparrow's tail
34. Step Forward to Seven Stars
35. Step Back and Ride Tiger
36. Turn Body and Sweep Lotus with Leg
- 37A. Repeat 14 Step, deflect, parry, punch
- 37B. Repeat 15, Withdraw and push
- 37C. Repeat 16, Cross Hands
- 37D. Conclusion.

5 Principles:

1. Sink and relax (first empty, breath, center, suspend)
2. Stay Vertical (suspend from crown of the head)
3. Move from the waist (differentiate from hips)
4. Yin/Yang, shift weight, empty/full
5. fair lady's wrists

Yang's 12 points: (1) sung (complete relaxation), (2) chen, (sink), (3) differentiate substantial and insubstantial, (4) sacrum erect, head and spine straight, (5) waist is immovable center, axis of all body movement, (6) grasp sparrow's tail like 2 people sawing wood, (7) put meaning in your hands, (8) be like a weighted doll, sink your center of gravity, (9) distinguish between tenacious (soft, elastic, active) energy and force (hard, inelastic), (10) practice the form as if drawing silk from a cocoon, slow and even, (11) don't go too far out, keep a shadow or protective aura, and (12) four ounces can defeat a thousand pounds.

3 Sources of chi: sun, air, food/water