

Zheng Manqing's (鄭曼青) 37-Posture Simplified Yang Style T'ai Chi Form

Sequence #	Hanzi	Pinyin	English
1	預備	yù bèi	preparation
2	起勢	qǐ shì	beginning
3	攬雀尾	lán què wěi	grasp the sparrow's (bird's) tail
4	棚履擠按	péng / bīng lǚ jǐ àn	ward off [left (左 zuǒ) and right (右 yòu)], roll back, press (squeeze), push (press)
5	單鞭	dān biān	single whip
6	提手	tí shǒu	lift hands
7	(右) 靠	(yòu) kào	lean forward (right) / (right) shoulder stroke
8	白(鵝)鶴亮翅	bái (é) hè liàng chì	white (goose) crane / stork spreads wings
9	(左) 擻膝拗步	(zuǒ) lǒu xī ǎo bù	(left) brush knee step forward
10	手揮琵琶	shǒu huī pí pá	play the pipa / strumming the lute
11	(左) 擻膝拗步	(zuǒ) lǒu xī ǎo bù	(left) brush knee step forward / brush knee twist step
12	進步搬攔捶	jìn bù bān lán chuí	step forward, deflect downward, parry, and punch
13	如封似閉	rú fēng sì bì	withdraw and push / seal tightly
14	十字手	shí zì shǒu	cross hands / apparent closing
15	抱虎歸山	bào hǔ guī shān	embrace (hug) tiger, return to mountain
16	履擠按	lǚ jǐ àn	roll back, press (squeeze), push (press)
17	斜單鞭	xié dān biān	oblique (diagonal) single whip

18	肘底捶	zhǒu dǐ chuí	punch under elbow / (right) fist under (left) elbow / look at fist under elbow
19	倒攆猴(右左右)	dào niǎn hóu (yòu zuǒ yòu)	step back and repulse monkey (right, left, right)
20	斜飛勢 / 斜飛式	xié fēi shì	diagonal (oblique) flying posture (style)
21	雲手(左右左右左)	yún shǒu (zuǒ yòu zuǒ yòu zuǒ)	cloud hands / wave hands like clouds (left, right, left, right, left)
22	單鞭	dān biān	single whip
23	蛇身下勢	shé shēn xià shì	snake creeps down / squatting single whip
24	金雞獨立(右左)	jīn jī dú lì (yòu zuǒ)	golden rooster (pheasant / cock) stands on one leg (right side, left side)
25	右分腳	yòu fēn jiǎo	separate right foot / right foot points
26	左分腳	zuǒ fēn jiǎo	separate left foot / left foot points
27	轉身蹬腳	zhuǎnshēn dēng jiǎo	turn (turn around) and kick (strike) with heel
28	(左右)擻膝拗步	(zuǒ yòu) lǚ xī ǎo bù	(left, right) brush knee step forward / brush knee twist step
29	進步栽捶	jìnbù zāi chuí	step forward strike (strike down) with fist / step forward punch low
30	上步攬雀尾	shàngbù lǎn què wěi	step forward grasp the sparrow's (bird's) tail {this includes the ward off right}
31	履擠按	lǚ jǐ àn	roll back, press (squeeze), push (press)
32	單鞭	dān biān	single whip
33	玉女穿梭(一二三四)	yù nǚ chuān suō (yī èr sān sì)	fair lady weaves at (works at) the shuttle (1, 2, 3, 4)
34	擻履擠按	péng / bīng lǚ jǐ àn	ward off [left (左 zuǒ) and right (右 yòu)], roll back, press (squeeze), push (press)
35	單鞭	dān biān	single whip

36	蛇身下勢	shé shēn xià shì	snake creeps down / squatting single whip
37	上步七星	shàngbù qīxīng	step forward (up) to seven stars
38	退步跨虎	tuìbù kuà hǔ	step back ride the tiger
39	轉身擺蓮	zhuǎn shēn bǎi lián	turn body (around) and sweep lotus with (right) leg
40	彎躬射虎	wān gōng shè hǔ	bend (pull) the bow, shoot the tiger
41	進步搬攔捶	jìn bù bān lán chuí	step forward, deflect downward, parry, and punch
42	如封似閉	rú fēng sì bì	withdraw and push / seal tightly
43	十字手	shízì shǒu	cross hands / apparent closing
44	合太極	hé tàijí	conclusion of taiji / closing taiji