

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

| Sequence # | Hanzi | Pinyin | English |
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| 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 |

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| 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)擽膝拗步 | (zuǒ yòu) lǒu 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 | 棚履擠按 | 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 |

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|----|-------|---------------------|---|
| 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 |