

## Cheng Man-Ching 37 Posture Form

### First Part

1. Preparation
2. Beginning
3. *Grasp the Sparrow's Tail: Ward Off Left*
4. *Grasp the Sparrow's Tail; Ward Off Right*
5. *Grasp the Sparrow's Tail: Roll Back*
6. *Grasp the Sparrow's Tail: Press*
7. *Grasp the Sparrow's Tail: Push*
8. *Single Whip*
9. Play Guitar
10. Lean Forward / Shoulder Strike
11. White Crane Spreads Wings
12. Brush Left Knee and Twist Step
13. Play Guitar  
Brush Left Knee and Twist Step
14. Step Forward, Deflect Down, Intercept and Punch
15. Withdraw and Push
16. Crossing Hands

### Second Part

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|---|---|
| 17. Embrace the Tiger to Return to the Mountain | <i>Grasp the Sparrow's Tail: Roll Back</i>      |
|   | <i>Grasp the Sparrow's Tail: Press</i>          |
| <i>Grasp the Sparrow's Tail; Ward Off Right</i> | <i>Grasp the Sparrow's Tail: Push</i>           |
| <i>Grasp the Sparrow's Tail: Roll Back</i>      | <i>Single Whip</i>                              |
| <i>Grasp the Sparrow's Tail: Press</i>          | 32. Fair Lady Works at Shuttles (Right)         |
| <i>Grasp the Sparrow's Tail: Push</i>           | 33. Fair Lady Works at Shuttles (Left)          |
| <i>Single Whip to corner</i>                    | <i>Grasp the Sparrow's Tail: Ward Off Left</i>  |
| 18. Fist Under Elbow                            | <i>Grasp the Sparrow's Tail; Ward Off Right</i> |
| 19. Repulse Monkey (Right)                      | <i>Grasp the Sparrow's Tail: Roll Back</i>      |
| 20. Repulse Monkey (Left)                       | <i>Grasp the Sparrow's Tail: Press</i>          |
| 21. Diagonal Flying                             | <i>Grasp the Sparrow's Tail: Push</i>           |
| 22. Wave Hands in the Clouds                    | <i>Single Whip</i>                              |
| 23. Single Whip                                 | Snake Creeps Down                               |
| 24. Snake Creeps Down                           | 34. Step Forwards to the Seven Stars            |
| 25. Golden Cockerel Stands on Left Leg          | 35. Step Back to Ride the Tiger                 |
| 25. Golden Cockerel Stands on Right Leg         | 36. Turn Body and Sweep Lotus with Leg          |
| 27. Separate Right Foot                         | 37. Bend the Bow to Shoot the Tiger             |
| 27. Separate Left Foot                          | Step Forward, Deflect Down, Intercept and Punch |
| 28. Turn Around and Strike with Heel            | Withdraw and Push                               |
| 30. Brush Knee Left; Brush Knee Right           | Crossing Hands                                  |
| 31. Step Forward and Strike with Fist           | Conclusion                                      |
| <i>Step Forward and Ward Off Right</i>          |   |