

Zheng Manqing (Cheng Man-ch'ing) 37-posture Short Form

1. Open the Feet
2. Preparation Movement
3. Ward Off (right and left)
4. Grasp the Bird's Tail – Ward Off
5. Grasp the Bird's Tail – Pull Back
6. Grasp the Bird's Tail – Press
7. Grasp the Bird's Tail – Push
8. Single Whip
9. Raise Hands
10. Shoulder Strike
11. White Stork Spreads its Wings
12. Brush Knee & Twist Step
13. Play the Guitar
Brush Knee & Twist Step
14. Step Up Block, Parry & Punch
15. Apparent Closing
16. Cross Hands
17. Carry Tiger to Mountain
Grasp the Bird's Tail – Pull Back
Grasp the Bird's Tail – Press
Grasp the Bird's Tail – Push
Diagonal Single Whip
18. Daoist immortal Flaps Sleeves & Fist under Elbow
19. Step Back and Repulse Monkey (1st right)
20. Step Back and Repulse Monkey (1st left)
Step Back and Repulse Monkey (2nd right)
Step Back and Repulse Monkey (2nd left)
Step Back and Repulse Monkey (3rd right)
21. Slanting Flying
22. Wave hands like Clouds (1st right)
23. Wave hands like Clouds (1st left)
Wave hands like Clouds (2nd right)
Wave hands like Clouds (2nd left)

- Wave hands like Clouds (3rd right)
- Wave hands like Clouds (3rd left)
- Wave hands like Clouds (4th left)
- Single Whip
- 24. Snake Creeps Down
- 25. Golden Cock Stands on Left Leg
- 26. Golden Cock Stands on Right Leg
- 27. Separation of Right Leg
- 28. Separation of Left Leg
- 29. Turn and Kick with Sole
- 30. Brush Knee and Twist Step (left & right)
- 31. Step Bend and Punch
 - Grasp the Bird's Tail – Ward Off
 - Grasp the Bird's Tail – Pull Back
 - Grasp the Bird's Tail – Press
 - Grasp the Bird's Tail – Push
 - Single Whip
- 32. Fair Lady Works at Shuttles (Corner 1)
- 33. Fair Lady Works at Shuttles (Corner 2 - 4)
 - Ward Off (left & right)
 - Grasp the Bird's Tail – Pull Back
 - Grasp the Bird's Tail – Press
 - Grasp the Bird's Tail – Push
 - Single Whip
 - Snake Creeps Down
- 34. Step Up to Form Seven Stars
- 35. Retreat to Ride Tiger
- 36. Turn and Sweep Lotus with Leg
- 37. Shoot Tiger with Bow
 - Step Up Block, Parry & Punch
 - Apparent Closing
 - Cross Hands
 - Conclusion of Tai Chi
 - Close the Feet