

# Cheng Man-Ch'ing Yang Style Form

## Section One

- Preparation
- Beginning

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| <ul style="list-style-type: none"><li>• Ward off Left Hand</li><li>• Ward off Right Hand</li><li>• Roll Back</li><li>• Press</li><li>• Push</li></ul> | <b>Grasp the Sparrow's Tail Sequence</b> |
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- Single Whip
- Lifting Hands
- Shoulder Strike
- White Crane Spreads Its Wings
- Brush Left Knee and Twist Step
- Playing the Guitar
- Brush Left Knee and Twist Step
- Step Forward
- Deflect Downward
- Parry and Punch
- Withdraw and Push
- Crossing Hands

## Section Two

- Embrace the Tiger, Return to Mountain
- Roll Back
- Press
- Push
- Single Whip
- Fist Under Elbow
- Step Back and Repulse Monkey (Right – 3)
- Step Back and Repulse Monkey (Left – 2)
- Diagonal Flying
- Waving Hands like Clouds (Face Right – 5)
- Waving Hands like Clouds (Face Left – 4)
- Single Whip
- Snake Slides Down
- Golden Pheasant Stands on Left Leg
- Golden Pheasant Stands on Right Leg
- Separate the Right Foot
- Separate the Left Foot
- Turn and Strike with Heel
- Brush Left Knee and Twist Step
- Brush Right Knee and Twist Step
- Step Forward and Strike with Fist (Low Punch)
- Step Forward and Ward off Right
- Roll Back
- Press
- Push
- Single Whip

## Section Three

### Four Corners

- Fair Lady Weaving the Shuttle (Left)
- Fair Lady Weaving the Shuttle (Right)
- Fair Lady Weaving the Shuttle (Left)
- Fair Lady Weaving the Shuttle (Right)
- Ward off with Left Hand
- Ward off with Right Hand
- Roll Back
- Press
- Push
- Single Whip
- Snake Slides Down
- Step Forward to Seven Stars
- Step Back to Ride the Tiger
- Turn the Body and Sweep the Lotus with Leg
- Bend the Bow to Shoot the Tiger
- Step Forward
- Deflect Downward
- Parry and Punch
- Withdraw and Push
- Crossing Hands
- Conclusion