

Yang Simplified Form (Cheng Man-ch'ing) Postures

1. Preparation
2. Beginning - Raise Arms
3. Ward Off Left
4. Ward Off Right
5. Roll Back
6. Press
7. Push
8. Single Whip
9. Lift Hands
10. Lean Forward - Elbow Strike
11. Stork Spreads Wings
12. Brush Left Knee Twist Step
13. Play Guitar
14. Step Forward, Deflect Downward, Parry and Punch
15. Withdraw & Push
16. Cross Hands
17. Embrace Tiger Return to Mountain
 - Grasp Sparrows Tail
 - Single Whip (northwest)
18. Punch Under Elbow
19. Step Back Repulse Monkey right
20. Step Back Repulse Monkey left
 - Step Back Repulse Monkey right
21. Diagonal Flying
22. Wave Hands in Clouds right
23. Wave Hands in Clouds left then right, then Single Whip
24. Squatting Single Whip
25. Golden Cock Stands on One Leg right
26. Golden Cock Stand on One Leg left
27. Separate right Foot
28. Separate left Foot
29. Turn and Strike with Heel
 - Brush Knee Twist Step east
30. Brush Right Knee and Twist Step
31. Step Forward and Strike Downward with Fist
 - Grasp Sparrows Tail
 - Single Whip
32. Fair Lady Works at Shuttles right
33. Fair Lady Works at Shuttles left
 - Fair Lady right
 - Fair Lady left
 - Grasp Sparrows Tail
 - Single Whip
 - Squatting Single Whip
34. Step Forward to Seven Stars
35. Step Back and Ride Tiger
36. Turn Body and Sweep Lotus with Leg
37. Bend Bow and Shoot Tiger
 - Step Forward, Deflect Downward, Parry & Punch
 - Withdraw & Push
 - Conclusion