



## Chen Man-ching Form

Commencement of Tai Chi Chuan	Single Whip
Grasp Sparrow's Tail Sequence	Snake Creeps Down
Grasp The Bird's Tail Right (Ward Off Right)	Golden Cock Stands On One Leg (Right)
Grasp The Bird's Tail Left (Ward Off Left)	Golden Cock Stands On One Leg (Left)
Ward Off Slantingly Upwards	High Pat On The Horses Mane (Right)
Roll Back	Kick With Toe Right (Twice)
Press	Parting Wild Horses Mane
Roll Back	Separate & Kick
Single Whip	Turn 180 Degrees
Raised Hands	Separate & Kick
Elbow Stroke	Left Brush Knee
Shoulder Stroke	Right Brush Knee
Stork Spreads Its Wings	Roll Back
Left Brush Knee	Step Up
Twist Step Back	Deflect Downward
Play The Guitar	Parry & Punch (Pubis)
Stork Cools Its Wings	Roll Back
Left Brush Knee	Grasp Sparrow's Tail Sequence
Roll Back	Single Whip
Step Up	Fair Maiden Works The Shuttle
Deflect Downward Parry & Punch	Grasp Sparrow's Tail Sequence
Crossed Hands	Single Whip
Apparent Close Up	Snake Creeps Down
Carry The Tiger To The Mountain	Step Up & Form The Seven Stars
Grasp Sparrow's Tail Sequence	Retreat To Ride The Tiger
Diagonal Single Whip	Turn & Lotus Kick
Fist Under Elbow	Bend The Bow & Shoot Tiger
Repulse The Monkey	Circle Fist
Slanted Flying	Deflect Downward
Needle At The Sea Bottom	Parry & Punch
Fanning Through The Back	Crossed Hands
Wave Hands Like Clouds	Conclusion of Tai Chi Chuan