



SOUTH LONDON T'AI CHI

Cheng Man-ch'ing's Yang - Short Form T'AI-CHI SYLLABUS FOR STAGE I

The British T'ai-Chi Chuan Association begins by teaching in its centers the Yang Style Short Form in three terms. This is the first Stage and contains the 1st Principles of T'ai-Chi. The syllabus is as follows:

Short Form Demonstration by (Dr. Chi Chiang Tao):

Dr. Chi Short Form Demonstration 1

Dr. Chi Short bForm Demonstration 2

Lee Chan- Cheng Man Ching Style Taichi with Small variation with Dr Chi version:

<https://www.youtube.com/watch?v=Ihwz94E-Rs8&t=117s>

FIRST TERM

1. Attention
2. Preparation
3. Beginning

4. Ward Off Left
5. Ward Off Right
6. Roll Back
7. Press
8. Push

9. Single Whip

10. Lifting Hands
11. Shoulder Stroke

Grasp Sparrows Tail

12. White Crane Spreading Wings
13. Brush Left Knee and Push

14. Play Guitar
15. Brush Left Knee and Push

16. Step Forward, Deflect Downwards, Intercept and Punch

17. Withdraw and Push
18. Crossing Hands

19. Embrace Tiger to Return to Mountain
20. Roll Back

SECOND TERM

21. Press
22. Push
23. Diagonal Single Whip



SOUTH LONDON T'AI CHI

24. Punch Under Elbow
25. Step Back to Repulse Monkey (R)
26. Step Back to Repulse Monkey (L)
27. Step Back to Repulse Monkey (R)
28. Diagonal Flying
29. Waving Hands in the Clouds (R)
30. Waving Hands in the Clouds (L)
31. Waving Hands in the Clouds (R)
32. Waving Hands in the Clouds (L)
33. Waving Hands in the Clouds (R)
34. Waving Hands in the Clouds (L)
35. Single Whip
36. Squatting Single Whip
37. Golden Rooster Stands on One Leg (L)
38. Golden Rooster Stands on One Leg (R)
39. Separate Right Foot
40. Separate Left Foot
41. Brush Left Knee
42. Needles at Sea Bottom
43. Iron Fan Penetrates Back
44. Turn Body, Chop and Push

THIRD TERM

45. Step Forward, Deflect Downwards, Intercept and Punch
46. Kick with Heel (R)
47. Brush Right Knee and Push
48. Brush Left Knee and Punch Downwards
49. Ward Off Right
50. Roll Back
51. Press
52. Push
53. Single Whip

Grasp Sparrows Tail

54. Fair Lady Weaves Shuttles (R)
55. Fair Lady Weaves Shuttles (L)
56. Fair Lady Weaves Shuttles (R)
57. Fair Lady Weaves Shuttles (L)
58. Ward Off Left



SOUTH LONDON T'AI CHI

59. Ward Off Right

60. Roll Back

61. Press

62. Push

63. Single Whip

Grasp Sparrows Tail

64. Squatting Single Whip

65. Step Forward to the Seven Stars

66. Step Back to Ride Tiger

67. Turn Body and Sweep Lotus with Leg

68. Bend Bow to Shoot Tiger

69. Step Forward, Deflect Downwards, Intercept and Punch

70. Withdraw and Push

71. Crossing Hands

72. Conclusion

73. Attention

Further Stages teach higher levels of T'ai-Chi and include instructor training as well.

Copyright BTCCA 1977