

Overview of the First Third of Professor Cheng's simplified Yang style T'ai Chi Ch'uan form

Posture	Orientation	Weighted Leg	Weight distribution (L/R)	Notes
0. Stillness	^ North ^		50/50	Wu Wei
1. Preparation	^ North ^		50/50	Shoulder Width
2. Beginning	^ North ^		50/50	
3. Ward Off Left	^ North ^	Left	70/30	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> Ward Off, Rollback, Press and Push are collectively known as Grasping the Sparrow's Tail </div>
4. Ward Off Right	East--->	Right	30/70	
5. Rollback	East--->	Left	100/0	
6. Press	East--->	Right	30/70	
7. Push	East--->	Right	30/70	
8. Single Whip	<---West	Left	70/30	Get-Away Room Series
9. Lift Hands	^ North ^	Left	100/0	
10. Shoulder	^ North ^	Right	30/70	
11. Stork Spreads Wings	<---West	Right	0/100	
12. Brush Knee (Left)	<---West	Left	70/30	
13. Play Guitar	<---West	Right	0/100	
13a. Brush Knee (Left)	<---West	Left	70/30	Notice Cross-Nerve Energy
14. SFDDP& Punch	<---West	Left	70/30	
15. Withdraw and Push	<---West	Left	70/30	
16. Cross Hands	^ North ^	Left	100/0	
17. Conclusion	^ North ^		50/50	

In all front-weighted postures, front leg is 70; in all rear-weighted postures, rear leg is 100.

Stand like a Mountain; Move like a Great River--T'ai Chi Classics

Gradually, Gradually, Gradually--Professor Cheng

Be like a child--R W Smith

Whatever you feel, ask it to relax; give it positive energy--W D Conner