

Cheng Man-ching Modified Form

Beginning
Raise Hands
Grasp Sparrow's Tail
Ward Off Left
Ward Off Right
Roll Back
Press
Push
Single Whip
Lift Hands
Lean Forward
White Crane Spreads Wings
Brush Left Knee and Push
Play Lute
Brush Left Knee and Push
Step Forward, Parry and Punch
Withdraw and Push
Cross Hands
Embrace Tiger, Return to Mountain
Grasp Sparrow's Tail
Roll Back
Press
Push
Diagonal Single Whip
Fist Under Elbow
Step Back, Repulse Monkey
Right
Left
Right
Diagonal Flying
Wave Hands in Clouds
Single Whip
Snake Creeps Down
Golden Rooster Stands on Left Foot
Golden Rooster Stands on Right Foot
High Pat on Horse
Separate Right Foot
High Pat on Horse
Separate Left Foot
Turn and Strike with Left Heel
Brush Left Knee and Push
Brush Right Knee and Push
Brush Left Knee and Punch Low
Grasp Sparrow's Tail
Ward Off Right
Roll Back
Press
Push
Single Whip
Fair Lady Works at Shuttle (4 Corners)
Grasp Sparrow's Tail
Ward Off Left
Ward Off Right
Roll Back
Press
Push
Single Whip
Snake Creeps Down
Step Forward to the Seven Stars
Step Back and Ride the Tiger
Sweep and Lotus Kick
Bend Bow, Shoot Tiger
Step Forward, Parry and Punch
Withdraw and Push
Cross Hands
Closing Form