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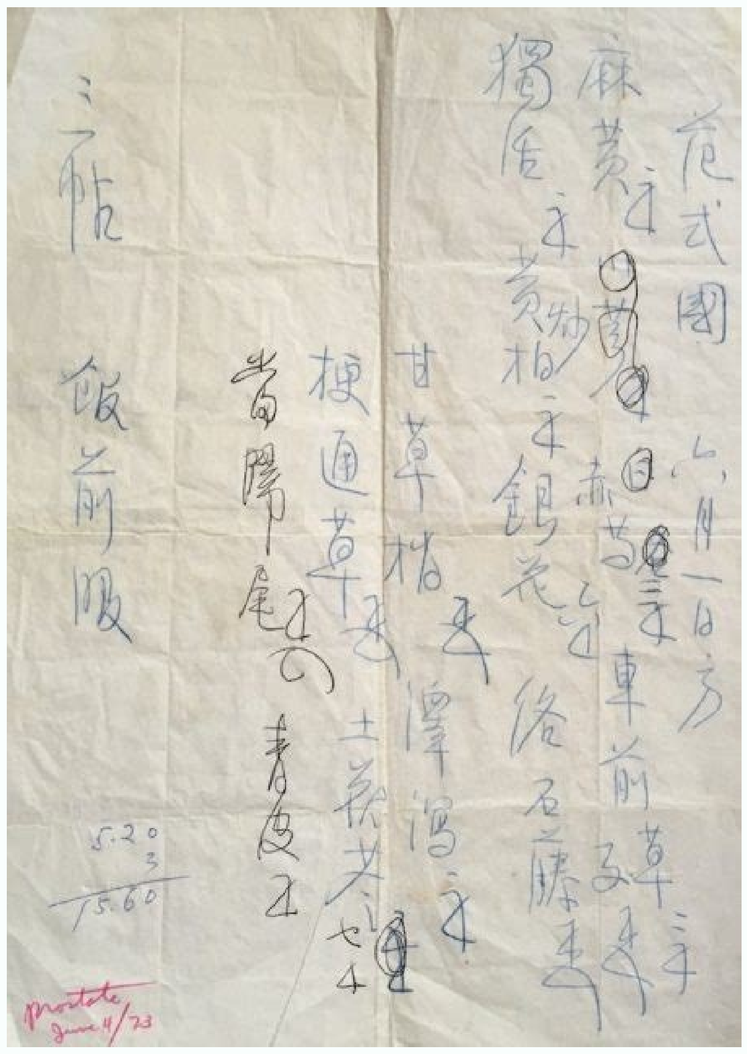
Cheng man ching



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4. Excellent posture to increase flexibility, power and unique ³. 26. Turn the body and kick with the ³ n "teach the balance while you are converting and improve flexibility. This posture follows the knee, left and then brushes the knee, right. The golden cock is placed on one leg, left 28.37. The combination ³ highly developed softness, sensitivity and energy, as cultivated by the teacher's form with hidden martial applications, which makes this form particularly powerful. Professor Cheng was one of the most accomplished students of Yang Cheng-Fu, and was given special permission to shorten the form so that he could teach it more quickly to the Chinese military during World War II. Bend Bow Shoot Tiger This stance is followed by the step up, block, stop and hit the foreground, and finally hands crossed, leading to the closure of Tai Chi's Form 18. Their movements must move forward and backward, like the lapping waves on the seashore. The white cadre faces the wings 12. one of Professor Cheng's favorite defensive stances: essential for children to exceed the great 62. 22. Stroy of the shoulder: a great combat technique within 11. PREPARATION N: Also known as Wu Chi or Hun-Yuan (undifferentiated unit) 2. Positions 3 to 7 are collectively known as "greasing the tail of the gorri³ n, which gives the impression³ n of a playing a game with a pitcher. Push: a vertical movement, unlike the long shape of the yang "" Push " style. The knee and elbow coordinate in this posture. Lady Teje Fair (works) Shuttle II: a different hand position ³ (position ³ the opposite hand). Pu±o under elbow: a good posture to practice ³ one leg 20. 35. 19. Press "An opportunity to transmit energy through The handwriting of the hand on the opposite side 7. Intensify and block 15. Turn the body sweep Lotus leg: teach the balance while turning with a half-moon kick. 31. The original form of Tai Chi consisted of 13 postures, based on the 8 trigrams. Trigrams 5 elements. Ward Off, Left Also known as tso peng, the foundation of Yang Tai Chi. Fair Lady Weaves (Works) Shuttle Iâ2 A textbook example of how the defense proceeds to offense in Tai Chi 33. Rise to Seven Stars “A devastating attack on the solar plexus. Hug Tiger, Back to the Mountain This is followed by Roll Back, Press, Push; then a single whip in the direction of the corner (or diagonal). Single Whip is an excellent posture for the circulation of chi 9. The “Four Corners” are followed by “Catch the Tail” of the Sparrow (Ward Off, Left and Right, Roll Back, Press and Push), Single Whip, and “Snake Creeps Down” or Single Whip, Lower Style. Professor Cheng Man-Ching studied the long form of the Yang style with Yang Cheng-Fu, from the famous lineage of the Yang family. Crossed Hands Posture 17 marks the end of the first section of kung chia, which we call the “Short Half.” This is because it contains about half of the total postures of the shape and lacks some of the repetitions we find in the second half (therefore, it requires less time for its execution). Beginning “or chai shih (where you perform the opening breath). Golden Cock is held on one leg, right “Also known as “Golden Pheasant”, this posture teaches balance 27. Despite the changes made by Professor Cheng, his form does not betray his martial roots. Repeat guitar also known as Repeat brush knee, left 14. Raise your hands back and down, more familiarly known as “the chââi exercise.” (3a. Step Back and Repulse Monkey, Right “Good for loosening the hips and improving digestion (front and back foot placement) 21. The 37 postures of the form of Professor Cheng Man-ChingÃ¢ are as follows: 1. Separation of the left foot 30. 8 o’clock. Professor Cheng clearly indicated that there are two positions abirra abirra aicah osap nu ,etneiugiS hcnuP y etnaleda osaP .selanigiro selaicram senoicacilpa sal n¡Átse sarutsop sal ed ortned satlucO .ogiarra racitcarp arap arutsop narg anu n©Ãibmat se atsE Ward Off, Right; followed by Roll Back, Press, Push and Single Whip. Called the short form of the Yang style during his life, today the form created by Professor Cheng is called the Cheng Man-Ching form, because although his version³ at the end of the form follows roughly the long form of the Yang style, the sense of it is quite different. Hand wave as clouds, right Follow these with three repetitions more than Ã¢ Â Hands of the cloudÂ Â : Left, Right and Left; then go ³ to Single Whip. One of Tai Chi's most practiced styles, Yang Style Long Form, uses a shape with 108 postures and generally takes at least 20 minutes to complete. This short form of 37 postures eliminates many of the repetitions that exist in the long form, maintaining its essence. Professor Cheng taught it for the rest of his life, continuously modifying it in terms of the general forms of postures and transforming it ultimately into a form designed primarily for the cultivation of energy (chÃ¢ Â i) and health, which differs from its mother form which was designed primarily for martial purposes. Wavy hands like clouds, left Ã¢ Â Â It's also good for loosening hips and improving digestibilityÃ n (³ placement of feet from side to side) 24. 25. Brush knee, left 13. 16. Step back and Repulse the monkey, left Ã¢ Â same as the previous Follow these with three more repetitions of Repulse the monkey: Right, Left and Right. Separation ³ the Right Foot Ã¢ Coordinates hands with kicks 29. Parry and Punch Ã¢ Â a neutralization is hidden here³ Positions 14 and 15 are collectively called Chin Pu, Pan Nan ChÃ¢ Â Â ui. Professor Cheng states that one must take at least 7 minutes to complete his form for health benefits, and 10-12 minutes for Ã¢ Â Â something more Ã¢ Â Â . 32. Apparent foreground Ã¢ Â Also Â called Ã¢ Â Remove and Push Ã¢ Â 17. Ward Off, 5. Diagonal Flying 23. Together they are called Four Corners. These postures are followed by Fair Lady Weaves Shuttle III & IV, which are all made towards corners. Tiger riding retreat 36. Individual whip, lower style, also known as "crawls" (or below). Tie your hands 10. Preparation ³ the living room, on the left: where he relaxes his shoulders and gains spatial understandings) 3. The number of postures in different styles of Tai Chi varÂa enormously. 34. 34.

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