

Table: Cheng Ming Tai Chi Chuan performances

1st section *(4.5min-5.5min)	2nd section	3rd section	4th section
1 hun yuan zhuang standign meditation	14 shi zi shou cross hands	28 fan shen pie shen chui turn around skip body fist	41 fan shen pie shen chui turn around skip body fist
2 kai tai chi start tai chi	15 xie lou xi ao bu diagonal brush knee and opp. step	29 tui bu ban lan chui step back and block	42 shang bu you gao tan ma step up right side get on a horse
3 shang bu da chi step up and push	16 zhuan shen bao hu gui shan turn torso embrace tiger back to Mt.	30 huo bu lan chue wei moving step grasp bird's tail	43 you fen jiao right toe kick
4 you pi pa shi holding right pi pa(playing pi pa right side)	17 lan chue wei grasp bird's tail	31 dan bian single whip	44 tui bu you dan hu shi step back right side, hit the tiger
5 lan chue wei grasp bird's tail	18 xie dan bian diagonal single whip	32 yun shou cloud hands	45 you guan chuan right straight fist
6 xie dan bian diagonal single whip	19 zhuan shen zhou di kan chui turn torso lock fist at bottom of elbow	33 dan bian single whip	46 tui bu zuo dan hu shi step back left side, hit the tiger
7 zuo you ban lan left and right block	20 ao bu dao nian hou repulse monkey opposite step	34 you gao tan ma right side get on a horse	47 zuo guan chuan left straight fist
8 ti shou shang shi step up raise hands	21 xie fei shi diagonal flying posture	35 you fen jiao right toe kick	48 you deng jiao right heel kick
9 bai he liang chi white crane opens its wings	22 zuo you ban lan left right block	36 zuo goa tan ma left side get on a horse	49 shuang feng guan er double knock the ears
10 lou xi au bu brush knee and opp. step	23 ti shou shan shi step up raise hands posture	37 zuo fen jiao left toe kick	50 zuo pan shi sit and twist posture
11 zuo pi pa shi holding left pi pa	24 bai he liang chi white crane opens its wings	38 zhuan shen deng jiao turn around heel kick	51 pi shen chuai jiao left side kick
12 bing bu jin bu ban lan chui step together, step up and block	25 lou xi ao bu brush knee and opp. step	39 lou xi ao bu brush knee opp. step	52 zhuan shen you cai jiao turn around, step diagonal right kick
13 ru feng si bi hinged door block	26 hai di zhen needle at bottom of sea	40 ti tui xia zai chui lift knee low fist	53 bing bu jin bu ban lan chui step together, step up and block
14 shi zi shou cross hands	27 shan tong bei fan thru the back	41 fan shen pie shen chui turn around skip body fist	54 ru feng si bi hinged door block
	28 fan shen pie shen chui turn around skip body fist		55 shi zi shou cross hands

5th section	6th section	7th section	Directions of performance.
55 shi zi shou cross hands	69 you jin ji du li right, golden rooster stands on one leg	85 luo bu zuo pi mian zhang step down, left strike face palm	showing stretches, relaxation, soft and in no hurry.
56 xie lou xi ao bu diagonal brush knee and opp. step	70 shun bu dao nian hou repulse monkey same leg and hand	86 zhuan shen dan bai jiao turn around single crossing kick	
57 zhuan shen bao hu gui shan turn torso embrace tiger back to Mt.	71 xie fei shi diagonal flying posture	87 shang bu zhi dang chui step up straight fist	
58 lan chue wei grasp bird's tail	72 zuo you ban lan left right block	88 shang bu lan chue wei step up grasp bird's tail	
59 xie dan bian diagonal single whip	73 ti shou shang shi step up raise hands posture	89 dang bian single whip	
60 ye ma fen zong part wild horses mane	74 bai he liang chi white crane opens its wings	90 xia shi down posture	
61 yu nyu chuan suo fair lady weaving	75 lou xi ao bu brush knee opposite step	91 shang bu cyi xing step up seven stars	
62 dian bu lan chue wei half step up, grasp bird's tail	76 hai di zhen needle at bottom of sea	92 tui bu kua hu step back over the tiger	
63 dan bian single whip	77 shan tong bei fan thru the back	93 zhuan shen zuo pi mian zhang turn left strike face palm	
64 yun shou cloud hands	78 fan shen pie shen chui turn around skip body fist	94 shuang bai jiao double crossing kick	
65 dan bian single whip	79 shang bu ban lan chui step up block and punch	95 wang gong she hu arch bow, shoot tiger	
66 xia shi down posture	80 shang bu lan chue wei step up grasp bird's tail	96 rao bu ban lan chui round step block fist	
67 zuo jin ji du li left, golden rooster stands on one leg	81 dan bian single whip	97 ru feng si bi hinged door block	
68 luo bu you pi mian zhang step down right strike face palm	82 yun shou cloud hands	98 shi zi shou cross hands	
69 you jin ji du li right, golden rooster stands on one leg	83 dan bian single whip	99 pan tai chi board shape tai chi (crossing each hands like round board shape)	
	84 ti tui you gao tan ma right leg steps up, lift knee and get on a horse	100 he tai chi closing tai chi	
	85 luo bu zuo pi mian zhang step down, left strike face palm		