

Chiron Tai Chi Chuan & Chi Kung Student's Feedback Form No. 1

Cheng Man-Ching Short Form

Section 1

Names of Postures	CP	CS	D	Y/Y	Co.	ST	I/F	BTS	R/S	AA	MS
Preparation											
Lift hands											
Ward Off Left											
Ward Off Right											
Roll Back											
Press											
Push											
Single Whip											
Play guitar											
Shoulder Stroke											
White Crane Spreads Wings											
Brush Left Knee & Push											
Play Guitar											
Brush Left Knee & Push											
Step Up Parry & Punch											
Push											
Cross Hands											

Key to Notes

Correct Posture = CP

Correct Stance = CS

Direction - D

Distinguishing Yin & Yang = Y/Y

Coordination = Co.

Smooth Transition = ST

Intent & Focus = I/F

Balanced Turning & Stepping = BTS

Relaxation & Softness = R/S

Aesthetic Appearance = AA

Martial Spirit = MS

Student's Name: _____

Period of Study _____

Date of Feedback _____

Comments:

Signed by: _____