Chiron Taijiquan & Qigong

Student's Feedback Form No. 2

Cheng Man-Ching Short Form

Section 2

Cross Hands											
Ward Off Right											
Roll Back											
Press											
Push											
Single Whip (NW)											
Step, Parry & Punch											
Punch Under Elbow											
Step Back To Repulse Monkey (L,R,L)											
Diagonal Flying											
Waving Hands in Clouds (3)											
Single Whip											
Snake Creeps Down											
Golden Rooster Stands on One (L) Leg											
Golden Rooster Stands on One (R) Leg											
Separate Hands & Feet (R)											
Separate Hands & Feet (L)											
Brush Left Knee and Push											
Needles to Sea Bottom											
Iron Fan											
Elbow Stroke											
Chop and Push											
Step up Parry & Punch											
Kick with Right Heel											
Brush Right Knee and Push											
Punch Down											
Hold the Ball											
Ward off Right											
Roll Back											
Press											
Push											
Single Whip											
Fair Lady Plays at Shuttles											
Ward Off Left											
Ward off Right											
Roll Back											
Press											
Push											
Single Whip											
Snake Creeps Down											
Salute the Seven Stars											
Ride The Tiger											
Feint to Left											
360 Degree Turn											
Sweep the Lotus Kick											
Bend Bow to Shoot the Tiger											
Step up Parry & Punch											
Push											
Cross Hands											
Finish											

Student's Name:

Period of Study

Date of Feedback

Comments:

Signed by: