

AWARENESS TAI CHI

108 MOVE SET LIST



"ONE STEP AT
A TIME"



- 1 - Opening Of Tai Chi**
- 2 - Left Grasp Bird's Tail**
- 3 - Grasp Bird's Tail**
- 4 - Whip To One Side**
- 5 - Step Up And Raise Hands**
- 6 - White Stork Spreads Wings**
- 7 - Left Brush Knee**
- 8 - Strum The Pei Pa**
- 9 - Left Brush Knee**
- 10 - Right Brush Knee**
- 11 - Left Brush Knee**
- 12 - Strum The Pei Pa**
- 13 - Left Brush Knee**
- 14 - Chop With Fist**
- 15 - Step Up, Deflect, Parry, Punch**
- 16 - Apparent Close Up**
- 17 - Cross Hands**
- 18 - Carry Tiger To Mountain**
- 19 - Diagonal Single Whip**
- 20 - Fist Under Elbow**
- 21 - Step Back To Ward Off Monkey (Right)**
- 22 - Step Back To Ward Off Monkey (Left)**
- 23 - Step Back To Ward Off Monkey (Right)**
- 24 - Flying At A Slant**
- 25 - Step Up And Raise Hands**
- 26 - White Stork Spreads Wings**
- 27 - Left Brush Knee**
- 28 - Needle At Sea Bottom**
- 29 - Fan Penetrates Through The Back**
- 30 - Turn And Chop With Fist**
- 31 - Chop With Fist, Then Step Up, Deflect, Parry, Punch**
- 32 - Grasp Bird's Tail**
- 33 - Whip To One Side**
- 34 - Wave Hands Like Clouds (Five times)**
- 35 - Whip To One Side**

- 36 - High Pat On Horse**
- 37 - Separation Right Foot**
- 38 - Separation Left Foot**
- 39 - Turn And Kick With Left Foot**
- 40 - Left Brush Knee**
- 41 - Right Brush Knee**
- 42 - Step Up And Punch Low**
- 43 - Turn And Chop With Fist**
- 44 - Chop With Fist, Then Step Up, Deflect, Parry, Punch**
- 45 - Kick With Right Foot**
- 46 - Strike Tiger Left**
- 47 - Strike Tiger Right**
- 48 - Kick With Right Foot**
- 49 - Strike Ears With Fists**
- 50 - Kick With Left Foot 90° Degrees**
- 51 - Turn And Kick With Right Foot**
- 52 - Chop With Fist**
- 53 - Step Up, Deflect, Parry, Punch**
- 54 - Apparent Close Up**
- 55 - Cross Hands**
- 56 - Carry Tiger To Mountain**
- 57 - Horizontal Whip To One Side**
- 58 - Parting Wild Horse's Mane (Right)**
- 59 - Parting Wild Horse's Mane (Left)**
- 60 - Parting Wild Horse's Mane (Right)**
- 61 - Parting Wild Horse's Mane (Left)**
- 62 - Parting Wild Horse's Mane (Right)**
- 63 - Left Grasp Bird's Tail**
- 64 - Grasp Bird's Tail**
- 65 - Whip To One Side**
- 66 - Fair Lady Works Shuttles (Left)**
- 67 - Fair Lady Works Shuttles (Right)**
- 68 - Fair Lady Works Shuttles (Left)**
- 69 - Fair Lady Works Shuttles (Right)**
- 70 - Left Grasp Bird's Tail**
- 71 - Grasp Bird's Tail**
- 72 - Whip To One Side**

- 73 - Wave Hands Like Clouds (Seven times)**
- 74 - Whip To One Side**
- 75 - Creeping Low Like A Snake**
- 76 - Golden Cock Stands On Left Leg**
- 77 - Golden Cock Stands On Right Leg**
- 78 - Step Back To Ward Off Monkey (Right)**
- 79 - Step Back To Ward Off Monkey (Left AND Right)**
- 80 - Flying At A Slant**
- 81 - Step Up And Raise Hands**
- 82 - White Stork Spreads Wings**
- 83 - Left Brush Knee**
- 84 - Needle At Sea Bottom**
- 85 - Fan Penetrates Through The Back**
- 86 - White Snake Turns And Puts Out Tongue**
- 87 - Chop With Fist, Then Step Up, Deflect, Parry, Punch**
- 88 - Grasp Bird's Tail**
- 89 - Whip To One Side**
- 90 - Wave Hands Like Clouds (Three times)**
- 91 - Whip To One Side**
- 92 - High Pat On Horse**
- 93 - Cross Hands To Penetrate**
- 94 - Turn And Kick With Right Foot**
- 95 - Chop With Fist**
- 96 - Step Up, Deflect, Parry, Punch**
- 97 - Grasp Bird's Tail**
- 98 - Whip To One Side**
- 99 - Creeping Low Like A Snake**
- 100 - Step Up To Form Seven Stars**
- 101 - Retreat To Ride Tiger**
- 102 - Turn Around To Sweep Lotus**
- 103 - Draw Bow To Shoot Tiger**
- 104 - Chop With Fist**
- 105 - Step Up, Deflect, Parry Punch**
- 106 - Apparent Close Up**
- 107 - Cross Hands**
- 108 - Closing Of Tai Chi**