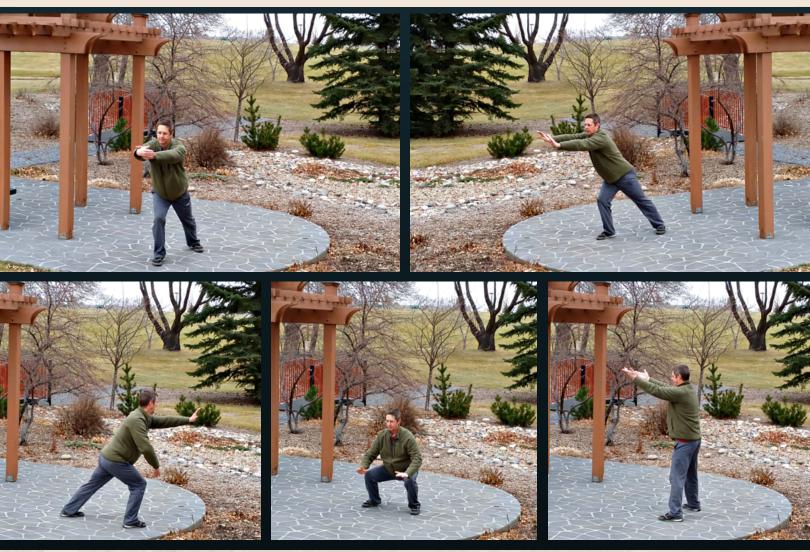
## AWARENESS TAI CHI 108 MOVE SET LIST





"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