

Awareness Tai Chi Video Start Times for Move Breakdown Sections

1.	Opening of Tai Chi	4:50
2.	Left Grasp Bird's Tail	
3.	Grasp Bird's Tail	
4.	Whip to One Side	2:06
5.	Step Up and Raise Hands	4:00
6.	White Stork Spreads Wings	1:20
7.	Left Brush Knee	1:44
8.	Strum the Pei Pa	2:03
9.	Left Brush Knee	3:00
10.	Right Brush Knee	
11.	Left Brush Knee	
12.	Strum the Pei Pa	6:15
13.	Left Brush Knee	
14.	Chop with Fist	2:13
15.	Step Up, Deflect, Parry, Punch	
16.	Appear to Close Entrance/Apparent Close Up	2:33
17.	Cross Hands	1:25
18.	Carry Tiger to Mountain	1:20
19.	Diagonal Single Whip	7:30
20.	Fist Under Elbow	2:20
21.	Step Back to Ward Off Monkey (Right)	2:18
22.	Step Back to Ward Off Monkey (Left)	
23.	Step Back to Ward Off Monkey (Right)	
24.	Flying at a Slant	1:50
25.	Step Up and Raise Hands	4:25
26.	White Stork Spreads Wings	
27.	Left Brush Knee	1:12
28.	Push Needle at Sea Bottom	
29.	Fan Penetrates Through the Back	3:10
30.	Turn and Chop with Fist	4:19
31.	Chop with Fist	2:30
32.	Grasp Bird's Tail	
33.	Whip to One Side	3:35
34.	Wave Hands Like Clouds (5 times)	3:07
35.	Whip to One Side	
36.	High Pat on Horse	4:10
37.	Separation Right Foot	2:25
38.	Separation Left Foot	0:50
39.	Turn and Kick with Left Foot	1:10
40.	Left Brush Knee	
41.	Right Brush Knee	1:58
42.	Step Up and Punch Low	
43.	Turn and Chop with Fist	1:09
44.	Step Up, Deflect, Parry, Punch	
45.	Kick with Right Foot	1:35
46.	Strike Tiger Left	1:35
47.	Strike Tiger Right	
48.	Kick with Right Foot	1:30
49.	Strike Tiger with Fists	
50.	Kick with Left Foot 90 Degrees	1:44
51.	Turn and Kick with Right Foot	

52.	Chop with Fist	2:15
53.	Step Up, Deflect, Parry, Punch	
54.	Appear to Close Entrance	2:15
55.	Cross Hands	
56.	Carry Tiger to Mountain	1:25
57.	Horizontal Whip to One Side	
58.	Parting Wild Horse's Mane (Right) Parting Wild Horse's Mane (Left) Parting Wild Horse's Mane (Right) Parting Wild Horse's Mane (Left) Parting Wild Horse's Mane (Right)	2:05
59.		
60.		
61.		
62.		
63.	Left Grasp Bird's Tail	2:00
64.	Grasp Bird's Tail	
65.	Whip to One Side	
66.	Fair Lady Works Shuttles (Left)	2:08
67.	Fair Lady Works Shuttles (Right)	
68.	Fair Lady Works Shuttles (Left)	
69.	Fair Lady Works Shuttles (Right)	
70.	Left Grasp Bird's Tail	1:30
71.	Grasp Bird's Tail	
72.	Whip to One Side	
73.	Wave Hands Like Clouds (7 times)	2:00
74.	Whip to One Side	
75.	Creeping Low Like a Snake	1:32
76.	Golden Cock Stands On Left Leg	
77.	Golden Cock Stands On Right Leg	4:35
78.	Step Back to Ward Off Monkey (Right)	
79.	Step Back to Ward Off Monkey (Left & Right)	
80.	Flying At a Slant	2:10
81.	Step Up and Raise Hands	
82.	White Stork Spreads Wings	2:30
83.	Left Brush Knee	
84.	Push Needle to Sea Bottom	
85.	Fan Penetrates Through the Back	1:53
86.	White Snake Turns and Puts Out Tongue	
87.	Chop with Fist, Step Up, Deflect, Parry, Punch	2:20
88.	Grasp Bird's Tail	
89.	Whip to One Side	
90.	Wave Hands Like Clouds (3 times)	
91.	Whip to One Side	
92.	High Pat on Horse	1:29
93.	Cross Hands to Penetrate	
94.	Turn and Kick with Right Foot Chop with Fist Step Up, Deflect, Parry, Punch Grasp Bird's Tail Whip to One Side	2:05
95.		
96.		
97.		
98.		
99.	Creep Low Like a Snake	2:10
100.	Step Up to Form Seven Stars	
101.	Retreat to Ride Tiger	1:00
102.	Turn Around to Sweep Lotus	2:35
103.	Draw Bow to Shoot Tiger	1:30
104.	Chop with Fist	
105.	Step Up, Deflect, Parry Punch	
106.	Appear to Close Entrance	0:59
107.	Cross Hands	
108.	Closing of Tai Chi	3:05

Awareness Tai Chi Video Start Times for Follow Along Sections

1.	Opening of Tai Chi	6:20
2.	Left Grasp Bird's Tail	or
3.	Grasp Bird's Tail	8:16
4.	Whip to One Side	16:30
5.	Step Up and Raise Hands	11:20
6.	White Stork Spreads Wings	7:15
7.	Left Brush Knee	24:15
8.	Strum the Pei Pa	11:15
9.	Left Brush Knee	8:00
10.	Right Brush Knee	
11.	Left Brush Knee	
12.	Strum the Pei Pa	12:33
13.	Left Brush Knee	
14.	Chop with Fist	9:00
15.	Step Up, Deflect, Parry, Punch	
16.	Appear to Close Entrance/Apparent Close Up	7:14
17.	Cross Hands	11:15
18.	Carry Tiger to Mountain	20:10
19.	Diagonal Single Whip	16:20
20.	Fist Under Elbow	12:55
21.	Step Back to Ward Off Monkey (Right)	13:48
22.	Step Back to Ward Off Monkey (Left)	
23.	Step Back to Ward Off Monkey (Right)	
24.	Flying at a Slant	10:30
25.	Step Up and Raise Hands	11:30
26.	White Stork Spreads Wings	
27.	Left Brush Knee	10:00
28.	Push Needle at Sea Bottom	
29.	Fan Penetrates Through the Back	9:05
30.	Turn and Chop with Fist	10:20
31.	Chop with Fist	10:35
32.	Grasp Bird's Tail	
33.	Whip to One Side	17:15
34.	Wave Hands Like Clouds (5 times)	11:15
35.	Whip to One Side	
36.	High Pat on Horse	9:25
37.	Separation Right Foot	15:20
38.	Separation Left Foot	11:45
39.	Turn and Kick with Left Foot	9:45
40.	Left Brush Knee	
41.	Right Brush Knee	11:33
42.	Step Up and Punch Low	
43.	Turn and Chop with Fist	6:11
44.	Step Up, Deflect, Parry, Punch	
45.	Kick with Right Foot	6:48
46.	Strike Tiger Left	9:23
47.	Strike Tiger Right	
48.	Kick with Right Foot	8:20
49.	Strike Tiger with Fists	
50.	Kick with Left Foot 90 Degrees	12:00
51.	Turn and Kick with Right Foot	
52.	Chop with Fist	16:30
53.	Step Up, Deflect, Parry, Punch	
54.	Appear to Close Entrance/Apparent Close Up	
55.	Cross Hands	

56.	Carry Tiger to Mountain	10:00
57.	Horizontal Whip to One Side	
58.	Parting Wild Horse's Mane (Right)	13:35
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	14:44
64.	Grasp Bird's Tail	
65.	Whip to One Side	
66.	Fair Lady Works Shuttles (Left)	12:45
67.	Fair Lady Works Shuttles (Right)	
68.	Fair Lady Works Shuttles (Left)	
69.	Fair Lady Works Shuttles (Right)	
70.	Left Grasp Bird's Tail	8:18
71.	Grasp Bird's Tail	
72.	Whip to One Side	
73.	Wave Hands Like Clouds (7 times)	15:30
74.	Whip to One Side	
75.	Creeping Low Like a Snake	9:20
76.	Golden Cock Stands On Left Leg	
77.	Golden Cock Stands On Right Leg	12:20
78.	Step Back to Ward Off Monkey (Right)	
79.	Step Back to Ward Off Monkey (Left & Right)	
80.	Flying At a Slant	14:00
81.	Step Up and Raise Hands	
82.	White Stork Spreads Wings	
83.	Left Brush Knee	10:03
84.	Push Needle to Sea Bottom	
85.	Fan Penetrates Through the Back	
86.	White Snake Turns and Puts Out Tongue	10:05
87.	Chop with Fist, Step Up, Deflect, Parry, Punch	
88.	Grasp Bird's Tail	10:45
89.	Whip to One Side	
90.	Wave Hands Like Clouds (3 times)	
91.	Whip to One Side	
92.	High Pat on Horse	7:25
93.	Cross Hands to Penetrate	
94.	Turn and Kick with Right Foot	15:05
95.	Chop with Fist	
96.	Step Up, Deflect, Parry, Punch	
97.	Grasp Bird's Tail	
98.	Whip to One Side	8:55
99.	Creep Low Like a Snake	
100.	Step Up to Form Seven Stars	8:35
101.	Retreat to Ride Tiger	
102.	Turn Around to Sweep Lotus	10:28
103.	Draw Bow to Shoot Tiger	5:50
104.	Chop with Fist	
105.	Step Up, Deflect, Parry Punch	
106.	Appear to Close Entrance/Apparent Close Up	4:44
107.	Cross Hands	
108.	Closing of Tai Chi	7:50