

1. **Opening of Tai Chi**

Both arms gently up, then down.
 Pivot on the right heel 90 degrees toward the right.
 Pivot on the left sole to make a 45 degree angle.
 Right arm pushes forward.
 Left hand down by left thigh.

2. **Left grasp bird's tail**

Stand up on right leg & hold the ball (right hand on top, left hand on bottom.)
 Step with left foot 45 degrees to the left.
 Transfer weight to left foot.
 Left hand out over the left foot (palm facing you.)
 Right hand down by right thigh.

3. **Grasp bird's tail**

Stand up on left leg.
 Hold the ball (left hand on top, right hand on bottom.)
 Step straight forward with right leg.
 Hands forward to form an oblong circle (palms face each other.)
 Weight is over front foot.
 Shift weight to back foot, turning waist 45 degrees (squares to left foot.)
 Left hand comes back to edge of your peripheral vision; right hand stays forward, but turn palm outward.
 Shift weight to front foot, turning waist to square with right foot.
 Bring hands to front of oblong circle, this time with "tiger's mouth" to wrist.
 Shift weight to back foot, turning waist 45 degrees (squares with left foot.)
 Left hand comes back to edge of your peripheral vision; right hand goes back also, to get ready to push.
 Shift weight to front foot, turning waist to square with right foot.
 Push both hands forward (palms out.)

4. **Whip to one side**

Transfer weight to back foot and drop both elbows.
 Pivot on your right heel to a 45 in the opposite direction, letting your torso and arms stay over your right foot.
 Stand up on your right leg as you bring both arms down and then extend your right arm outward (as if holding grapes,) and bring your left hand to the front near your right shoulder.
 Keep your left toe down for balance.
 Step straight ahead with your left foot.
 Bring your left hand over your left foot, in a push.
 Square your waist over you left foot.
 Right hand stays out (with the grapes.)

5. **Stand up and raise hands**

Shift weight slightly to the back foot (to release pressure on the front foot.)
 Pivot left foot and left arm 45 degrees to the right.

Transfer all weight to the left foot. Bring the right foot straight ahead, heel down (effectively a half step.)

Rotate your palms so the face each other and squeeze the left hand to the right elbow.

6. **White stork spreads wings**

Turn both palms down.

The left hand goes back in a circular fashion to end up palm down, on the top of ball.

The right hand follows the left until it gets to the bottom of the ball, palm up.

Step forward with the right foot, placing the right foot forward and parallel to the left.

Transfer weight to the right foot and as you do, push your left hand across your body while your right hand moves next to your right thigh.

Your left hand goes down, palm down, as your right hand and palm go up (right arm over head, palm facing ceiling.)

As this happens, stand up on your right foot and bring the toe of your left foot next to the right, ready to step forward.

7. **Brush knee left**

Let your right hand come down in front of your face and then continue behind you parallel with the floor (palm up) as your left hand (palm down) is extended in front of you, also parallel to the floor.

Step forward with your left foot, but keep weight on right foot (left empty step.)

Bring your hand almost together in front of you as you turn your waist forward to square with your left foot.

Transfer your weight from right foot to left as your right hand pushes forward and your left hand "brushes" your left knee.

8. **Strum the Pei Pa**

Take a half step forward with your right foot.

Transfer all weight to the right foot, bringing the left foot straight ahead, heel down (effectively a half step.

Rotate your palms so they face each other and squeeze the right hand to the left elbow.

9. **Brush knee left**

Separate your hands as in the first brush knee left (that is: bring your right hand behind you parallel with the floor (palm up) as your left hand (palm down) is extended in front of you, also parallel to the floor.)

Step forward with your left foot, but keep weight on right foot (left empty step.)

Bring your hand almost together in front of you as you turn your waist forward to square with

Transfer your weight from right foot to left as your right hand pushes forward and your left hand "brushes" your left knee.

10. **Brush knee right**

Twist on your left heel 45 degrees left as you twist your left palm over your left foot.

Separate hands, bringing your left hand behind you (palm up) as your right hand (palm down) is extended in front of you, also parallel to the floor.)

Step forward with your right foot, but keep the weight on left foot (right empty step.)

Bring hands almost together as you turn your waist forward to square with your right foot.

Transfer your weight from left foot to right as your left hand pushes forward and your right hand "brushes" the right knee.

11. **Brush knee left**

Separate your hands as in the first brush knee left (that is: bring your right hand behind you parallel with the floor (palm up) as your left hand (palm down) is extended in front of you, also parallel to the floor.)
 Step forward with your left foot, but keep weight on right foot (left empty step.)
 Bring your hand almost together in front of you as you turn your waist forward to square with
 Transfer your weight from right foot to left as your right hand pushes forward and your left hand “brushes” your left knee.

12. Strum the Pei Pa

Take a half step forward with your right foot.

Transfer all weight to the right foot, bringing the left foot straight ahead, heel down (effectively a half step).

Rotate your palms so they face each other and squeeze the right hand to the left elbow.

13. Brush knee left

Separate your hands as in the first brush knee left (that is: bring your right hand behind you parallel with the floor (palm up) as your left hand (palm down) is extended in front of you, also parallel to the floor.)

Step forward with your left foot, but keep weight on right foot (left empty step.)

Bring your hands almost together in front of you as you turn your waist forward to square with

Transfer your weight from right foot to left as your right hand pushes forward and your left hand “brushes” your left knee.

14. Chop with fist

Twist on left heel 45 degrees as you twist your left palm over the left foot.

Bring both palms to the “present flowers” or “wristwatch” position (both palms facing you, the tip of the right fingers to the wrist of your left hand.)

Stand up on left leg.

Place right foot in front of the left at a 45 degree angle toward the right (i.e., heel of right foot in front of the toe of the left.) This is called a “pa qua” step.

Chop with right fist ending up parallel to the floor and bring left hand to protect (over right elbow.)

15. Step up, deflect, parry & punch

Bring right fist, knuckles up, to your waist. Simultaneously turn your waist in the direction of your right foot and push your left hand forward, parallel to the floor (palm out.)

Step forward with left foot.

Shift weight to left foot as you punch straight forward with your right fist while bringing left hand to brush knee position over the left knee.

16. Appear to close entrance

Shift weight from left foot to right foot, and as you do, release the fist and retract your right arm. While your right arm is coming toward your body, your left arm is brushing along it from elbow to past hand (“wiping the goop off.”)

Bring both palms up, facing forward, ready to push.

Push both arms forward.

Shift your weight from right foot to left foot.

17. Cross hands

Stand up and raise both hands straight up over your head as you transfer weight to both feet.

Pivot on your left heel then your right heel 90 degrees to the right.

Let your hands come down to your waist as you “sit” without letting your knees go forward (just your tush goes back.)

Stand up and cross hands at the wrist with palms facing you.

18. **Carry tiger to mountain**

Pivot on left heel 90 degrees to the right opening your arms outward as if carrying something (for example, a tiger.)

Put weight on left foot and take “empty step” with your right foot, placing it at 45 degrees to the direction of your left foot.

Let right hand go down to a “brush knee” position while you let your left hand push straight forward, palm out. Transfer weight from left leg to right.

Shift weight to back foot, turning waist 45 degrees and squaring to the left foot.

Left hand comes back to edge of your peripheral vision, right hand stays up parallel with the floor, palm out. Shift weight to front foot, turning waist to square with right foot.

Bring hands to front of oblong circle, “tiger’s mouth” to wrist.

Shift weight to back foot, turning waist 45 degrees to square with left foot. Left hand comes back to edge of your peripheral vision and this time the right hand comes back also to get ready to push.

Shift weight to front foot, turning waist 45 degrees to square with right foot.

Push both hands forward.

19. **Whip out diagonally**

Transfer weight to back foot and drop both elbows.

Pivot on right heel to a 45 degree in the opposite direction, letting your torso and arms stay over your right foot, as if inside a barrel.

Stand up on your right leg as you bring your arms to a “T” position (right arm being the top of the “T” and left arm being the vertical part.)

Step straight forward with left foot and gently push to the left, both hands raised, palms out.

Step 45 degrees right with your right foot and make another “T”.

Keep your weight on right foot as you bring your left heel a half step straight forward (“empty step.”

20. **Fist under elbow**

Bring left arm to a “ward off” position (palm forward, elbow down) and bring your right arm in a circle toward the left, ending with your right fist under your left elbow.

21. **Ward off monkey, right**

Separate arms as you did for brushed knees (that is: bring right hand behind you, palm up, and left hand in front of you, palm forward, both arms parallel to the floor.)

Take a half step back with your left foot and place it down pointed 45 degrees to the left.

Bring hands together as you turn your waist square to your front foot and also as you pivot on the ball of your right foot so that your right foot is pointed straight ahead.

Let your right hand push forward to “ward off” parallel to the floor while you push your left hand straight down in front of you, palm up.

22. **Ward off monkey, left**

Separate arms the same as if you were going to do a “brush knee,” (that is: bring your left hand behind you, palm up; and your right hand in front of you, palm forward; both arms parallel to the floor.)

Take a half step back with your right foot and place it down pointed 45 degrees to the right.

Bring hands together as you turn your waist square to your front foot and also as you pivot on the ball of your left foot so that your left foot is pointed straight ahead.

Let your left hand push forward to “ward off” parallel to the floor while you push your right hand straight down in front of you, palm up.

23. Ward off monkey, right (This is exactly the same as the previous Ward off monkey, right.)

Separate arms as you did for brushed knees (that is: bring right hand behind you, palm up, and left hand in front of you, palm forward, both arms parallel to the floor.)

Take a half step back with your left foot and place it down pointed 45 degrees to the left.

Bring hands together as you turn your waist square to your front foot and also as you pivot on the ball of your right foot so that your right foot is pointed straight ahead.

Let your right hand push forward to “ward off” parallel to the floor while you push your left hand straight down in front of you, palm up.

24. Flying at a slant

Bring left arm behind you, parallel to the floor, palm up, as if you were going to do another “ward off monkey,” but instead of taking a half step with your right foot, take a regular step back, again placing your right foot 45 degrees to the right.

Shift your weight to the right foot and pivot on the left heel until your left foot is parallel with the right foot. As you pivot, let your whole body pivot as well until your waist is pointed in the same direction as your toes and your left arm is over your left foot.

Stand up on your left foot and hold the ball (right hand under left.)

Step straight ahead with your right foot into an “empty step” (that is: weight remains on the left foot.)

Shift weight to your right foot as you square your waist in the direction of the right foot as you extend your right hand forward parallel to the floor (palm up) while you press your left hand downward near your left knee.

25. Stand up and raise hands

Bring your left a half step forward, putting it down 45 degrees from the direction of the right foot.

Shift your weight from the front foot to the back. Raise your right arm and bring your left hand towards your right elbow. When most of the weight is on your left foot, bring the toes of your right foot up so only the heel is touching the floor.

26. White stork spreads wings (This is exactly as before.)

Turn both palms down.

The left hand goes back in a circular fashion to end up palm down, on the top of ball.

The right hand follows the left until it gets to the bottom of the ball, palm up.

Step forward with the right foot, placing the right foot forward and parallel to the left.

Transfer weight to the right foot and as you do, push your left hand across your body while your right hand moves next to your right thigh.

Your left hand goes down, palm down, as your right hand and palm go up (right arm over head, palm facing ceiling.)

As this happens, stand up on your right foot and bring the toe of your left foot next to the right, ready to step forward.

27. Brush knee left (This is exactly as before.)

Let your right hand come down in front of your face and then continue behind you parallel with the floor (palm up) as your left hand (palm down) is extended in front of you, also parallel to the floor.

Step forward with your left foot, but keep weight on right foot (left empty step.)

Bring your hand almost together in front of you as you turn your waist forward to square with your left foot.

Transfer your weight from right foot to left as your right hand pushes forward and your left hand “brushes” your left knee.

28. Needle to sea bottom

Take a half step with your right foot, placing it 45 degrees from the direction of the left foot.

Shift your weight from the left foot to the right while bringing both hands in front of your hips, palms facing your dantien*. When most of your weight is on the right foot, lift the heel of your left foot so only the ball of your left foot touches the floor.

Bending at the waist, bring your right hand down as if to touch the floor while the "tiger's mouth" of your left hand encircles your right wrist. The palm of your right hand faces your left foot.

Stand up on your right leg turning your torso square with your right foot and bringing your hands in front of your right shoulder.

*(Feel free to Google "dantien.")

29. Fan penetrates through back

Transfer weight from your right foot to your left, squaring your torso with your left foot.

Bring your left arm and hand to a "ward off" position and raise your right hand, palm up, to protect your head.

30. Turn and chop with fist

Transfer your weight to the right foot and as you do, raise your right hand over your head, palm up, and lower your left hand in front of your dantien.

Pivot on left heel until your left foot is 45 degrees in the opposite direction.

Stand up on your left foot.

Take an "empty step" straight ahead with your right foot.

Keeping your weight on your left foot, bring your left arm in a big arc to the left, with your left hand ending up at your left waist. Simultaneously, make a fist with your right hand and bring your right arm in an upward arc so your right arm ends up extended and parallel with the floor, knuckles up.

Shift weight to your right foot, and as you do, push your left hand away from you (parallel to floor.)

Simultaneously bring right fist to your right waist.

Shift weight back to the left foot, bringing your left hand back towards you and pushing your right hand away from you (parallel to the floor.)

Pull right foot in front of left, right heel to left toe, as you bring your right hand to the wrist of your left hand ("present flowers/ wristwatch position.")

Chop with right fist parallel to floor and bring left hand to protect (over your left elbow.)

31. Step up, deflect, parry, punch (Same as move# 15)

Bring right fist, knuckles up, to waist as you turn your waist in the direction of your right foot and as you push your left hand forward (parallel to the floor.)

Step forward with your left foot.

Shift weight to left foot as you punch straight forward with your right fist while bringing left hand to brush knee position over the left knee.

32. Step up to grasp bird's tail (Like move #3)

Pivot outward, 45 degrees, on the heel of your left foot and stand up on the left leg.

Hold the ball (left hand on top; right hand on bottom.)

Step straight forward with right leg.

Extend palms forward to form an oblong circle (palms face each other.)

Weight is over front foot (right.)

Shift weight to back foot (left,) turning waist 45 degrees to square with left foot.

Left hand comes back to edge of your peripheral vision; right hand stays forward, but turn

Shift weight to front (right) foot, turning waist to square with right foot.

Bring hands to front of oblong circle, this time with “tiger’s mouth” to wrist.

Shift weight to back foot (left,) turning waist 45 degrees (square to left foot.)

Left hand comes back to edge of your peripheral vision; right hand goes back also to get ready to push.

Shift weight to front foot (right,) turning waist to square with right foot.

Push both hands forward.

33. Whip to one side (Like move #4)

Transfer weight to back foot and drop both elbows.

Pivot on your right heel to a 45 in the opposite direction, letting your torso and arms stay over your right foot.

Stand up on your right leg as you bring both arms down and then extend your right arm outward (as if holding grapes,) and bring your left hand to the front near your right shoulder.

Keep your left toe down for balance.

Step straight ahead with your left foot.

Bring your left hand over your left foot, in a push.

Square your waist over you left foot.

Right hand stays out (with the grapes.)

34. Wave hands like clouds

Pivot left heel 90 degrees right as you extend both arms to the right parallel to the floor.

Slowly transfer weight from right foot to left and, as you do, move your left hand from right to left, parallel with the floor (palm away from you, facing “out.”) Meanwhile, your right hand goes downward and left in a scooping motion until both arms are extended to the left, parallel to the floor. As you are moving your hands, transfer your weight from right to left.

Without moving your feet, move your hands from left to right in the same manner as they went from right to left (i.e., the right hand stays parallel with the floor, palm out, as the left hand goes downward in a scooping motion.)

Take a second side step to the left, with your left foot, and repeat above sequence.

Take a third side step to the left with your left foot, and repeat the same sequence.

Take a fourth side step to the left, with your left foot, and repeat the same sequence.

Take a fifth side step to the left, with your left foot and repeat the first part of the same sequence, except instead of moving your right foot parallel to the left, this time place the right foot 45 degrees to the left. Instead of moving your hands to the right, turn both palms down and let the hands go down.

35. Single whip (Almost the same as move #33)

Stand up on your right leg as you extend your right arm outward (as if holding a bunch of grapes,) and bring your left hand to the front near your right shoulder.

Keep your left toe down for balance.

Step straight ahead with your left foot.

Bring your left hand over your left foot in a “push” motion.

Square waist over your left foot; right hand stays out (with the grapes.)

36. Reach up to pat horse

Shift weight back to right foot, bringing left foot a half step back, toe down. As you do, bring right hand out in front of your heart, palm down (as if patting a small horse) while bringing your left hand towards your heart, palm up.

37. Kick to the right

Take an empty step with your left foot, 22 ½ degrees to the left.

Shift weight over left foot while bringing hands together in a scooping motion until hands cross at the wrist. Keeping hands crossed, stand up on your left leg and bring your right knee up.

Kick with right leg 45 degrees from the direction of your left foot, simultaneously turning the palms of your hands out and then extending your right arm over your right foot and your left arm in the direction of your left foot.

38. Kick to the left

Bring right foot down in an “empty step.” Shift your weight over your right foot while separating your hands. Bring hands together in a scooping motion until your hands cross at the wrist. Keeping hands crossed, stand up on your right leg and bring your left knee up.

Kick with left leg 45 degrees from the direction of your right foot, simultaneously turning the palms of your hands out and then extending your left arm over your left foot and your right arm in the direction of your right foot.

39. Turn and kick

After the kick, place left foot behind you, toe down, so that you can pivot on your right heel.

Pivot on right heel 180 degrees (until your foot is 45 degrees from the opposite direction in which you were previously going.) As you pivot, bring your right hand around until it crosses the left wrist (right hand in front of left.)

Stand up on your right leg and bring your left knee up.

Kick with your left leg straight ahead, simultaneously turning palms of your hands out and extending your left arm over your left foot and your right arm in the direction of your right foot.

40. Brush knee left (Similar to move #9.)

Place left foot down in an “empty step” straight ahead.

Bring hands towards each other as you turn your waist square to your front foot.

Transfer weight from right to left foot as your right hand pushes forward and your left hand brushes your left knee.

41. Brush knee Right (Similar to move #10.)

Twist on left heel 45 degrees left as you twist your left palm over your left foot.

Separate your hands, bringing the left hand behind you (palm up) and your right hand in front of you (palm forward.)

Step forward with your right foot.

Bring hands almost together turning your waist square to your right foot. Transfer weight from left to right foot as your left hand pushes forward and your right hand brushes the right knee.

42. Brush Knee Left (Similar to move #11 except at the end.)

Twist on your right heel 45 degrees right as you twist your right palm over your right foot.

Separate your hands, bringing the right hand behind you (palm up) and your left hand in front of you (palm forward.)

Step forward with your left foot.

Bring hands almost together turning your waist square to your left foot. Transfer weight from right to left foot as your right hand forms a fist and punches down and forward while your left hand brushes the left knee.

43. Turn and chop with fist (This is similar to move #30.)

Transfer weight to right foot and as you do, raise your left hand over your head (palm up) and place your right hand (palm down) in front of dantien.

Pivot on left heel until left foot is 45 degrees in the opposite direction. Stand up on left foot.

Take an “empty step” straight ahead with right foot. Keeping your weight on your left foot bring left arm in a big arc to the left with your left hand ending up at your left waist.

At the same time, make a fist with your right hand and bring your right arm in an upward arc so your right arm ends up extended and parallel to the floor (knuckles up.)

Shift weight to right foot and as you do, push your left hand away from you parallel with the floor. Simultaneously bring your right fist to your right waist.

Shift weight back to the left foot, bringing your left hand back towards you and pushing your right hand away from you parallel to the floor.

Pull your right foot in front of the left, right heel to left toe, as you bring your right hand to the wrist of your left hand (“present flowers” or “wristwatch” position.)

Chop with right fist parallel to the floor and bring your left hand, for protection, over your right elbow.

44. Step up, deflect, parry and punch (This is the same as before...move #15.)

Bring right fist (knuckles up) to your waist as you turn your waist in the direction of the right foot. At the same time, push your left hand forward parallel to the floor.

Step forward with your left foot.

Shift your weight to the left foot as you punch straight forward with your right fist and bring your left hand to a bush knee position over the left knee.

45. Kick with right foot

Pivot left foot 45 degrees to the left and stand up on your left leg, crossing hands in front of your chest.

Kick with your right leg straight ahead (i.e., in the direction you were going before you went to a 45 degree.) Open your arms as you did in the other kicks.

46. Strike Tiger left

When you finish the kick, bring your right foot down parallel to the left (both feet will be at a 45 degree.) Stand up on your right foot and bring your arms to a “present flowers/wristwatch” position on the right side of your body.

Step forward with left foot, keeping your weight back. At this point your left toe is straight ahead and the right foot remains at a 45 degree angle.

Transfer weight from your right foot to the left.

As you transfer your weight, make a big circle to the left with your left arm while forming a fist. Your left hand will end up at about the height of your left ear (knuckles pointed down....if your fist was carrying a pencil, the pencil would be pointing to your right.)

Simultaneously, bring your right forearm in front of you, forming a fist. With your right hand ending up at about the height of your chin (knuckles pointed down...if your fist was carrying a pencil, it would point towards your chin.)

47. Strike Tiger right (This is a mirror of #46.)

Open both fists and your hand should automatically be in the “present flowers/wristwatch” position.

Keeping your arms in this position, pivot on your left heel until your left foot is 45 degrees in the opposite direction.

Stand up on your left leg. Step forward with right foot, keeping your weight back on the left foot. At this point your right toe is straight ahead and the left foot remains at a 45 degree.

Transfer your weight from the left foot to the right. As you transfer your weight, make a big circle to the right with your right arm, forming a fist. Your right hand will end up at about the height of your right ear (knuckles down.)

Simultaneously, bring your left forearm in front of you, forming a fist. Your left hand will end up at about the height of your chin (knuckles pointed down.)

48.

49. **Strike Both Ears**

Step forward with your right foot, keeping your weight on your left foot. bringing both arms in front of you, crossing at the wrists, palms toward you.

Shift your weight from the left foot to the right, and as you do let both hands go out to the sides, each making half of a big circle to your left and right side, and forming fists. They end up in front of you, at shoulder height, knuckles down.

50. **Kick with Left Foot**

Stand up on your right leg, letting your hands push down and then around to cross at the wrists in front of your heart, palms towards you.

Kick with your left foot, separating your hands as in other kicks.

51. **Turn and Kick**

Bring your left foot down 45 degrees to the right (you will then be "half" pigeon toed) and cross your hands at the wrists. Keeping your hands crossed take two more steps, first with the right foot and then the left, each time turning your foot to step "pa-kua". Thusly your first step ends up with your right heel to left toe, each foot pointing 90 degrees away from the other, and your second step ends up left toe to right toe, pigeon toed, each foot pointing 90 degrees away from the other.

Stand up on your left foot and kick to the right, separating your hands as usual with kicks.

Clarification: If when you strike tiger with both hands you are facing 12 o'clock, then after the three steps your left foot will be pointing at 7:30 and your right leg will kick to 9 o'clock.

52. **Chop with Fist (Almost the same as before. Move 14)**

Keeping the weight on your left foot, place your right foot in front of the left, at a 45 degree angle to the right (i.e., heel of right foot in front of the toe of the left). Chop with your right fist parallel to the floor and bring your left hand to protect, over your right elbow

53. **Step Up, Deflect, Parry & Punch (Same as before. Move 15)**

Bring your right fist, knuckles up, to your waist, as you turn your waist in the direction of your right foot, and as you push your left hand forward, parallel to the floor

Step forward with your left foot

Shift your weight to your left foot as you punch straight forward with your right fist and bring your left hand to a brush knee position over the left knee

54. **Appear to Close Entrance (Same as before, Move 16)**

Shift your weight from your left foot to your right foot and as you do release the fist and retract you right arm while brushing your right forearm with your left hand ("wiping the goop off"). Bring both palms up, facing forward, ready to push.

Push both palms forward, then shift your weight from your right foot to your left foot

55. **Cross Hands (Same as before, Move 17)**

Stand up and raise both hands straight up as your transfer your weight to both feet. Pivot on your left heel then right heel ninety degrees to the right, then Let your hands come down to your waist as you Sit without letting your knees go forward (let your tush go back) .

Stand up and cross hands at the wrists, palms facing you.

56. **Carry Tiger to Mountain (Same as before, Move 18)**

Pivot on your left heel ninety degrees to the right, as you open your arms as if carrying something (for example, a tiger), then put your weight on your left leg and take an empty step with your right foot, 45 degrees from the direction of your left foot.

Let your right hand go down to a "brush knee" position while you let your left hand push straight forward. Transfer your weight from your left leg to your right.

Now do almost the exact sequence that you do at the latter part of the "Grasp Bird's Tail" move, which is:

Shift weight to back foot, turning waist 45 degrees (square to left foot)

Left hand comes back to edge of your peripheral vision; right hand goes out parallel with the floor, palm outward

Shift weight to front foot, turning waist to square with right foot

Bring hands to front of oblong circle, this time with tiger's mouth to wrist

Shift weight to back foot, turning waist 45 degrees (square to left foot)

Both hands come back to get ready to push

Shift weight to front foot, turning waist to square with right foot

Push both hands forward

57. Whip Out Horizontally (Similar to Whip to One Side)

Drop your elbows and shift your weight to your left foot, and then pivot of the heel of the right foot 90 degrees to the left. Stand up on your right foot and extend your right hand out to your right side, holding the grapes, while your left hand is next to your right elbow.

Take an empty step with your left foot and then transfer your weight to your left foot as you extend your left hand forward.

58. Parting Wild Horse's Mane, Right

Shift your weight off your left foot so you can pivot the heel of your left foot to the right, and then stand up on your right foot and as you do form a ball with your hands, left hand on top. For once, when you pivot the heel of your left foot to the right, go between a 45 and a 90 degree turn. That is, if before the turn your toe was facing north (the mirror), you will be turning your toe towards the east, but 22 ½ degrees to the left of east.

Take an empty step with your right foot, placing your right foot 45 degrees from your left (or 22 ½ degrees to the right of east).

Shift your weight from your left foot to the right, and as you do let your right hand extend out horizontal to the floor, palm up, in the direction of your right foot, while your left hand goes down similar to a brush knee position.

59. Parting Wild Horse's Mane, Left

Stand up on your right leg and as you do form a ball, right hand on top.

Take an empty step with your left foot, placing your left foot 45 degrees from your right.

Shift your weight from your right foot to the left, and as you do let your left hand extend out horizontal to the floor, palm up, in the direction of your left foot, while your right hand goes down similar to a brush knee position.

60. Parting Wild Horse's Mane, Right

Stand up on your left leg and as you do form a ball, left hand on top.

Take an empty step with your right foot, placing your right foot 45 degrees from your right.

Shift your weight from your left foot to the right, and as you do let your right hand extend out horizontal to the floor, palm up, in the direction of your right foot, while your left hand goes down similar to a brush knee position.

61. Parting Wild Horse's Mane, Left (exactly the same as 59)

Stand up on your right leg and as you do form a ball, right hand on top.

Take an empty step with your left foot, placing your left foot 45 degrees from your right.

Shift your weight from your right foot to the left, and as you do let your left hand extend out horizontal to the floor, palm up, in the direction of your left foot, while your right hand goes down similar to a brush knee position.

62. Parting Wild Horse's Mane, Right (exactly the same as 60)

Stand up on your left leg and as you do form a ball, left hand on top.

Take an empty step with your right foot, placing your right foot 45 degrees from your right.

Shift your weight from your left foot to the right, and as you do let your right hand extend out horizontal to the floor, palm up, in the direction of your right foot, while your left hand goes down similar to a brush knee position.

63. Left Grasp Bird's Tail (same as move 2)

Stand up on right leg & hold the ball (right hand on top; left hand on bottom)

Step with left foot 45 degrees to the left

Transfer weight to left foot

Left hand out over the left foot (palm facing you)

Right hand down by right thigh

64. Grasp Bird's Tail (same as move 3)

Stand up on left leg.

Hold the ball (left hand on top, right hand on bottom.)

Step straight forward with right leg.

Hands forward to form an oblong circle (palms face each other.)

Weight is over front foot.

Shift weight to back foot, turning waist 45 degrees (squares to left foot.)

Left hand comes back to edge of your peripheral vision; right hand stays forward, but turn palm outward.

Shift weight to front foot, turning waist to square with right foot.

Bring hands to front of oblong circle, this time with "tiger's mouth" to wrist.

Shift weight to back foot, turning waist 45 degrees (squares with left foot.)

Left hand comes back to edge of your peripheral vision; right hand goes back also, to get ready to push.

Shift weight to front foot, turning waist to square with right foot.

Push both hands forward (palms out.)

65. Whip to One Side

Transfer weight to back foot and drop both elbows. Pivot on your right heel to a 45 in the opposite direction, letting your torso and arms stay over your right foot.

Stand up on your right leg as you bring both arms down and then extend your right arm outward (holding grapes), and bring your left hand to the front near your right shoulder. Keep your left toe down for balance.

Step straight ahead with your left foot, Bring your left hand over your left foot, in a push. Square your waist over your left foot. Right hand stays out with the grapes

66. Fair Lady Works Shuttles Left

Shift your weight back slightly so you can pivot your left heel (and entire body) 90 degrees to the right. As you pivot bring your left hand down and to the right in a scooping motion.

Shift your weight back to the left foot and pivot on the ball of your right foot so that the heel of your right foot is at a ninety degree angle to your left foot. As you do cross your hands at the wrists, at heart level, palms facing in, left hand outside.

Take an empty step with your left foot to “the first corner”. That is, step at the angle between the lines where your feet are facing (i.e, 22 ½ degrees right of your left foot and 22 ½ degrees to the left of your right foot).

Transfer your weight to your left foot, and as you do push forward with your right hand and bring your left hand up to guard your head.

67. Fair Lady Works Shuttles Right

Get your right foot out of the way of the left by putting your right toe behind you and to the left, then shift your weight to the right and pivot on your left heel until you get to the point where the toe of your left heel has gone from “the corner” to due west (assuming the mirror is north). As you pivot again cross your hands at the wrists, same as before except that now your right hand is on the outside. Stand up on your left foot, bringing your right foot next to your left, toe down.

Take an empty step with your right foot to “the second corner” (the second corner being located 22 ½ degrees to the right of the direction your left toe is facing). Transfer your weight to your right foot and as you do push forward with your left hand and bring your right hand up to guard your head.

68. Fair Lady Works Shuttles Left

Stand up on your right leg and cross your hands at the wrists, left hand on the outside.

Take an empty step to “the third corner”, which is 45 degrees left of due west. Transfer your weight to your left foot and as you do push forward with your right hand and bring your left hand up to guard your head.

69. Fair Lady Works Shuttles Right (identical to move 67)

Get your right foot out of the way of the left by putting your right toe behind you and to the left, then shift your weight to the right and pivot on your left heel until you get to the point where the toe of your left heel has gone from “the corner” to due east (assuming the mirror is north). As you pivot again cross your hands at the wrists, same as before except that now your right hand is on the outside. Stand up on your left foot, bringing your right foot next to your left, toe down.

Take an empty step with your right foot to “the fourth corner” (the fourth corner being located 22 ½ degrees to the right of the direction your left toe is facing). Transfer your weight to your right foot and as you do push forward with your left hand and bring your right hand up to guard your head.

70. Left Grasp Bird’s Tail (same as move 2)

Stand up on right leg & hold the ball (right hand on top; left hand on bottom)

Step with left foot 45 degrees to the left

Transfer weight to left foot

Left hand out over the left foot (palm facing you)

Right hand down by right thigh

71. Grasp Bird’s Tail (same as move 3)

Stand up on left leg

Hold the ball (left hand on top; right hand on bottom)

Step straight forward with right leg

Palms forward to an oblong circle (palms face each other)

Weight is over front foot

Shift weight to back foot, turning waist 45 degrees (square to left foot)

Left hand comes back to edge of your peripheral vision; right hand stays forward, but turn palm outward

Shift weight to front foot, turning waist to square with right foot

Bring hands to front of oblong circle, this time with tiger's mouth to wrist

Shift weight to back foot, turning waist 45 degrees (square to left foot)

Left hand comes back to edge of your peripheral vision; right hand goes back also, to get ready to push
 Shift weight to front foot, turning waist to square with right foot
 Push both hands forward

72. Whip to One Side (same as move 4)

Transfer weight to back foot and drop both elbows
 Pivot on your right heel to a 45 in the opposite direction, letting your torso and arms stay over your right foot
 Stand up on your right leg as you bring both arms down and then extend your right arm outward (holding grapes), and bring your left hand to the front near your right shoulder
 Keep you left toe down for balance
 Step straight ahead with your left foot,
 Bring your left hand over your left foot, in a push
 Square your waist over your left foot
 Right hand stays out with the grapes

73. Wave Hands Like Clouds (Same as move 34, except do seven, not five)

Pivot your left heel 90 degrees to the right as you extend both arms to your right and as you extend both arms to the right, parallel to the floor
 Slowly transfer your weight from your right foot to your left and as you do move your left hand from right to left, parallel with the floor, palm away from you. Meanwhile, your right hand goes downward and left in a scooping motion until both arms are extended to the left, parallel with the floor. As you are moving your hands transfer your weight from right to left
 Move your right foot to the left, so it is located a half step from your left foot, toes of both feet parallel to each other
 Without moving your feet move your hands from left to right in the same manner as they went from right to left (i.e., the right hand stays parallel with the floor, palm out, as the left hand goes downward in a scooping manner).
 Take a second side step to the left, with your left foot, and repeat the above sequence
 Take a third side step to the left, with your left foot, and repeat the same sequence
 Take a fourth side step to the left, with your left foot, and repeat the same sequence
 Take a fifth side step to the left, with your left foot, and repeat the same sequence
 Take a sixth side step to the left, with your left foot, and repeat the same sequence
 Take a seventh side step to the left, with your left foot, and repeat the first part of the same sequence, except instead of moving your right foot parallel to the left, this time place the right foot 45 degrees to the left, and instead of moving your hands to the right, turn both palms down and let the hands go down

74. Whip to One Side (Same as move 35)

Stand up on your right leg as you extend your right arm outward (holding grapes), and bring your left hand to the front near your right shoulder
 Keep you left toe down for balance
 Step straight ahead with your left foot,
 Bring your left hand over your left foot, in a push
 Square your waist over your left foot
 Right hand stays out with the grapes

75. Creep Low Like a Snake

Pivot your right leg ninety degrees to the right (ninety degrees from the front foot) and shift your weight over your right leg.

Lower your weight by bending the right leg (stay in your comfort zone; keep your right knee lined up over your right foot). As you go down lower the arms above the knees, retaining the crane's beak with your right hand.

Pivot your left foot 45 degrees to the left and shift your weight onto the left foot, bringing your right arm in front of you to cross under the left arm, both palms down.

76. Golden Cock Stands on One Leg, Left

Stand up on the left leg and raise your right knee, simultaneously raising your right arm over the right knee, palm facing left. As you stand up your left palm presses down to the left of your left leg.

77. Golden Cock Stands on One Leg, Right

Take a half step backwards with your right leg, placing your foot 45 degrees to the right,

Shift your weight onto your right leg and then bring your left knee and left arm up at the same time, and let your right palm press down to the right of your right leg.

78. Ward off Monkey, Right (almost the same as move 21)

Separate your arms the same as you would if you were going to do a brush knee (that is, bring your right hand behind you, palm up, and your left hand in front of you, palm forward, both arms parallel with the floor)

Bring your hands together as you turn your waist square to your front and also as you pivot on the ball of your right foot, so that your right foot is pointed straight ahead

Let your right hand push forward or "ward off" parallel to the floor while you push your left hand straight down in front of you, palm up .

79. Ward off Monkey, Left (same as move 22)

Separate your arms the same as you would if you were going to do a brush knee (that is, bring your left hand behind you, palm up, and your right hand in front of you, palm forward, both arms parallel with the floor)

Take a half step backward with your right foot and place it down pointed 45 degrees to the right

Bring your hands together as you turn your waist square to your front and also as you pivot on the ball of your left foot, so that your left foot is pointed straight ahead

Let your left hand push forward or "ward off" parallel to the floor while you push your right hand straight down in front of you, palm up .

80. Flying at a Slant (same as move 24)

Bring you left arm behind you, parallel with the floor, palm up, as if you were going to do another ward off monkey, but instead of taking a half step with your right foot, take a regular step, again placing your right foot 45 degrees to the right

Shift your weight to the right foot and pivot on your left heel until your left foot is parallel with your right foot, and as you pivot let your whole body pivot as well, until your waist is pointed in the same direction as your toes, and your left arm over your left foot

Stand up on your left foot and hold the ball (right hand under left)

Step straight ahead with your right foot into an empty step

Shift your weight to your right foot as you square your waist in the direction of the right foot, and as you extend your right hand forward, parallel to the floor and palm up, while you press your left hand downward near your left knee.

81. Stand Up and Raise Hands (same as move 25)

Bring your left foot forward a half step, putting it down 45 degrees from the direction of the right foot. Shift your weight from the front foot to the back, raise your right arm, and bring your left hand towards your right elbow. When most of the weight is on your left foot, bring the toes of your right foot up, so only the heel is touching the floor.

82. White Stork Spreads Wings (same as move 26)

The left hand goes back in a circular fashion to end up palm down, on the top of the ball

While the right hand follows the left until it gets to the bottom of the ball, palm up

Step forward with the right foot, placing the right foot forward and parallel to the left

Transfer weight to the right foot and as you do

Push your left hand across your body while your right hand moves next to your right thigh

Your left hand goes down as your right hand and palm go up

As this happens stand up on your right foot and bring the toe of your left foot next to the right, ready to step straight forward

83. Brush Knee Left (same as move 27)

Let your right hand come down in front of you and then continue behind you parallel with the floor, palm up, as your left hand and palm go forward, also parallel with the floor.

Step forward with your left foot [empty step]

Bring your hands almost together in front of you as you turn your waist forward

Then transfer your weight from right foot to left as your right hand pushes forward and your left hand "brushes" your left knee.

84. Needle to Sea Bottom (same as move 28)

Take a half step with your right foot, placing it 45 degrees from the direction of the left foot

Shift your weight from the left foot to the right, while bringing both hands in front of your hips, palms facing your dantien*. When most of your weight is on the right foot, lift the heel of your left foot, so only the ball of your left foot touches the floor.

Now, bending at the waist, bring your right hand down as if to touch the floor, while the tiger's mouth of your left hand encircles your right wrist. The palm of your right hand faces your left foot.

Stand up on your right leg, turning your torso square with your right foot and bringing your hands in front of your right shoulder

85. Fan Penetrates Through the Back (same as move 29)

Take an empty step forward with your right foot

Transfer your weight from your right foot to your left, squaring your torso with your left foot, bring your left arm and hand to a "ward off" position, and raising your right hand, palm up, to protect your head

86. Turn and Chop with Fist (Same as move 30, despite the name)

Transfer your weight to your right foot and as you do raise your right hand over your head, palm up, and lower your left hand in front of your dantien

Pivot on your left heel until your left foot is 45 degrees in the opposite direction

Stand up on your left foot

Take an empty step straight ahead with your right foot

Keeping your weight on your left foot, bring your left arm in a big arc to the left, with your left hand ending up at your left waist. Simultaneously, make a fist with your right hand and bring your right arm in an upward arc, so your right arm ends up extended and parallel with the floor, knuckles up.

Now shift your weight to your right foot, and as you do push your left hand away from you, parallel with the floor, and simultaneously bring your right fist to your right waist

Shift your weight back to the left foot, bringing your left hand back towards you and pushing your right hand away from you, parallel with the floor

Pull your right foot in front of your left, right heel to left toe, as you bring your right hand to the wrist of your left hand (present flowers or wristwatch position)

Chop with your right fist parallel to the floor and bring your left hand to protect, over your right elbow.

87. Step Up, Deflect, Parry and Punch (This is the same as move 31)

Bring your right fist, knuckles up, to your waist, as you turn your waist in the direction of your right foot, and as you push your left hand forward, parallel to the floor

Step forward with your left foot

Shift your weight to your left foot as you punch straight forward with your right fist and bring your left hand to a brush knee position over the left knee

88. Step up to Grasp Bird's Tail (This is the same as Move 32)

Pivot on the heel of your left foot and stand up on left leg

Hold the ball (left hand on top; right hand on bottom)

Step straight forward with right leg

Palms forward to an oblong circle (palms face each other)

Weight is over front foot

Shift weight to back foot, turning waist 45 degrees (square to left foot)

Left hand comes back to edge of your peripheral vision; right hand stays forward, but turn palm outward

Shift weight to front foot, turning waist to square with right foot

Bring hands to front of oblong circle, this time with tiger's mouth to wrist

Shift weight to back foot, turning waist 45 degrees (square to left foot)

Left hand comes back to edge of your peripheral vision; right hand goes back also, to get ready to push

Shift weight to front foot, turning waist to square with right foot

Push both hands forward

89. Whip to One Side (This is exactly the same as move 34)

Transfer weight to back foot and drop both elbows

Pivot on your right heel to a 45 in the opposite direction, letting your torso and arms stay over your right foot

Stand up on your right leg as you bring both arms down and then extend your right arm outward (holding grapes), and bring your left hand to the front near your right shoulder

Keep your left toe down for balance

Step straight ahead with your left foot,

Bring your left hand over your left foot, in a push

Square your waist over your left foot

Right hand stays out with the grapes

90. Wave Hands Like Clouds (Same as move 34, except there are 3 clouds)

Pivot your left heel 90 degrees to the right as you extend both arms to your right and as you extend both arms to the right, parallel to the floor

Slowly transfer your weight from your right foot to your left and as you do move your left hand from right to left, parallel with the floor, palm away from you. Meanwhile, your right hand goes downward and left in a scooping motion until both arms are extended to the left, parallel with the floor. As you are moving your hands transfer your weight from right to left

Move your right foot to the left, so it is located a half step from your left foot, toes of both feet parallel to each other

Without moving your feet move your hands from left to right in the same manner as they went from right to left (i.e., the right hand stays parallel with the floor, palm out, as the left hand goes downward in a scooping manner).

Take a second side step to the left, with your left foot, and repeat the above sequence

Take a third side step to the left, with your left foot, and repeat the first part of the sequence, except instead of moving your right foot parallel to the left, this time place the right foot 45 degrees to the left, and instead of moving your hands to the right, turn both palms down and let the hands go down

91. Whip to One Side (same as move 35)

Stand up on your right leg as you extend your right arm outward (holding grapes), and bring your left hand to the front near your right shoulder

Keep you left toe down for balance

Step straight ahead with your left foot,

Bring your left hand over your left foot, in a push

Square your waist over your left foot

Right hand stays out with the grapes

92. Reach Up to Pat Horse (same as move 36)

Shift your weight back to your right foot, bringing your left foot a half step back, toe down. As you do, bring your right hand out in front of your heart, palm down, as if patting the horse, while you bring your left hand towards your heart, palm up

93. Cross Hands to Penetrate (slang: "feed the horse")

Take an empty step with your left foot.

Bring your left hand up and extend it forward, turning your palm upwards, until your arm is extended parallel with the floor. As you do shift your weight onto your left foot and bring your right hand down in front of your dantien.

94. Turn and Kick

Shift your weight to your right foot.

Turn your body to the right by pivoting on your left heel until your left foot is 45 degrees to the left of the opposite direction you were in before you turned.

As you turn bring your left hand to the inside of your right hand, crossing at the wrist and holding the ball.

Stand up on your left leg and raise the right knee.

Kick with your right leg and as you do extend both arms, palms out, with your right arm extending over your right leg and your left arm extending about 45 degrees from the direction of your right arm.

95. Chop with Fist (Same as Move 52)

Keeping the weight on your left foot, place your right foot in front of the left, at a 45 degree angle to the right (i.e., heel of right foot in front of the toe of the left). Chop with your right fist parallel to the floor and bring your left hand to protect, over your right elbow

96. Brush Knee & Punch (Same as Move 53, despite the name)

Bring your right fist, knuckles up, to your waist, as you turn your waist in the direction of your right foot, and as you push your left hand forward, parallel to the floor

Step forward with your left foot

Shift your weight to your left foot as you punch straight forward with your right fist and bring your left hand to a brush knee position over the left knee

- 97. Step Up to Grasp Bird's Tail (almost the same as move 71)**
 Pivot your left foot 45 degrees to the left and stand up on left leg
 Hold the ball (left hand on top; right hand on bottom)
 Step straight forward with right leg
 Palms forward to an oblong circle (palms face each other)
 Weight is over front foot
 Shift weight to back foot, turning waist 45 degrees (square to left foot)
 Left hand comes back to edge of your peripheral vision; right hand stays forward, but turn palm outward
 Shift weight to front foot, turning waist to square with right foot
 Bring hands to front of oblong circle, this time with tiger's mouth to wrist
 Shift weight to back foot, turning waist 45 degrees (square to left foot)
 Left hand comes back to edge of your peripheral vision; right hand goes back also, to get ready to push
 Shift weight to front foot, turning waist to square with right foot
 Push both hands forward
- 98. Whip to One Side (same as move 72)**
 Transfer weight to back foot and drop both elbows
 Pivot on your right heel to a 45 in the opposite direction, letting your torso and arms stay over your right foot
 Stand up on your right leg as you bring both arms down and then extend your right arm outward (holding grapes), and bring your left hand to the front near your right shoulder
 Keep you left toe down for balance
 Step straight ahead with your left foot,
 Bring your left hand over your left foot, in a push
 Square your waist over your left foot
 Right hand stays out with the grapes
- 99. Creep Low Like a Snake (Same as move 75)**
 Pivot your right leg ninety degrees to the right (ninety degrees from the front foot) and shift your weight over your right leg.
 Lower your weight by bending the right leg (stay in your comfort zone; keep your right knee lined up over your right foot). As you go down lower the arms above the knees, retaining the crane's beak with your right hand.
 Pivot your left foot 45 degrees to the left and shift your weight onto the left foot, bringing your right arm in front of you to cross under the left arm, both palms down.
 Hello all:
- 100. Step Up To Seven Stars**
 Stand up on your left leg, bringing your arms up to cross at the wrists to protect your forehead, and placing the ball of your right foot a half step in front of you. (As you are bringing your arms up, make fists. Your wrists should end up a little higher than your head)
- 101. Retreat to Ride Tiger**
 Take a half step back with your right foot, placing the foot 45 degrees to the right. Shift your weight onto the right foot and as you do release your fists and separate your hands and bring your arms down to shoulder height.

Take an empty step with your left foot, 45 degrees to the left.

Shift your weight to your left foot and as you do let your right arm push forward and your left arm protecting your head, same as in fair maiden works shuttles.

102. Turn Around to Sweep Lotus (the footwork on this is similar to move 51)

Shift your weight to your right foot and pivot on your left heel 45 degrees to the right (you will then be "half" pigeon toed) and bring your arms down to about the heart, palms out, fingertips pointed to each other, and forming a circle.

Keeping your arms in that position take two more steps, first with the right foot and then the left, each time turning your foot to step "pa-kua". Thusly your first step ends up with your right heel to left toe, each foot pointing 90 degrees away from the other, and your second step ends up left toe to right toe, pigeon toed, each foot pointing 90 degrees away from the other. Note that you are turning in a complete circle, and that your left foot ends up in the same direction as it was when you started this move.

Stand up on your left foot while you continue to keep moving your torso and arms to the right, like winding up a spring.

Bring your right leg in front of you in a quick kicking motion as you sweep your arms from the right to the left, hitting your foot with your hands at the top of the kick, and then letting your hands continue to the left and up, so they end up crossed at the wrists, a bit higher than your head, and your right foot ends up a half step in front of you, toe down.

103. Draw Bow to Shoot Tiger

Take an empty step forward with your right foot.

As you shift your weight to your right leg, the hands form fists and the left hand goes forward at shoulder height and your right hand goes up to protect the forward (similar to Fair Maiden, except for the fists). The knuckles of both hands are turned up to the ceiling (or sky if there is no ceiling).

104. Chop with Fist (Similar to Moves 14 & 52)

Bring your weight to your left foot, place your right foot in front of the left, at a 45 degree angle to the right (i.e., heel of right foot in front of the toe of the left). As you do bring your arms to the "present flowers" position (left hand goes to the left of your head, fingertips of the right hand go to the left wrist, both palms facing you).

Chop with your right fist parallel to the floor and bring your left hand to protect, over your right elbow

105. Step Up, Deflect, Parry & Punch (Same as Move 15)

Bring your right fist, knuckles up, to your waist, as you turn your waist in the direction of your right foot, and as you push your left hand forward, parallel to the floor

Step forward with your left foot

Shift your weight to your left foot as you punch straight forward with your right fist and bring your left hand to a brush knee position over the left knee

106. Appear to Close Entrance (Same as Move 16)

Shift your weight from your left foot to your right foot and as you do

release the fist and retract you right arm while brushing your right forearm with your left hand ("wiping the goop off")

Bring both palms up, facing forward, ready to push

Push both palms forward and then

Shift your weight from your right foot to your left foot

107. Cross Hands (Same as before, Move 17)

Stand up and raise both hands straight up as your transfer your weight to both feet

Pivot on your left heel then right heel ninety degrees to the right, then

Let your hands come down to your waist as you

Sit without letting your knees go forward (let your tush go back)

Stand up and cross hands at the wrists, palms facing you.

108. Closing of Tai Chi Set

Separate your hands by bringing them to the sides of your body, in front of your shoulders while moving the palms down

Lower your palms and let them hang near your thighs, so they are in the same positions they were in when you began the set.