

WEBVTT

NOTE duration:"00:12:26.6560000"

NOTE language:en-us

NOTE Confidence: 0.849419176578522

00:00:02.090 --> 00:00:03.179 Hello, my name

NOTE Confidence: 0.849419176578522

00:00:03.180 --> 00:00:05.567 is bill Derek Covelong River Tides each

NOTE Confidence: 0.849419176578522

00:00:05.567 --> 00:00:08.179 one and we're here today to continue

NOTE Confidence: 0.849419176578522

00:00:08.179 --> 00:00:10.459 exploring the 24 posture Yang style.

NOTE Confidence: 0.849419176578522

00:00:10.460 --> 00:00:13.292 So we did some warmups in some Qi

NOTE Confidence: 0.849419176578522

00:00:13.292 --> 00:00:16.289 Gong for rent on one of our videos,

NOTE Confidence: 0.849419176578522

00:00:16.290 --> 00:00:18.986 and then we did I believe the first

NOTE Confidence: 0.849419176578522

00:00:18.986 --> 00:00:20.930 three postures which were partying

NOTE Confidence: 0.849419176578522

00:00:20.930 --> 00:00:23.318 wild horses mane of white crane

NOTE Confidence: 0.849419176578522

00:00:23.318 --> 00:00:25.746 spreads wings and brush me twist out.

NOTE Confidence: 0.849419176578522

00:00:25.750 --> 00:00:28.361 Now we're going to add on the

NOTE Confidence: 0.849419176578522

00:00:28.361 --> 00:00:30.340 next three posters which are.

NOTE Confidence: 0.849419176578522

00:00:30.340 --> 00:00:31.804 From the loot.

NOTE Confidence: 0.849419176578522

00:00:31.804 --> 00:00:34.244 And repulsed monkey and then

NOTE Confidence: 0.849419176578522  
00:00:34.244 --> 00:00:36.997 grass grows tail on both sides,  
NOTE Confidence: 0.849419176578522  
00:00:37.000 --> 00:00:39.527 and we're going to brief warm up.  
NOTE Confidence: 0.849419176578522  
00:00:39.530 --> 00:00:41.882 And then we're going to go right  
NOTE Confidence: 0.849419176578522  
00:00:41.882 --> 00:00:44.578 from the very beginning of the form.  
NOTE Confidence: 0.849419176578522  
00:00:44.580 --> 00:00:47.156 And I'm going to do it going  
NOTE Confidence: 0.849419176578522  
00:00:47.156 --> 00:00:49.638 towards you so you can see me,  
NOTE Confidence: 0.849419176578522  
00:00:49.640 --> 00:00:52.160 and then we'll see what happens today,  
NOTE Confidence: 0.849419176578522  
00:00:52.160 --> 00:00:54.404 so hopefully you'll be certified this  
NOTE Confidence: 0.849419176578522  
00:00:54.404 --> 00:00:57.220 video and and be able to follow it.  
NOTE Confidence: 0.849419176578522  
00:00:57.220 --> 00:00:57.942 And again,  
NOTE Confidence: 0.849419176578522  
00:00:57.942 --> 00:01:00.469 we do classes every Monday and Wednesday,  
NOTE Confidence: 0.849419176578522  
00:01:00.470 --> 00:01:02.938 so please join us.  
NOTE Confidence: 0.849419176578522  
00:01:02.940 --> 00:01:04.302 So you start with your feet  
NOTE Confidence: 0.849419176578522  
00:01:04.302 --> 00:01:04.983 hip distance apart.  
NOTE Confidence: 0.849419176578522  
00:01:04.990 --> 00:01:07.243 You can just settling in. Honey,  
NOTE Confidence: 0.849419176578522

00:01:07.243 --> 00:01:10.904 your shoulders and hips and ankles lineup.  
NOTE Confidence: 0.849419176578522

00:01:10.910 --> 00:01:12.380 Do you lower back? Relax?  
NOTE Confidence: 0.849419176578522

00:01:12.380 --> 00:01:14.424 That is up Tony at the roof.  
NOTE Confidence: 0.849419176578522

00:01:14.430 --> 00:01:16.730 Your mouth Blues rides.  
NOTE Confidence: 0.849419176578522

00:01:16.730 --> 00:01:18.398 Take a few breaths to TuneIn.  
NOTE Confidence: 0.478407740592957

00:01:27.170 --> 00:01:32.592 God over eyes turn into US. Yes,  
NOTE Confidence: 0.478407740592957

00:01:32.592 --> 00:01:35.660 people feeds daddy tell tween shoulder  
NOTE Confidence: 0.478407740592957

00:01:35.660 --> 00:01:40.268 and chest in front or back seat in the  
NOTE Confidence: 0.73087133301629

00:01:40.270 --> 00:01:43.902 back. Alright, we're gonna  
NOTE Confidence: 0.73087133301629

00:01:43.902 --> 00:01:48.442 start at the very beginning,  
NOTE Confidence: 0.730873823165894

00:01:56.240 --> 00:02:00.570 going to do it mehring  
NOTE Confidence: 0.730873823165894

00:02:00.570 --> 00:02:06.275 you, so I'll vocalize it and you'll  
NOTE Confidence: 0.730873823165894

00:02:06.275 --> 00:02:12.300 be doing it coming toward me. So.  
NOTE Confidence: 0.684697866439819

00:02:14.470 --> 00:02:20.523 Start with our heels together.  
NOTE Confidence: 0.684697866439819

00:02:20.523 --> 00:02:27.330 Arms by your sides. Shoulders reliable.  
NOTE Confidence: 0.684697866439819

00:02:27.330 --> 00:02:33.785 Whatever. The Spanish is called

NOTE Confidence: 0.684697866439819  
00:02:33.785 --> 00:02:37.658 Commencement Apology Tour.  
NOTE Confidence: 0.684697866439819  
00:02:37.660 --> 00:02:45.800 Very extend after legs. On the phone.  
NOTE Confidence: 0.684697866439819  
00:02:45.800 --> 00:02:48.488 Where is little on to the right foot,  
NOTE Confidence: 0.684697866439819  
00:02:48.490 --> 00:02:50.435 but the left foot cooked  
NOTE Confidence: 0.684697866439819  
00:02:50.435 --> 00:02:53.090 out to the side and resell.  
NOTE Confidence: 0.684697866439819  
00:02:53.090 --> 00:02:57.764 Evenly across. Show me what you  
NOTE Confidence: 0.684697866439819  
00:02:57.764 --> 00:02:59.900 got it right with each other.  
NOTE Confidence: 0.684697866439819  
00:02:59.900 --> 00:03:05.480 Start. Black shoulders Instead.  
NOTE Confidence: 0.684697866439819  
00:03:05.480 --> 00:03:13.850 And we're going to move into.  
NOTE Confidence: 0.684697866439819  
00:03:13.850 --> 00:03:16.430 Are you almost made shifting over  
NOTE Confidence: 0.684697866439819  
00:03:16.430 --> 00:03:19.450 to the left turn right for him?  
NOTE Confidence: 0.684697866439819  
00:03:19.450 --> 00:03:21.520 Shifting back to the road but  
NOTE Confidence: 0.684697866439819  
00:03:21.520 --> 00:03:23.579 in the left hand go down,  
NOTE Confidence: 0.684697866439819  
00:03:23.580 --> 00:03:25.086 turned lefty Nolan.  
NOTE Confidence: 0.684697866439819  
00:03:25.086 --> 00:03:25.588 Externally,  
NOTE Confidence: 0.684697866439819

00:03:25.588 --> 00:03:28.098 he'll forward from the seating  
NOTE Confidence: 0.684697866439819

00:03:28.098 --> 00:03:30.800 position going to depart in ours today.  
NOTE Confidence: 0.684697866439819

00:03:30.800 --> 00:03:32.000 But don't do that again on  
NOTE Confidence: 0.874711632728577

00:03:32.000 --> 00:03:32.600 the other side.  
NOTE Confidence: 0.714340090751648

00:03:35.750 --> 00:03:38.830 But the other crowds. Looking to  
NOTE Confidence: 0.714340090751648

00:03:38.830 --> 00:03:42.130 where you going. Already well.  
NOTE Confidence: 0.921507179737091

00:03:44.390 --> 00:03:47.130 Don't do that again.  
NOTE Confidence: 0.921507179737091

00:03:47.130 --> 00:03:50.602 Hello. She left across.  
NOTE Confidence: 0.921507179737091

00:03:50.602 --> 00:03:54.074 Looks where we going.  
NOTE Confidence: 0.921507179737091

00:03:54.080 --> 00:03:55.960 Already wild horses name.  
NOTE Confidence: 0.921507179737091

00:03:55.960 --> 00:03:58.310 And then we'll move into  
NOTE Confidence: 0.921507179737091

00:03:58.310 --> 00:03:59.932 white Crane, Spencer.  
NOTE Confidence: 0.921507179737091

00:03:59.932 --> 00:04:03.866 The problem is to bring the rightful.  
NOTE Confidence: 0.921507179737091

00:04:03.870 --> 00:04:05.835 Recrossed subtlety, right?  
NOTE Confidence: 0.921507179737091

00:04:05.835 --> 00:04:11.479 Melanie, but the to go out separate the arms.  
NOTE Confidence: 0.921507179737091

00:04:11.480 --> 00:04:14.028 Stayed in the right with a slight

NOTE Confidence: 0.921507179737091  
00:04:14.028 --> 00:04:16.020 waste turn rotation of the Arts.  
NOTE Confidence: 0.921507179737091  
00:04:16.020 --> 00:04:18.344 State of the ride with the rotation  
NOTE Confidence: 0.921507179737091  
00:04:18.344 --> 00:04:20.738 and change the arts and then brush.  
NOTE Confidence: 0.921507179737091  
00:04:20.740 --> 00:04:21.748 Meet with him.  
NOTE Confidence: 0.645602703094482  
00:04:23.970 --> 00:04:27.744 And then also back again.  
NOTE Confidence: 0.645602703094482  
00:04:27.744 --> 00:04:31.882 But we're going. Come across.  
NOTE Confidence: 0.645602703094482  
00:04:31.882 --> 00:04:35.226 Boy brushed me twister.  
NOTE Confidence: 0.888750553131104  
00:04:37.590 --> 00:04:40.598 Don't do that again.  
NOTE Confidence: 0.888750553131104  
00:04:40.600 --> 00:04:45.696 Open up that foot shift across each other.  
NOTE Confidence: 0.888750553131104  
00:04:45.700 --> 00:04:50.520 Foot forward. Russian into itself.  
NOTE Confidence: 0.888750553131104  
00:04:50.520 --> 00:04:53.836 A little bit so I can see the feed  
NOTE Confidence: 0.888750553131104  
00:04:53.836 --> 00:04:56.026 configuration rushed into is that  
NOTE Confidence: 0.888750553131104  
00:04:56.026 --> 00:04:58.730 we come across with strong blue.  
NOTE Confidence: 0.888750553131104  
00:04:58.730 --> 00:05:03.325 Bob And there were to come  
NOTE Confidence: 0.888750553131104  
00:05:03.325 --> 00:05:06.270 into what we call repulsed.  
NOTE Confidence: 0.888750553131104

00:05:06.270 --> 00:05:09.390 Why don't the arms look forward?  
NOTE Confidence: 0.888750553131104

00:05:09.390 --> 00:05:11.174 And the elbow slightly.  
NOTE Confidence: 0.888750553131104

00:05:11.174 --> 00:05:12.958 Foot and heel back.  
NOTE Confidence: 0.888750553131104

00:05:12.960 --> 00:05:15.795 Yoko Banner continue foots down and then  
NOTE Confidence: 0.888750553131104

00:05:15.795 --> 00:05:18.079 sit back readjusting the front foot.  
NOTE Confidence: 0.888750553131104

00:05:18.080 --> 00:05:21.980 Looking over.  
NOTE Confidence: 0.888750553131104

00:05:21.980 --> 00:05:25.920 Boy So he'll sit there.  
NOTE Confidence: 0.630472242832184

00:05:28.040 --> 00:05:28.898 But then again.  
NOTE Confidence: 0.412853519121806

00:05:34.020 --> 00:05:40.226 Pause Monkey.  
NOTE Confidence: 0.412853519121806

00:05:40.226 --> 00:05:46.448 But And then from there will come into.  
NOTE Confidence: 0.412853519121806

00:05:46.450 --> 00:05:49.609 Grasp Sparrow's tail.  
NOTE Confidence: 0.412853519121806

00:05:49.610 --> 00:05:52.238 Tell me a cross.  
NOTE Confidence: 0.412853519121806

00:05:52.240 --> 00:05:55.260 Not meaning to connect.  
NOTE Confidence: 0.412853519121806

00:05:55.260 --> 00:06:02.630 In that rotation. Up Hum to applause.  
NOTE Confidence: 0.412853519121806

00:06:02.630 --> 00:06:08.070 Crossing stand separated. Step back.  
NOTE Confidence: 0.412853519121806

00:06:08.070 --> 00:06:11.395 And then forward the move forward slightly.

NOTE Confidence: 0.412853519121806  
00:06:11.400 --> 00:06:13.770 So we get the term.  
NOTE Confidence: 0.412853519121806  
00:06:13.770 --> 00:06:17.998 Look over to the right.  
NOTE Confidence: 0.412853519121806  
00:06:17.998 --> 00:06:23.350 Shift across bring right here in our regular.  
NOTE Confidence: 0.412853519121806  
00:06:23.350 --> 00:06:26.320 If your grass left heel bad.  
NOTE Confidence: 0.412853519121806  
00:06:26.320 --> 00:06:34.300 Goodnight Through clouds and encircling high.  
NOTE Confidence: 0.412853519121806  
00:06:34.300 --> 00:06:35.898 Hello.  
NOTE Confidence: 0.412853519121806  
00:06:35.898 --> 00:06:42.290 Connected low after 7.  
NOTE Confidence: 0.412853519121806  
00:06:42.290 --> 00:06:45.986 Well in the polls.  
NOTE Confidence: 0.412853519121806  
00:06:45.986 --> 00:06:47.690 Separated Look like.  
NOTE Confidence: 0.683190047740936  
00:06:50.120 --> 00:06:53.640 Your normal press forward.  
NOTE Confidence: 0.683190047740936  
00:06:53.640 --> 00:06:57.720 And there was super weird Ontario.  
NOTE Confidence: 0.683190047740936  
00:06:57.720 --> 00:07:00.750 Note here that right for them. Mr.  
NOTE Confidence: 0.683190047740936  
00:07:00.750 --> 00:07:03.550 Carlos form the whole called the book.  
NOTE Confidence: 0.683190047740936  
00:07:03.550 --> 00:07:06.370 Turn left here. Land shift across.  
NOTE Confidence: 0.683190047740936  
00:07:06.370 --> 00:07:09.130 Another word for back, sit back.  
NOTE Confidence: 0.683190047740936



00:07:09.130 --> 00:07:11.836 But he got left before mccrossen  
NOTE Confidence: 0.683190047740936

00:07:11.836 --> 00:07:15.209 coming into what we call single with.  
NOTE Confidence: 0.683190047740936

00:07:15.210 --> 00:07:16.892 Willing to release.  
NOTE Confidence: 0.683190047740936

00:07:16.892 --> 00:07:20.340 I'm going to do that from the side,  
NOTE Confidence: 0.683190047740936

00:07:20.340 --> 00:07:22.338 so you decide you as well.  
NOTE Confidence: 0.683190047740936

00:07:22.340 --> 00:07:28.174 So. Playing with my.  
NOTE Confidence: 0.683190047740936

00:07:28.174 --> 00:07:32.506 It will be increasing hunger strike.  
NOTE Confidence: 0.683190047740936

00:07:32.510 --> 00:07:34.178 Where they will be able to  
NOTE Confidence: 0.683190047740936

00:07:34.178 --> 00:07:36.059 see it and follow dressed so.  
NOTE Confidence: 0.683190047740936

00:07:36.060 --> 00:07:36.960 Again.  
NOTE Confidence: 0.772472083568573

00:07:39.000 --> 00:07:41.488 Long over relaxed, upright,  
NOTE Confidence: 0.772472083568573

00:07:41.488 --> 00:07:45.570 aligned and balanced. Leaving.  
NOTE Confidence: 0.772472083568573

00:07:45.570 --> 00:07:50.560 Back legs open. The legs open.  
NOTE Confidence: 0.772472083568573

00:07:50.560 --> 00:07:54.676 Settling right left, left left left out.  
NOTE Confidence: 0.772472083568573

00:07:54.680 --> 00:07:58.229 Resettling coming across.  
NOTE Confidence: 0.772472083568573

00:07:58.230 --> 00:08:01.270 Shoulder blades toward each other.

NOTE Confidence: 0.772472083568573  
00:08:01.270 --> 00:08:02.854 Maybelline hips drawback is  
NOTE Confidence: 0.772472083568573  
00:08:02.854 --> 00:08:05.522 arms greenhouse, in a way.  
NOTE Confidence: 0.772472083568573  
00:08:05.522 --> 00:08:08.018 Long to the fingertips,  
NOTE Confidence: 0.772472083568573  
00:08:08.020 --> 00:08:10.292 relax the shoulders Melbourne  
NOTE Confidence: 0.772472083568573  
00:08:10.292 --> 00:08:11.996 Sunsetting into Commencement.  
NOTE Confidence: 0.772472083568573  
00:08:12.000 --> 00:08:14.835 We're gonna move over to the left.  
NOTE Confidence: 0.772472083568573  
00:08:14.840 --> 00:08:17.550 Is it right for them?  
NOTE Confidence: 0.772472083568573  
00:08:17.550 --> 00:08:19.680 Hello there.  
NOTE Confidence: 0.772472083568573  
00:08:19.680 --> 00:08:25.035 You But Ellen already well versus name.  
NOTE Confidence: 0.742456257343292  
00:08:27.340 --> 00:08:30.886 Will do that the other side.  
NOTE Confidence: 0.742456257343292  
00:08:30.890 --> 00:08:34.280 Set alerts openshift across.  
NOTE Confidence: 0.645344972610474  
00:08:37.310 --> 00:08:42.540 I well versus me. But then again.  
NOTE Confidence: 0.708304524421692  
00:08:45.180 --> 00:08:55.020 How are you? Now  
NOTE Confidence: 0.734802216291428  
00:08:55.020 --> 00:08:59.496 will continue across. White Plains president  
NOTE Confidence: 0.68566358089447  
00:09:05.330 --> 00:09:11.995 Brush  
NOTE Confidence: 0.68566358089447

00:09:11.995 --> 00:09:18.660 teeth  
NOTE Confidence: 0.631592065095902

00:09:24.370 --> 00:09:33.874 Brother says,  
NOTE Confidence: 0.631592065095902

00:09:33.874 --> 00:09:43.378 Mr. Interested  
NOTE Confidence: 0.805502235889435

00:09:45.400 --> 00:09:47.410 And then we'll move in, destroying the loom.  
NOTE Confidence: 0.645873844623566

00:09:53.280 --> 00:10:01.199 Little movement. Is. Being very stable.  
NOTE Confidence: 0.645873844623566

00:10:01.200 --> 00:10:03.944 Don't move to the footsteps and really  
NOTE Confidence: 0.645873844623566

00:10:03.944 --> 00:10:07.020 just the front face forward. Then again.  
NOTE Confidence: 0.559567391872406

00:10:32.070 --> 00:10:38.988 Blue circle. We expect. Spell stare.  
NOTE Confidence: 0.753397524356842

00:10:59.130 --> 00:11:00.584 Now we're going to mascara  
NOTE Confidence: 0.753397524356842

00:11:00.584 --> 00:11:02.040 was telling me, he said.  
NOTE Confidence: 0.552286803722382

00:11:30.960 --> 00:11:40.130 move into.  
NOTE Confidence: 0.598152756690979

00:11:40.130 --> 00:11:42.390 Open word.  
NOTE Confidence: 0.765075027942657

00:11:48.130 --> 00:11:53.580 First,  
NOTE Confidence: 0.765075027942657

00:11:53.580 --> 00:12:04.480 several movements.  
NOTE Confidence: 0.765075027942657

00:12:04.480 --> 00:12:07.740 1. Pretty wild horses mane.  
NOTE Confidence: 0.765075027942657

00:12:07.740 --> 00:12:10.722 My credit spreads wings freshly twist

NOTE Confidence: 0.765075027942657

00:12:10.722 --> 00:12:14.139 up strong the Loop Rupauls Monkey.

NOTE Confidence: 0.765075027942657

00:12:14.140 --> 00:12:17.428 Grass Bales tell one side grasp else tell

NOTE Confidence: 0.765075027942657

00:12:17.428 --> 00:12:21.072 the other side so you have 8 out of 24 year.

NOTE Confidence: 0.765075027942657

00:12:21.080 --> 00:12:22.900 Thank you for joining in.

NOTE Confidence: 0.765075027942657

00:12:22.900 --> 00:12:25.245 Will see you at Class

NOTE Confidence: 0.765075027942657

00:12:25.245 --> 00:12:26.652 Mondays and Wednesdays.