

Move 1* Commencing of Tai Chi

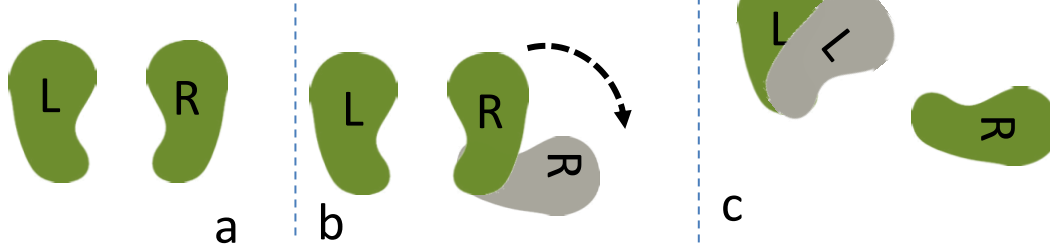


Figure 2



Figure 1



Figure 3

- Facing the 90° Front position with your arms at your sides, slowly raise your arms to shoulder level (Foot diagram 'a' and figure 1).
- Drop your elbows, palms facing out. Pivot on your right heel to the 90° Right position (Foot diagram 'b' and figure 2).
- Adjust your left foot to the 45° A position, bending your right knee and straightening your left leg, as you push your right arm straight out in front of you at shoulder height—palm out. Your left hand—palm down—goes down the center of your body (Foot diagram 'c' and figure 3).

***Both feet should remain flat on the floor throughout this move!**

*These instructions are for use as an assist to the free beginner classes offered by Tai Chi Maine, they are not meant to be stand-alone lessons for the Tai Chi form of Moy Lin-Shin.