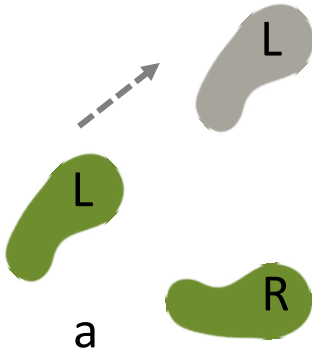


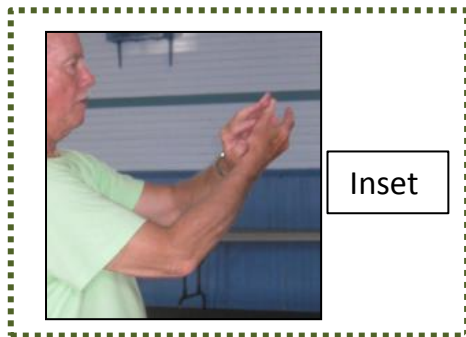
Move 2* Left Grasp Bird's Tail Follows Commencing of Tai Chi



- After you complete the last movement of *Commencing of Tai Chi*, stand up on your right foot 'holding the ball' (Inset) out in front of you (Figure 1).
- Place your left foot one step forward to the 45° A position, (Foot diagram 'a') as you shift your weight over your left foot and square your hips and shoulders over that foot, your left arm (elbow bent, palm facing you) will be pushed over your left foot as well.
- Your right hand goes down your center to block, palm down (Figure 2).



Figure 1



Inset



Figure 2

*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.