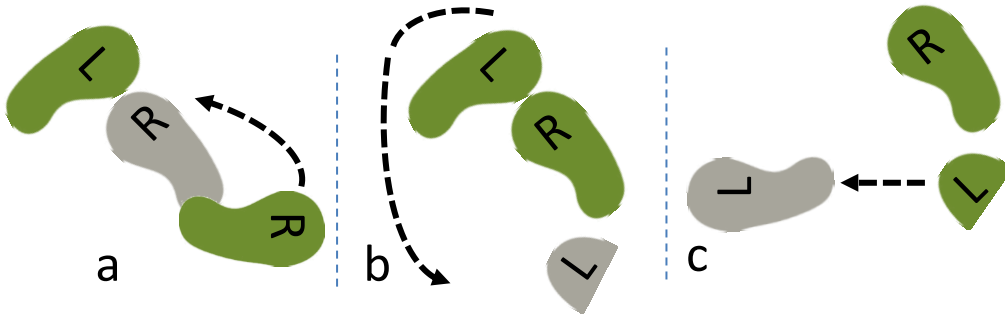


Move 4*
Single Whip
Follows
Grasp Bird's Tail



- After you complete the last movement of *Grasp Bird's Tail*, drop your elbows, shift weight to left foot, pivot on your right heel to the 45° D position (Foot diagram 'a'), stand up on your right foot and adjust your left foot for balance, toe down (Foot diagram 'b').
- Scoop both hands down your center (Inset A) and up to shoulder level (Inset B), your right hand pushes out off the shoulder to form the bird's beak (Inset C and figure 1).
- Place your left foot one step forward in the 90° Left position (foot diagram 'c'), square your hips over your left foot as you push your left hand out at shoulder level to block, palm out (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.