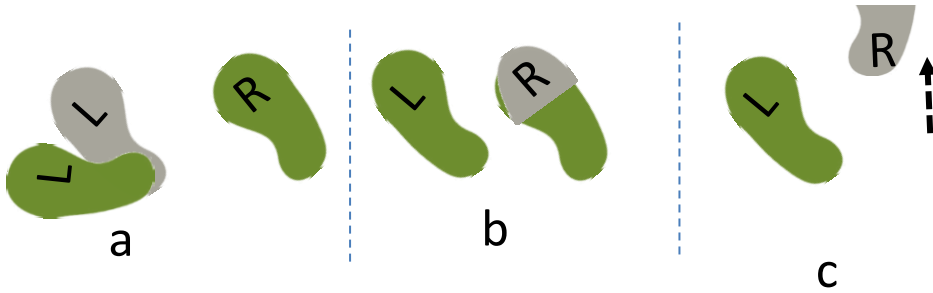


Move 5* Step-up and Raise Hands Follows Single Whip



- After you complete the last movement of *Single Whip*, maintain your arm positions and shift weight to your right foot.
- Pivot on your left heel to the 45° D Position (Foot diagram 'a').
- Shift your weight to your left foot and lift your right heel off the floor (Foot diagram 'b' and figure 1).
- Place your right foot one-half step ahead to the 90° Front Position, heel down and toes up.
- Bring your arms together in front of you with your right elbow bent and your left fingertips along the inside of your right elbow (Foot diagram 'c' and 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.