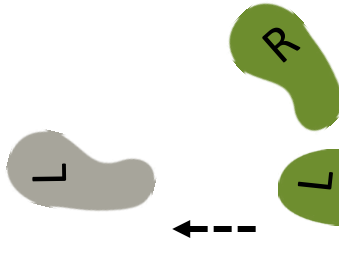


Move 7*
Brush Knee
Follows
Stork Cools Wings



- a. After you complete the final motion of *Stork Cools Wings*, let your right hand flow down the front of your body in a circular motion continuing to move it up behind you to shoulder height, palm up. At the same time, your left hand flows up the front of your body and pushes straight out off your left shoulder, palm facing out (figure 1).
- b. Move your left foot forward one step (foot diagram 'a').
- c. Bend your right elbow and brush past your right ear with your hand (inset A), continuing to push straight out off your shoulder (palm out to block). At the same time bend your left elbow and bring your left hand down the center of your body (palm down to block, Inset B (figure 2).

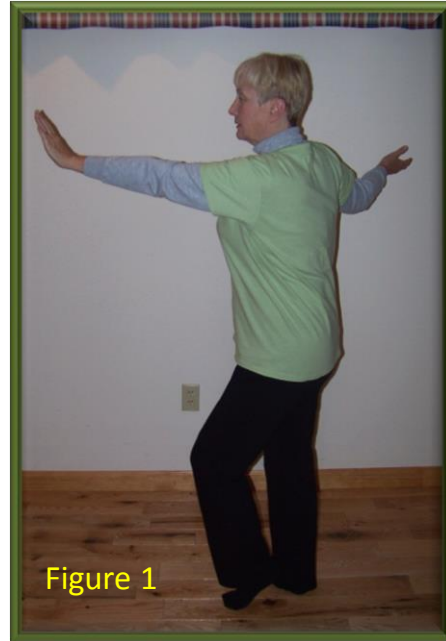


Figure 1



Figure 2



Inset A



Inset B

*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.