



- a. After ending the final movement of *Snake Creeps Down*, stand up on your left foot and place your right foot one-half step in front of your left at the 90° Left Position with your heel off the floor (Foot diagram 'a')
- b. At the same time raise your arms to forehead level, crossed at the wrists, and forming fists. Square your hips over your right foot. Bend your left knee and sink slightly into a high sit. Do not bend your back (Figure 1)

Move 100\*  
*Step-up to form "Seven Stars"*  
Follows  
*Snake Creeps Down*



\*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.