



- a. After ending the final movement of *Step-up to form "Seven Stars,"* place your right foot one-half step behind your left pointing to the 45° D Position. As up shift your weight to your right foot uncross your arms and open your hands (Foot diagram 'a' and figure 1).
- b. Stand –up straight with a slight pinch between your shoulder blades . Move your left foot one-half step forward maintaining the 45° C Position.
- c. Push your right arm straight out off your shoulder (palm out) as you bring your left hand up to protect your forehead (palm out) (Foot diagram 'b' and figure 2).

Move 101*
*Retreat to Ride Tiger
 Follows
 Step-up to form "Seven Stars"*



*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.