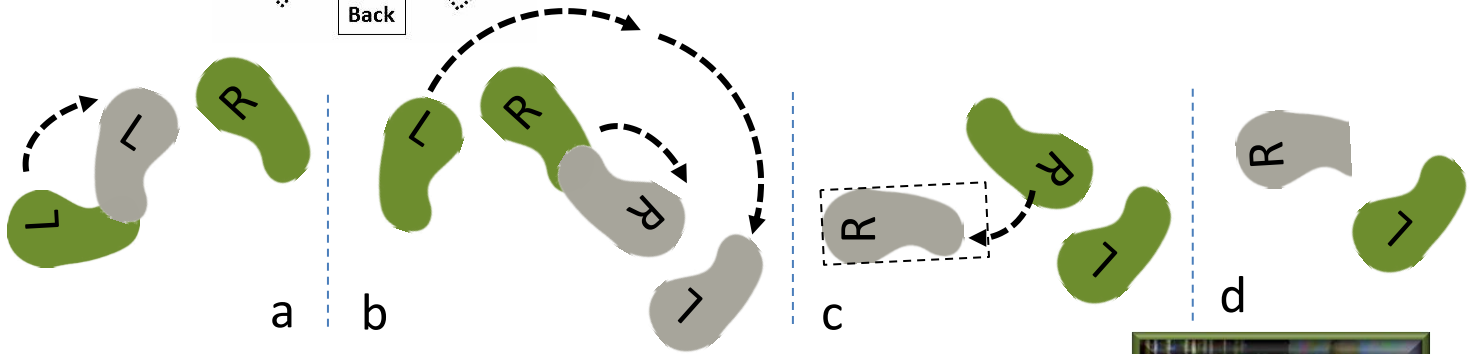


Move 102\*  
Turn & Sweep Lotus  
Follows  
Retreat to Ride Tiger



- a. After ending the final movement of *Retreat to Ride Tiger*, bring both hands down to waist level, palms down (Figure 1). Maintain this arm posture for steps b & c, letting your arms lead as your feet move upper body.
- b. Pivot on your left heel to become pigeon-toed (Foot diagram 'a' and figure 1).
- c. Pivot on your right heel as close to the 45° B Position as is comfortable, then bring your left foot around to the 45° C Position (Foot diagram 'b' and figure 2).
- d. As you shift your weight to your left foot move your arms in unison (in the same posture to the 90° D Position. Leading with your heel, kick your right leg out to the 90° Left Position (Foot diagram 'c' and Figure 3).
- e. When your right foot is at the apex of your kick, move your arms in unison in a right-to-left motion, passing over your raised leg and clipping it with your right hand as your hands move past.
- f. As you lower your right leg let your arms continue to bring your body to the 45° C Position ending with palms facing (Foot diagram 'd' and figure 4).



\*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.