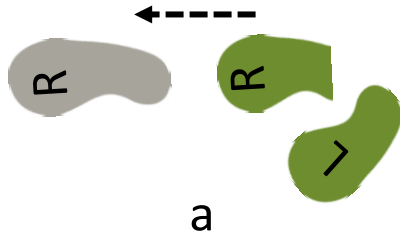


Move 103*
Shoot Tiger with Bow
Follows
Turn & Sweep Lotus



- After ending the final movement of *Turn & Sweep Lotus*, place your right foot one step ahead to the 90° Left Position and square your hips and shoulders over that foot (Foot diagram 'a').
- Form a fist with each hand and move your right arm up to protect your forehead (knuckles down) as you push your left arm out off your shoulder (knuckles up) (Figure 1).



*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.