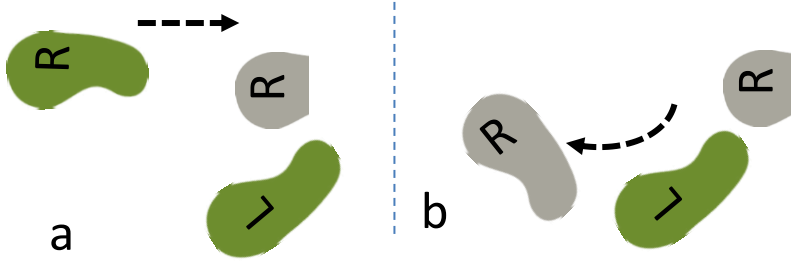


Move 104*
*Chop with Fist
 Follows
 Shoot Tiger with Bow*



- a. After you complete the final movement of *Shoot Tiger with Bow*, stand up on your left foot and raise your hands to face level off your left shoulder (*the hold the ball position*), palms facing you. At the same time pull your right foot back to a balance position, toes down (foot diagram 'a' and figure 1)
- b. Place your right foot one-half step in front of your left foot to the 45°D position (*the Pa Kua step*) at the same time throw your right fist forward in an arc to fully extend your arm at shoulder level, knuckles down. Your left elbow is bent with your left fist near your right elbow (foot diagram b and figure 2).
- c. As you extend your left arm straight out off your shoulder (palm out to block) pull your right fist back to your right hip, knuckles down (figure 3).



*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.