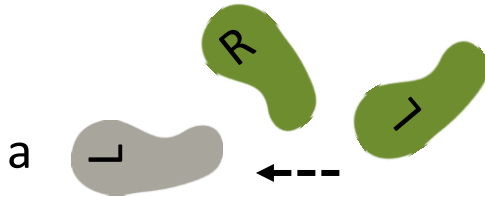
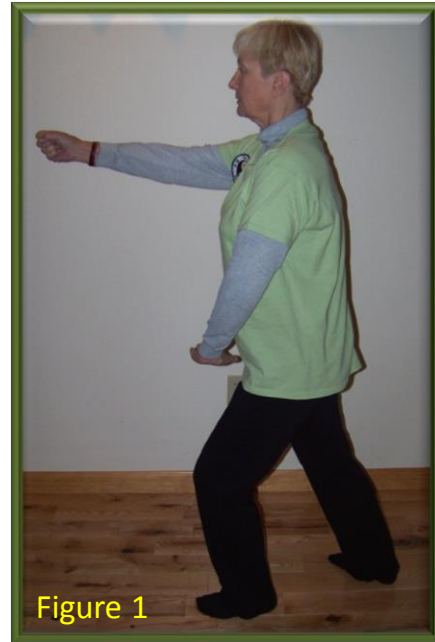


Move 105*
Step-up, Deflect, Parry & Punch
Follows
Chop with Fist



- a. After you complete the final movement of *Chop with Fist*, stand up on your right foot and step one step ahead with your left foot to the 90° Left position (foot diagram a). Simultaneously push right fist straight out at shoulder level, knuckles facing in, and bring your left hand down the center of your body to block, palm down (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.