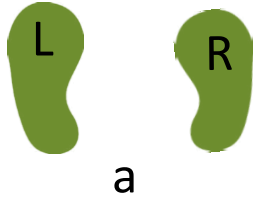


Move 108*
*Conclusion of Tai Chi
Follows
Cross Hands*



- a. After ending the final movement of *Cross Hands*, Maintain your foot position (Foot diagram 'a'), uncross your arms (Figure 1) and slowly lower them down to waist level with palms down (Figure 2).



Figure 1



Figure 2

*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.