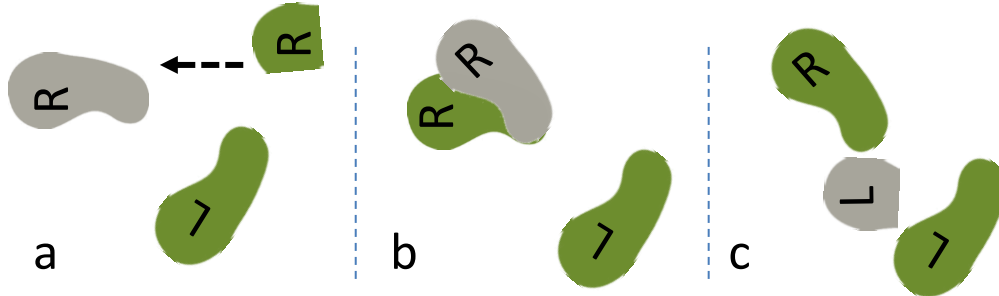
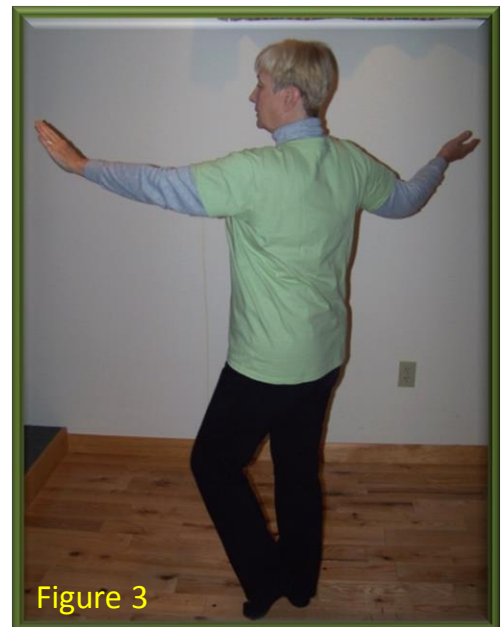


Move 10*
Brush Knee and Twist Step Right
 Follows
Brush Knee and Twist Step Left



- After you complete the final motion of *Brush knee and Twist Step Left*, place your right foot one step ahead (foot diagram 'a').
- Bend your left elbow and brush past your left ear with your hand (inset), continuing to push straight out off your shoulder (palm out). At the same time bend your right elbow and bring your right hand down the center of your body (palm down) (figure 1) ending near your right knee.
- At full arm extension, simultaneously, twist your right wrist (palm out) and pivot on your right heel to the 45°D position (foot diagram 'b' and figure 2).
- Swing your right arm up behind you to shoulder level, palm up, stand up on your right foot and balance with your left (foot diagram 'c' and 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.