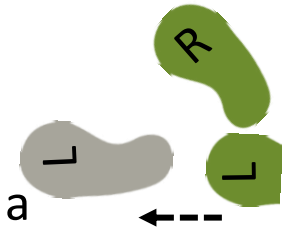
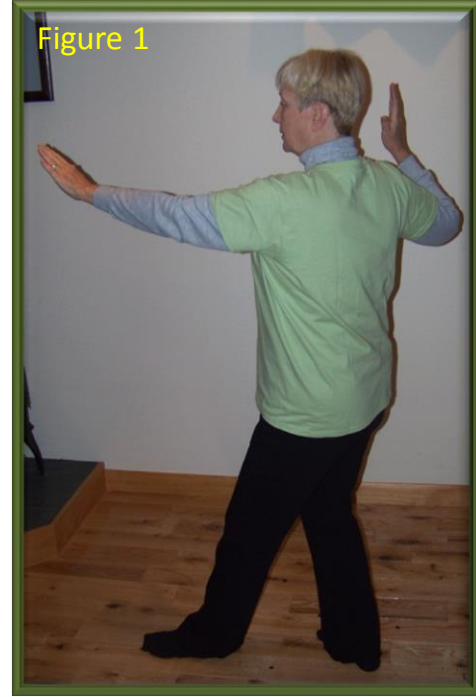


Move 11\*  
Brush Knee  
Follows  
Brush Knee and Twist Step Right



- a. After you complete the final motion of *Brush knee and Twist Step right*, place your left foot one step ahead (foot diagram 'a').
- b. Bend your right elbow and brush past your right ear with your hand (inset and figure 1), continuing to push straight out off your shoulder (palm out to block). At the same time bend your left elbow and bring your left hand down the center of your body (palm down) (figure2). Complete the move by squaring your hips to the 90° Left Position (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.