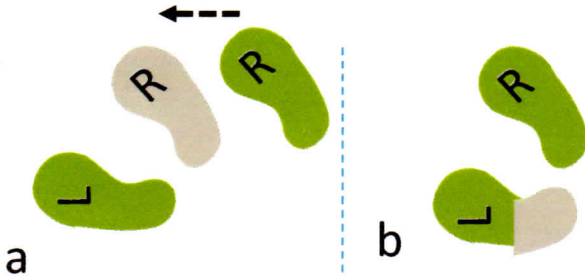


Move 12*
Play the Pai Pa
Follows
Brush Knee



- After you complete the final motion of *Brush knee*, slide your right foot forward one-half step (Foot diagram 'a'), shift your weight to your right foot as you stand up straight with shoulder blades slightly pinched (figure 1).
- Lift the toes of your left foot off the floor (foot diagram 'b'). Bring your left hand up to face level, palm facing your right side, as you bend your right elbow and bring your right hand to your left elbow, with palm open and facing the elbow.
- Your weight should be on your right foot with both your knees slightly bent (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.