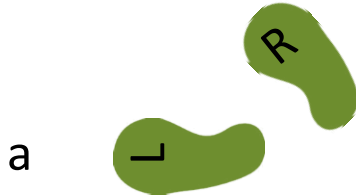
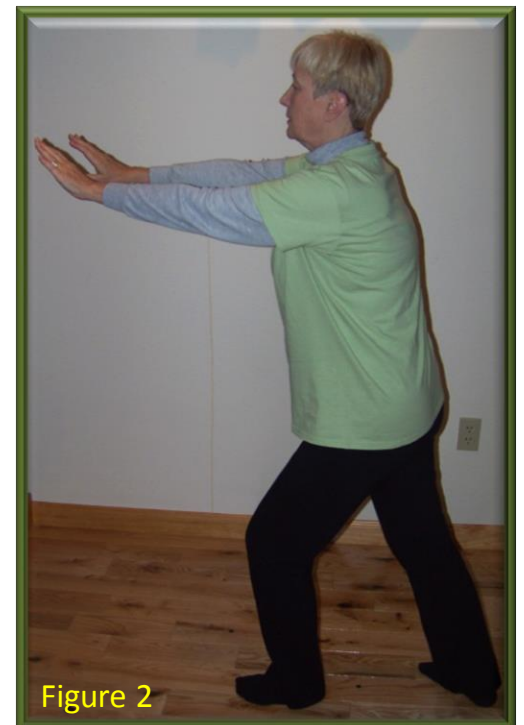


Move 16*
Apparent Close Up
Follows
Step-up, Deflect, Parry and Punch



- After you complete the final motion of *Step-up, Deflect, Parry and Punch*, maintain your foot position (foot diagram a). Open your fist and turn your palm up. Shift your weight to your right foot and bend your knee slightly as you bring your left hand (palm up) up under your right elbow. Simultaneously slide your left palm forward as you pull your right arm back (*the wipe it off move*), (figure 1).
- As both hands meet, push them straight out at shoulder height to block (palms out), at the same time shift your weight to your left foot. When your arms are fully extended, square hips and shoulders to the 90° Left position (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.