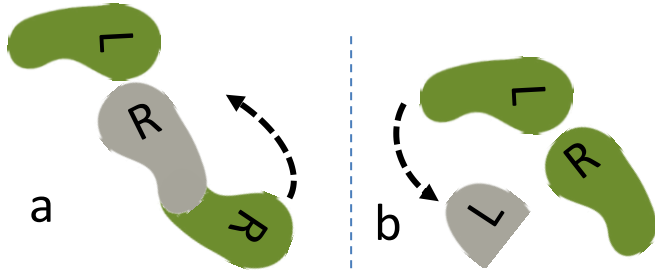


Move 19*
Diagonal Single Whip
 Follows
Carry Tiger to the Mountain



- After you complete the final motion of *Carry Tiger to the Mountain*, drop your elbows and shift your weight to your left foot. Pivot on your right heel to the 45° D Position, or as far as you can (foot diagram 'a' and figure 1).
- Shift your weight back to your right foot and slide your left foot one-half step to the left, placing it in a balance position (foot diagram 'b'). Adjust your right foot if necessary.
- At the same time, bring your right arm to shoulder height, elbow bend and palm facing out, and bring your left hand (facing out) to your right wrist in a "T" formation (Inset)
- As you finish the move square your hips and shoulders to the 45° D position (Figure 2) with your palms to your right in the 'T' formation.



*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.