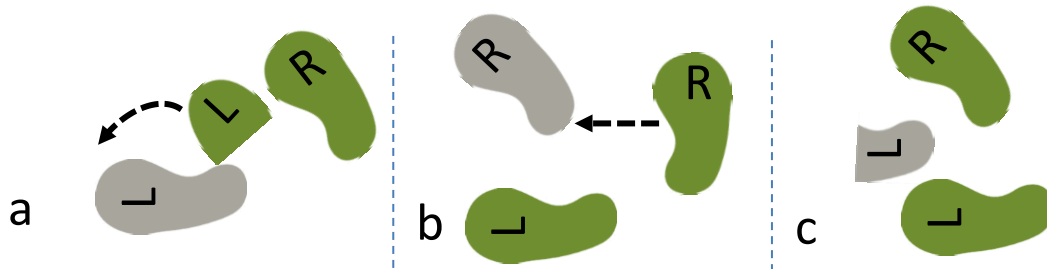
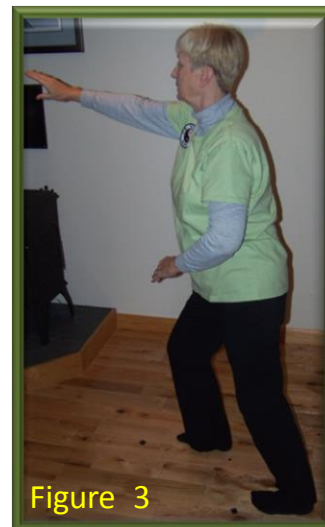


Move 20* Fist Under Elbow Follows Diagonal Single Whip



- After you complete the final motion of *Diagonal Single Whip*, drop your arms as you place your left foot to the 90° Left position and square your hips over the 45° C position with elbows bent and palms facing in front of you (foot diagram 'a' and figure 1).
- Move your right foot forward, one step, to the 45° D position as you square your body over your right foot, bring your arms to your right side in a blocking 'T' formation (inset A, (foot diagram b and figure 2).
- Reach out with your right hand in a grasping motion (inset B and figure 3) and bring it to the center of your body in a fist held under the bent elbow of your left arm, left palm facing out. Bring your left foot one-half step closer to your right (still at the 90° Left position) and lift your toes off the floor. Complete the move by squaring to the 90° Left position, bending both knees slightly (foot diagram c and figure 4).



*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.