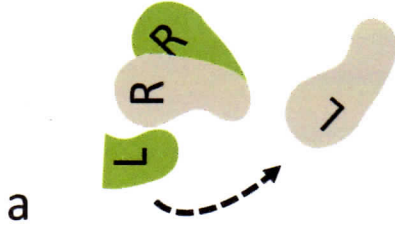
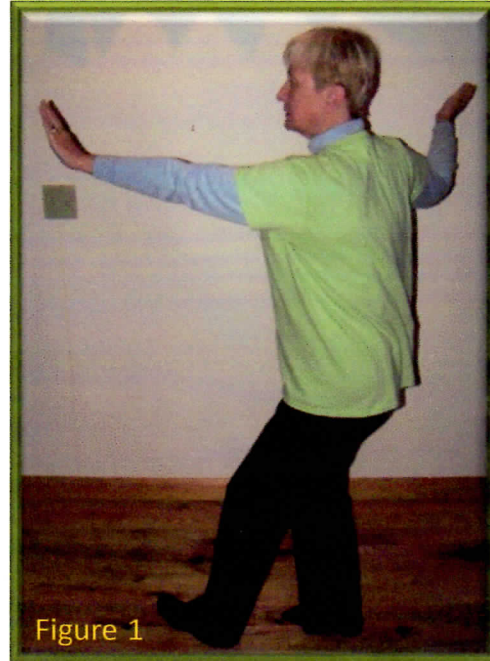


Move 21*
Repulse Monkey (R)
Follows
Fist Under Elbow



- a. After you complete the final motion of Fist Under Elbow, let your right hand flow down the front of your body in a circular motion continuing to move it up behind you to shoulder height, palm up. At the same time, push your left arm straight out in front of you, palm out to block (figure 1).
- b. Place your left foot behind your right one at the 45° C position and adjust your right foot (foot diagram 'a'). Bring your hands together in front of you at chest level (inset). Then slowly lower your left hand down the center of your body, palm up, as you extend your right hand out in front of you to block (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.