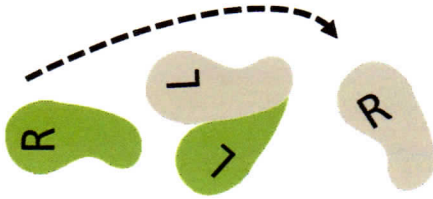


Move 22*
Repulse Monkey (L)
Follows
Repulse Monkey (R)

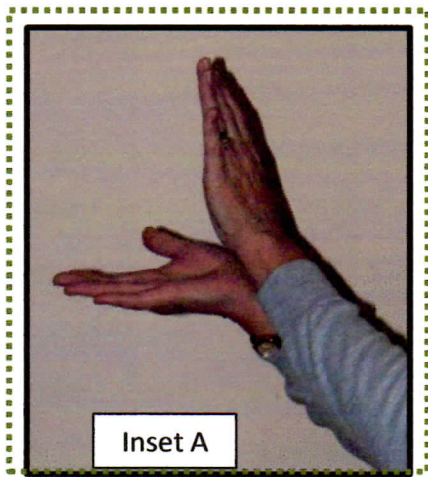


a

- a. After you complete the final motion of Repulse Monkey (R), let your left arm flow past your hip and back up to shoulder level (figure 1).
- b. Place your right foot behind your left one at the 45° D position and adjust your left foot (foot diagram 'a'). Bring your hands together in front of you at chest level (inset). Then slowly lower your right hand down the center of your body, palm up, as you extend your left hand out in front of you to block (figure 2).



Figure 1



Inset A



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.