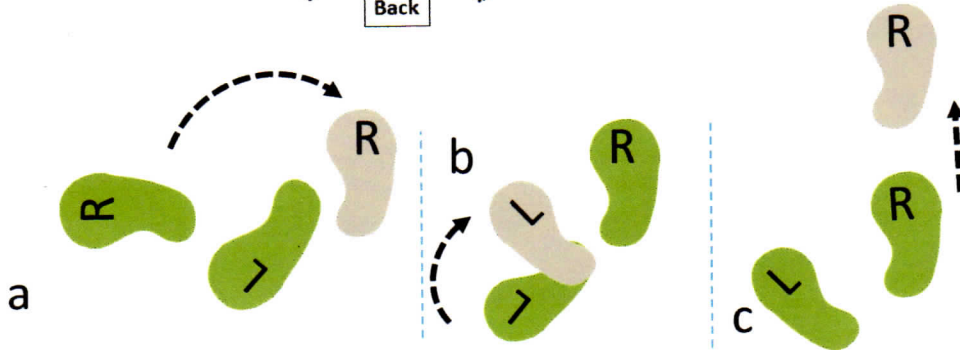
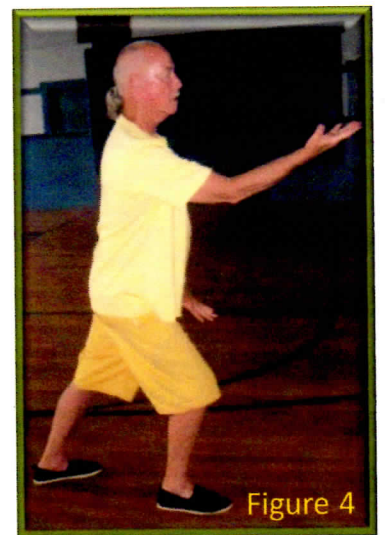


Move 24*
Slanting Flying
Follows
Repulse Monkey (R)



- After you complete the final motion of *Repulse Monkey (R)*, drop your right arm and square your hips to the 45° D Position. Place your right foot behind your left foot pointing to the 90° Front Position (Foot diagram 'a' and figure 1).
- Adjust your left foot to the 45° D Position and stand up on your left foot holding the ball off your left shoulder (Figure 2).
- Place your right foot one step forward maintaining the 90° Front Position (Figure 3).
- Square your hips over your right foot and shift your weight to your right foot, bending your right knee slightly as you stretch forward. Your right hand goes out (palm up) as your left hand goes down your center to block, palm down.



*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.