



- After you complete the last movement of *Slanting Flying*, maintain your arm positions and shift weight to your right foot.
- Slide your left foot one-half step forward with your foot flat on the floor at the 45°D Position (Foot diagram 'a').
- With weight evenly distributed, stand up straight with your arms open at the shoulder level (Figure 1), with shoulder blades slightly pinched.
- Shift your weight to your left foot and place your right foot one-half step forward at the 90° Front Position with your heel down and toes up (Foot diagram 'b').
- Bring your arms together in front of you with your right elbow bent and your left fingertips along the inside of your right elbow (Figure 2)

Move 25*
Step-up and Raise Hands
 Follows
Slanting Flying



*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.