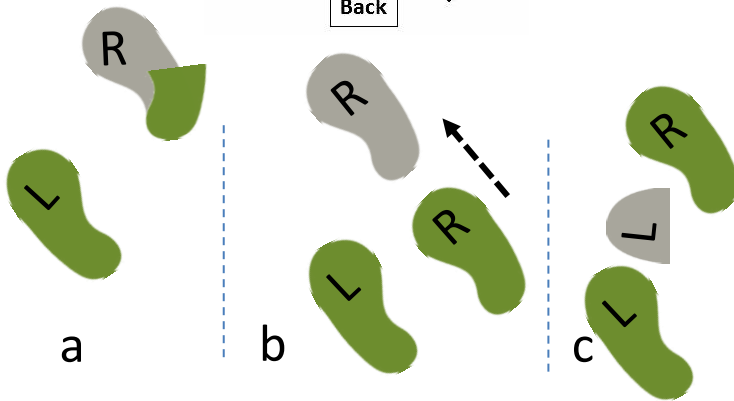
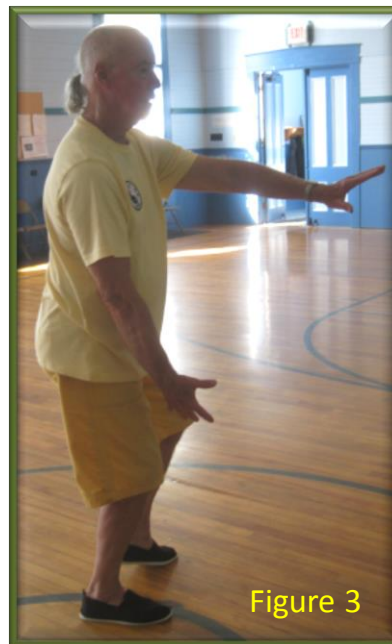


Move 26* Stork Cools Wings Follows Step-up and Raise Hands



- After you complete the final motion of Step-Up and Raise Hands, reach out with your right hand (Figure 1), continue this movement by bringing it back under your left hand (Inset).
- Pivot on your right heel (foot diagram 'a' and figure 2) to the 45°D position. Square your hips over your right foot.
- Step forward with your right foot maintaining the 45° D Position (Foot diagram 'b'). Push your left hand out to block, palm out, and lower your right hand down your center to block, palm up.
- Stand-up on your right foot, move your left foot to the 90° Left Position, toe down, heel up (Foot diagram 'c' and figure 3).
- Square your hips over your left foot. Bring your right arm up in front of your forehead to block, palm out, as your left arm goes down your center to block, palm down (Figure 4)



Inset

*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.