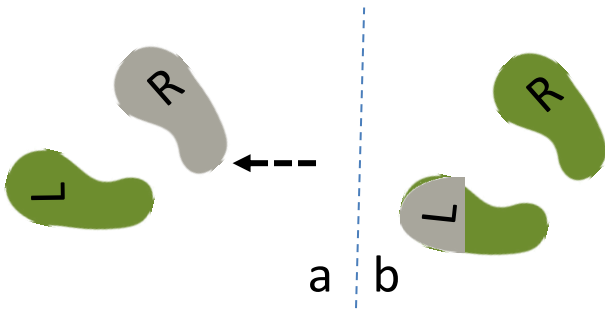


Move 28* Needle at Sea Bottom Follows Brush Knee



- After you complete the final motion of *Brush Knee*, slide your right foot forward one-half step, maintaining the 45°D Position (Foot diagram 'a').
- With your weight evenly distributed, stand up straight with your arms open at shoulder level (Figure 1) with shoulder blades slightly pinched.
- As you bend forward at the waist your left heel lifts off the floor. Your hands come together—left hand clasping right at the wrist (Inset)—in front of your toes (Figure 2).
- As you stand up maintain your straight arm position with hands still clasped (Figure 3)
- When you are fully upright, bend your elbows and pull clasped hands back next to your right ear. Drop your left heel back to the floor and square your hips to the 45°D Position (Figure 4).



Figure 1



Figure 2



Figure 3



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.