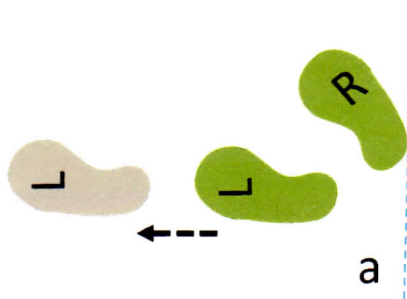
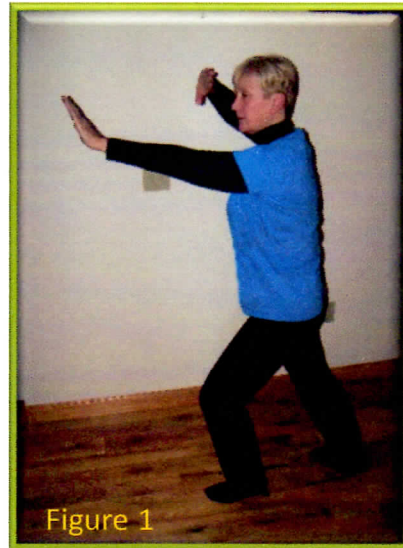


Move 29*
Fan Through Back
Follows
Needle at Sea Bottom



- After you complete the final motion of *Needle at Sea Bottom*, step forward with your left foot (Foot diagram 'a').
- Shift your weight to your left foot and square your hips over that foot.
- As you push your left hand straight out off your shoulder (palm out to block), bring your right hand up to your forehead (palm out to block) (Figure 1).



*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.