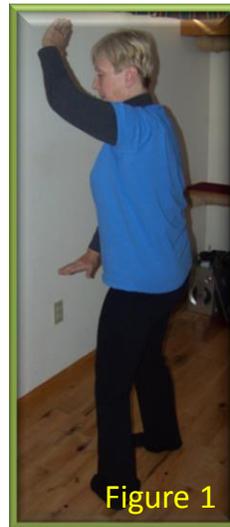


# Move 30\* Turn and Chop With Fist Follows Fan Through Back

- After you complete the final motion of *Fan Through Back*, raise your left hand over your head, palm up and bring your right hand in front of you, palm down. Pivot on your left heel to the 45°A Position (Foot diagram 'a' and figure 1).
- Shift your weight to your left foot and step out to bring your right foot to the 90° Right Position (Foot diagram 'b').
- Bring your left hand down the front of your body and back up behind your shoulder, continuing around in front of you straight out off your shoulder, palm out. At the same time form a fist and bring your right hand up the front of your body to straight off your shoulder and pull it back to your right hip (Figure 2). This is sort of a controlled whirligig or bicycle arm motion.
- Shift your weight to your left foot. With your right hand, start at the elbow of your left arm and run your open right palm along the left arm in a 'wiping motion' (Figure 3).
- As you reach the end of the left arm, stand up fully on your left foot with palms facing and wrists crossed (Hold the ball position) near your left ear. Place your right foot in front of your left foot pointing to the 45°B Position—called a 'Pa Kua' step (Foot diagram 'c' and figure 4).
- Throw your right fist across your body and straight out off your shoulder as you bring your left hand across in front of you to your right elbow (Figure 5).
- Shift your weight to your right foot as you pull your right fist back to your right hip and extend your left arm out straight out off the shoulder to block, palm out. Square your hips to the 90° Right Position (Figure 6).



\*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.