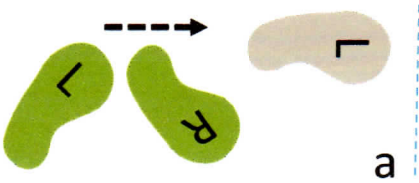


Move 31*
*Step Up, Deflect, Parry, Punch
Follows
Turn and Chop With Fist*



- After you complete the final motion of *Turn and Chop With Fist*, stand up on your right foot and step straight ahead with your left foot (Foot diagram 'a').
- Shift your weight forward to onto your left foot, as you punch straight out with your right fist (facing in) let your left hand flow down the front of you, palm down to block. Your hips should be squared to the 90° Right Position (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.