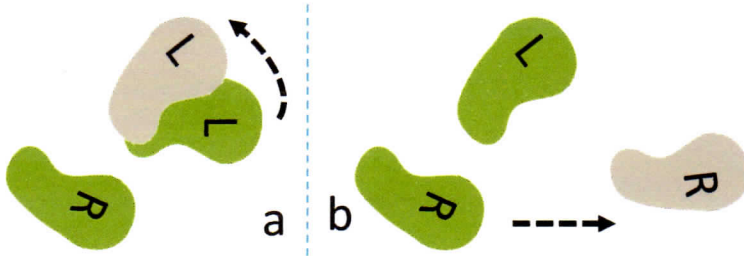
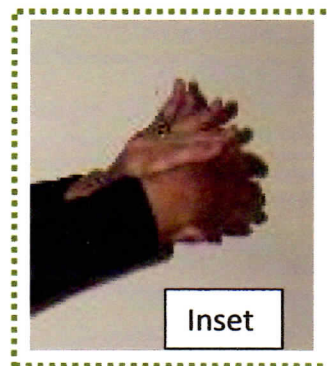
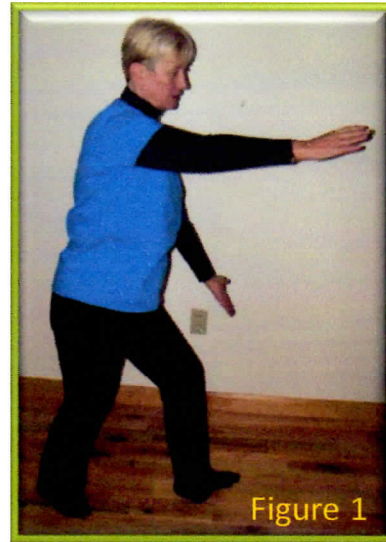


Move 32\*  
*Step Up to Grasp Bird's Tail  
 Follows  
 Step Up, Deflect, Parry, Punch*



- a. After you complete the last movement of *Step Up, Deflect, Parry, Punch*, pivot your left palm and on your left heel to face the 45°A Position (Foot diagram 'a' and figure 1). Stand up on your left foot holding the ball off your left shoulder as you slide your right foot up next to our left for balance (Figure 2). Place your right foot one step ahead to the 90° Right position, squaring your hips over your right foot (Foot diagram 'b').
- b. With your left fingertips against your right inside wrist, push your right hand out in front of you (Figure 3).
- c. Keep your right arm out, drop your left elbow, sink and square your hips over your left foot (Figure 4).
- d. Square your hips back over your right foot as you push your left hand out to grasp your right wrist in the 'Tiger's Mouth' hold (Inset). When both arms are fully extended, open both hands – palms out (Figure 5).
- e. This time drop both elbows as you sink and square your hips over your left foot as you did if figure 4.
- f. Square your hips back over your right foot and push both hands out – palms out as you did in figure 5.



\*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.