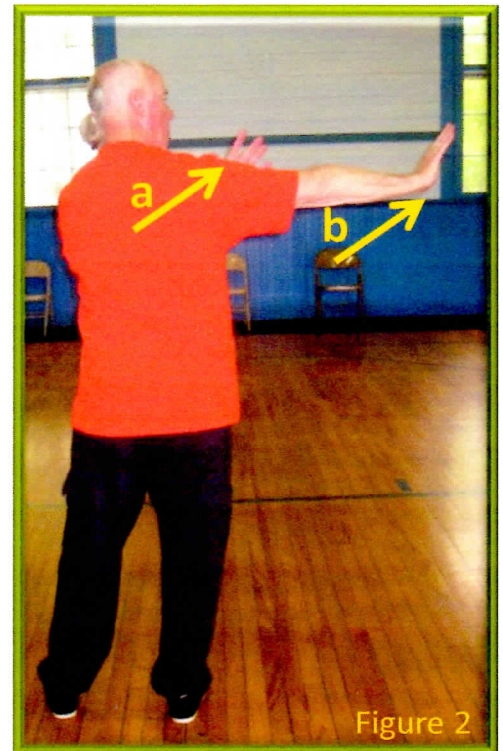


Step One

- After you complete the last movement of *Single Whip*, shift your weight to your right foot, pivot on your left heel to the 90° Front Position and adjust your right foot to the same position (Foot diagram 'a').
- As you scoop your right hand down to your waist to form a lotus blossom (Inset A), in a scooping motion you bring your left hand down to waist level (Figure 1).
- As your right hand moves up your chest, your left hand continues its scoop across your chest and up to your right elbow (palm facing your face as arrow 'a' indicates).
- Your right hand releases the lotus blossom as you push it straight off your shoulder as arrow 'b' indicates (Figure 2).
- When your right arm is fully extended and your left hand is in position (Inset B) go to Step Two.

Move 34* Wave Hands as Clouds (5) Follows Single Whip



*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.