



- a. After ending the final movement of *Single whip*, drop both elbows as you shift your weight to your right foot (figure 1).
- b. Slide your left foot back about $\frac{1}{2}$ step ending with the heel raised (Foot diagram 'a' and figure 2).
- c. Turn the palm of your left hand up and slide your right hand (palm down) out in front of you.
- d. Your left hand should come to rest at waist level and your right hand should be at chest level with the elbow slightly bent. This is not a tall horse (inset).

Move 36* High Pat on Horse Follows Single Whip



Figure 1



Inset



Figure 2

*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.