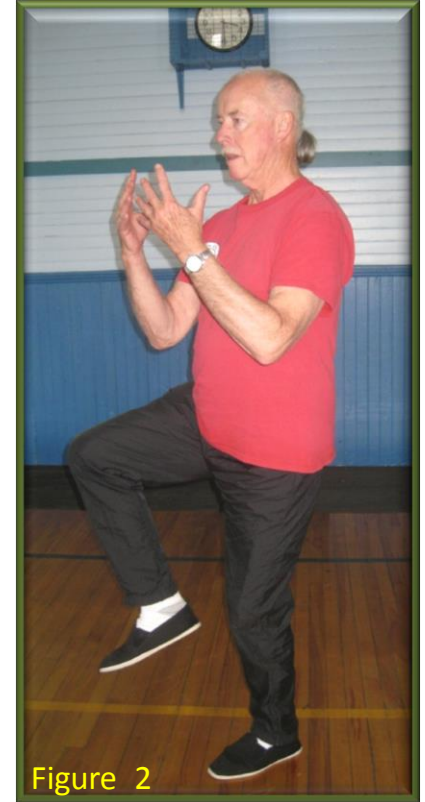
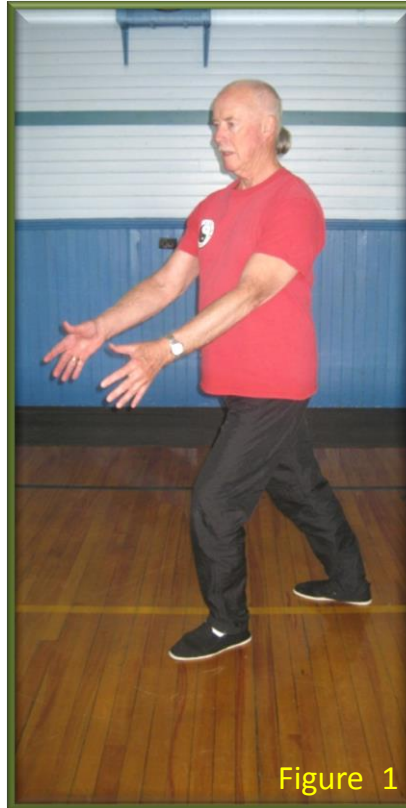
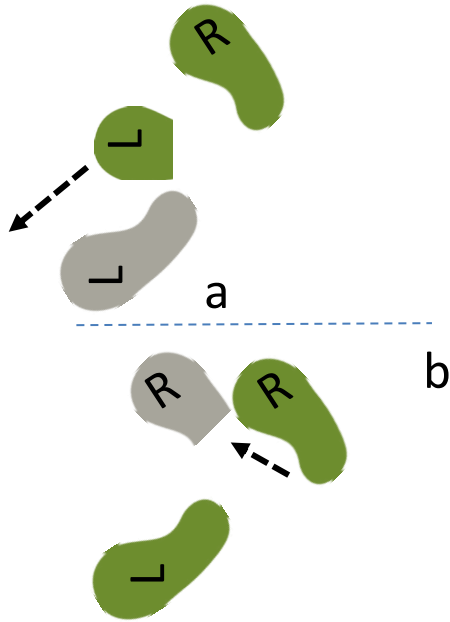
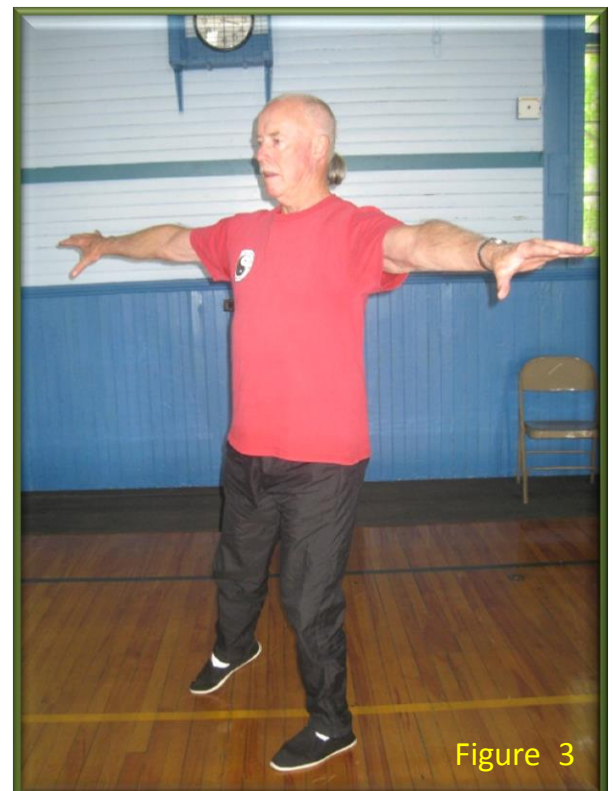


## Move 37\* Separation Right Foot Kick Follows High Pat on Horse



- a. After ending the final movement of *High Pat on Horse*, place left foot at 45° C Position (Foot diagram 'a').
- b. Bring arms and hands to waist height with palms facing each other about 14" apart. Adjust your right foot.
- c. Your shoulders and hips should be squared over your left foot (figure 1).
- d. Shift your weight to your left foot, as you bring your hands to chest level cross your wrists, at the same time as you lift your right foot (figure 2).
- e. As you extend your arms outward turn your palms down, also extend your right leg out to your right, toes pointed down at the 45° D Position (Foot diagram 'b').
- f. Your final position should be arms extend outward at shoulder level, palms facing down, and your pointed right foot just off the floor (figure 3). If you need to balance keep your toe on the floor.



\*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.