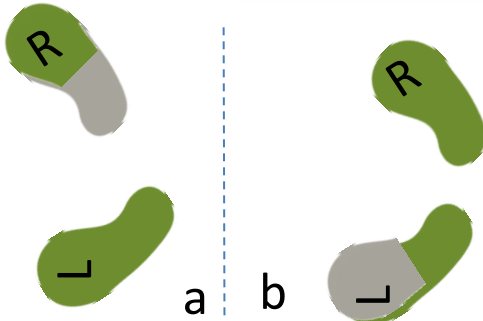
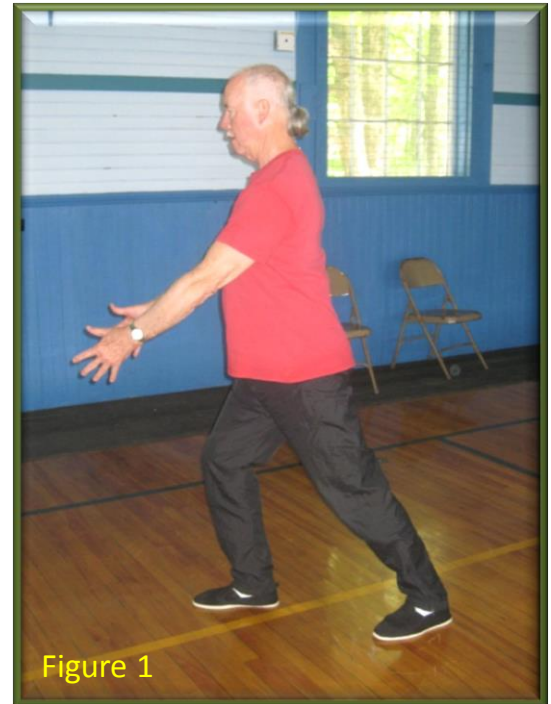


## Move 38\* Separation Left Foot Kick Follows Separation Right Foot Kick



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