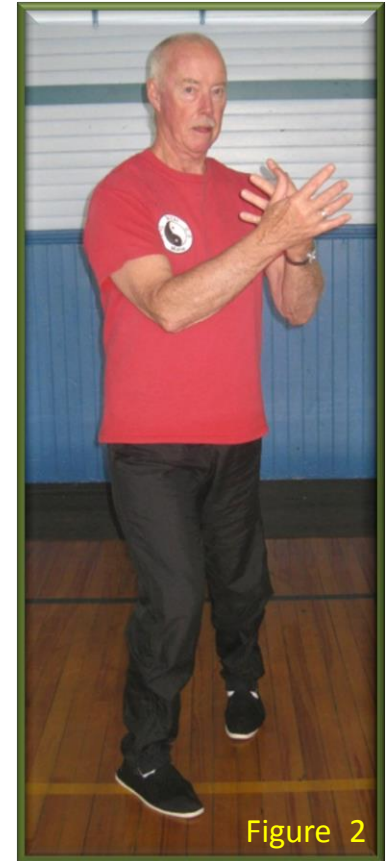
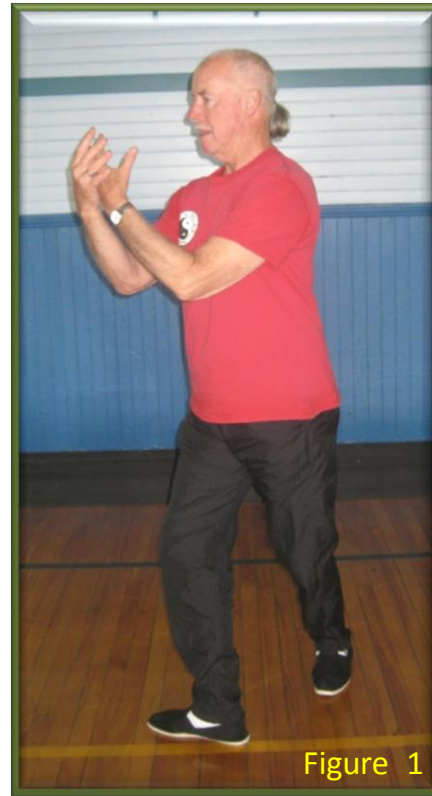
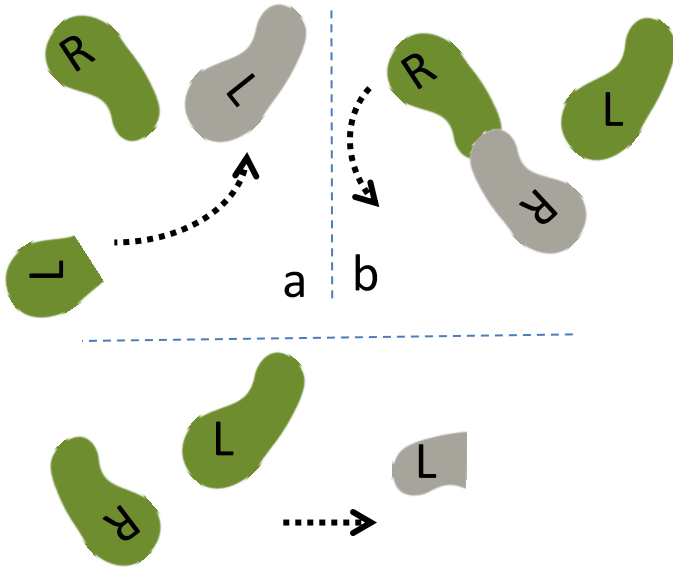
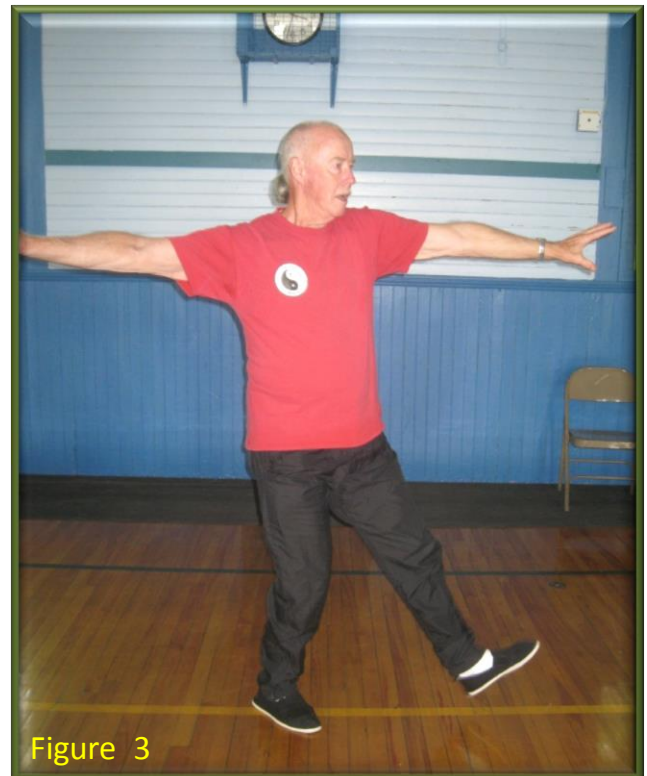


Move 39*
Turn and Left Heel Kick
Follows
Separation Left Foot Kick



- a. After ending the final movement of *Separation Left Foot Kick*, without putting your left foot on the floor (if you can) place it behind your right foot pointing to the 45° C Position (Foot diagram 'a').
- b. At the same time bring your hands, up in front of your chest, crossed at the wrists (figure 1).
- c. Shift your weight to your left foot, pivot on your right heel to the 45° B Position (Foot diagram 'c').
- d. Shift your weight to your right foot (figure 2).
- e. As you kick out to your left with your left foot—leading with your heel, extend both arms outward to shoulder height with palms facing out (foot diagram 'c' and figure 3). Your kick height should be comfortable for you, but not higher that your hip.



*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.