

a

Move 3* Grasp Bird's Tail Following Left Grasp Bird's Tail

- After you complete the last movement of *Left Grasp Bird's Tail*, stand up on your left foot holding the ball off your left shoulder. Place right foot one step ahead to the 90° Right position (Foot diagram 'a'), squaring your hips over your right foot.
- With your left fingertips against your right inside wrist, push your right hand out in front of you. (Figure 1)
- Keep your right arm out, drop your left elbow, sink and square your hips over your left foot. (Figure 2)
- Square your hips back over your right foot as you push your left hand out to grasp your right wrist in the 'Tiger's Mouth' hold. (Inset and Figure 3) When both arms are fully extended, open both hands – palms out. (Figure 4)
- Drop both elbows as you sink and square your hips over your left foot.
- Square your hips back over your right foot and push both hands out – palms out. (Figure 4)

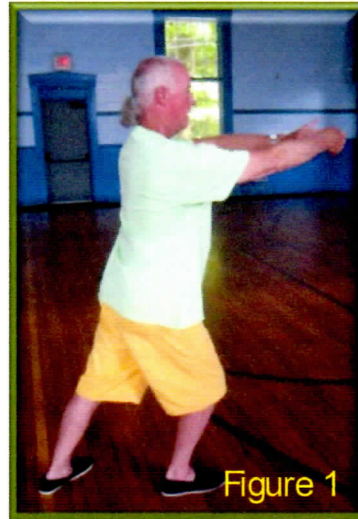


Figure 1

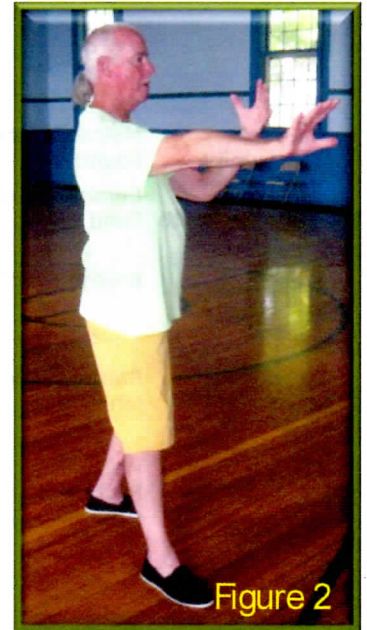


Figure 2

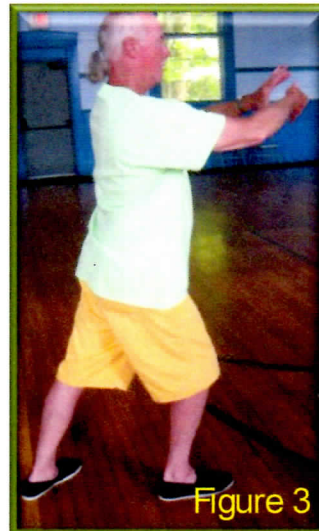


Figure 3

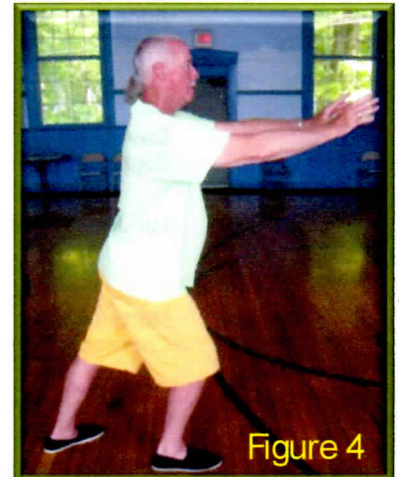
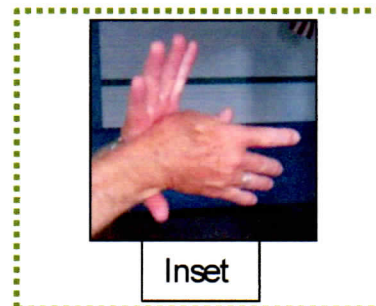


Figure 4



Inset

* 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.