



- a. After ending the final movement of *Turn and Left Heel Kick*, place your left foot flat on the floor keeping your weight on your right foot. At the same time bring your hands together in front of your chest with your left palm down and your right palm facing out (Foot diagram 'a' and figure 1).
- b. Push down with your left hand toward your left knee and extend right hand straight out. Square your shoulders and hips over the 90° Right Position.
- c. At full arm extension, simultaneously twist your left wrist left to face palm out and pivot on your left heel to the 45° A Position (Foot diagram 'b' and figure 2)
- d. Continue to swing your left arm up and back behind you to shoulder level, adjust your right foot.
- e. As you shift your weight and stand up on your left foot, your right arm remains extended in front of you and your left is back behind you with the palm up.

Move 40*
*Brush Knee & Twist Step Left
 Follows
 Turn and Left Heel Kick*



*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.