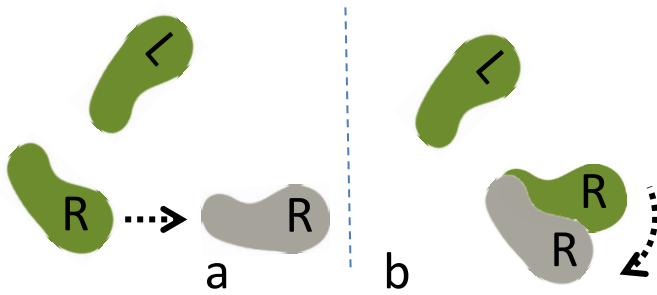


Move 41*

*Brush Knee & Twist Step Right
Follows
Brush Knee & Twist Step Left*



- After ending the final movement of *Brush Knee & Twist Step Left*, step straight ahead with your right foot to the 90° Right Position (Foot diagram 'a').
- At the same time bring hands together in front of your chest. Your right palm down and your left palm facing out. Square your shoulders and hips to the 90° Right Position (Figure 1).
- Push down with your right hand toward your right knee and extend left hand straight out.
- At full arm extension, simultaneously, twist your right wrist palm out to face the 45° B position and pivot on your right heel to the 45° B position (Foot position 'b' and figure 2).
- Bring your right arm back and up behind you to shoulder level, palm up. Adjust your left foot.
- As you shift your weight and stand up on your right foot, your left arm remains extended in front of you (Figure 3).



*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.