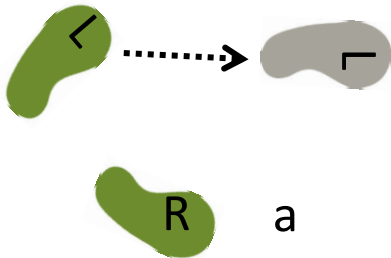


Move 42*

Step Up & Punch Low Follows Brush Knee & Twist Step Right



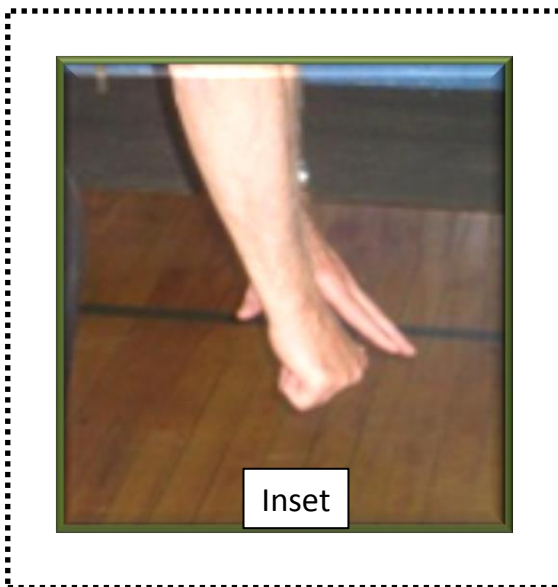
- After ending the final movement of *Brush Knee & Twist Step Right*, step ahead with your left foot to the 90° Right Position (Foot diagram 'a').
- Drop your right elbow and bring your right hand into a fist at your right hip (Figure 1).
- Punch down with your right fist toward the inside of your left knee.
- Cover your right fist with the palm of your left hand (Figure 2 and Inset).



Figure 1



Figure 2



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.