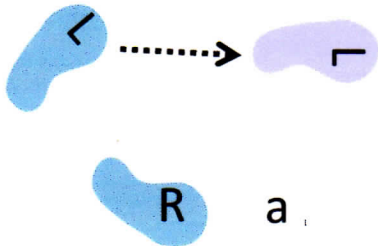


Move 42\*  
*Step Up & Punch Low*  
*Follows*  
*Brush Knee & Twist Step Right*



- 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).

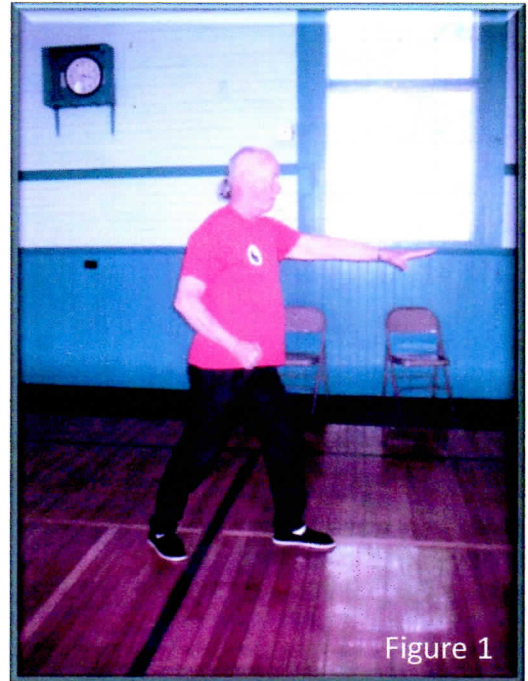


Figure 1

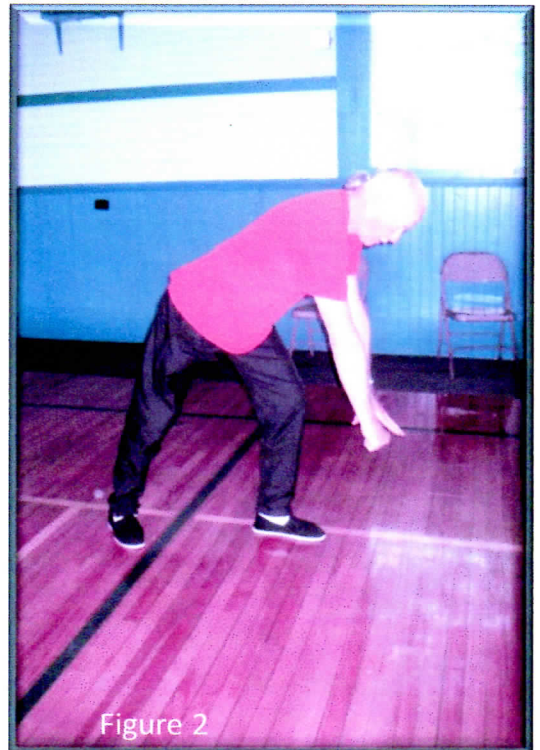
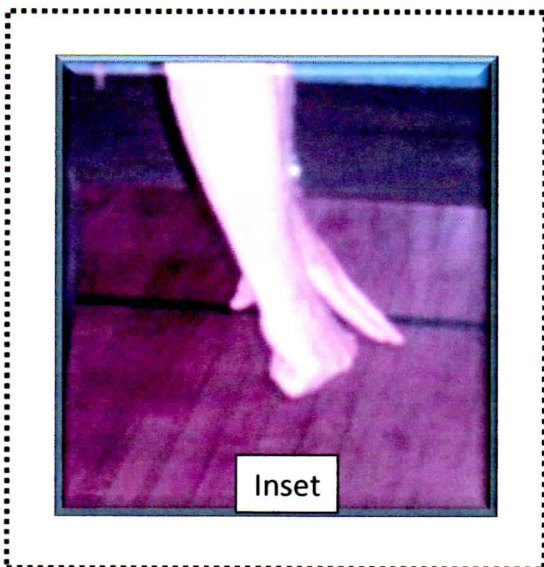


Figure 2



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.