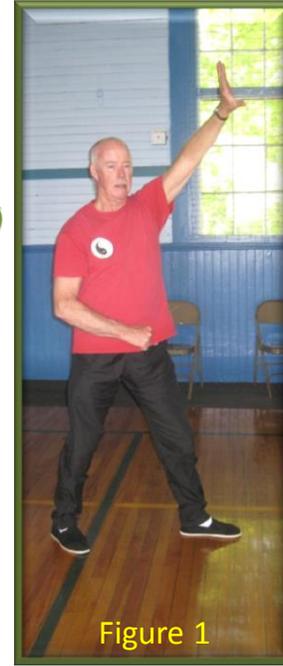


Move 43* Turn & Chop with Fist Follows Step Up & Punch Low

- After ending the final movement of *Step Up & Punch Low* keeping your left arm straight let your body lift your arm as you slowly raise your body back to a standing position (Figure 1).
- Pivot on your left heel to the 45° C Position. Your feet should be pigeon-toed (Foot diagram 'a'). Place your right foot to the 90° Left Position (Foot diagram 'b'). As you complete your turn bring your left arm in, palm out, to protect your forehead (Figure 2) and bring your right hand to your waist, in a fist.
- Move your right hand up in front of your chest to shoulder height and extend it out in front of you in an arc, ending with your fist at your right hip. At the same time extend your left hand outward at shoulder level in an arc, ending with your left arm extended, palm out (figure 3). This is sort of a controlled whirligig arm motion.
- Shift your weight to your left foot. Starting at the inside elbow of your left arm, run the open palm along your left arm with our right hand in a 'wiping off' motion (Figure 4).
- As you reach the end of the left arm, stand fully up on your left foot with your wrists crossed near your left ear. Place your right foot in front of the left with your toe facing the 45° D Position (called a *Pa Kua* step), (Foot diagram 'c' and figure 5).
- Your right hand makes a fist and is extended out in front of you as your left hand crosses in front of you to your right elbow.
- Without moving your feet, shift your weight onto your right foot, now adjust your left toe to the 90° Left position (heel up) as you pull your right fist to your right hip and extend your left arm out in front of you, palm out (see arm position in 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.