



- a. After ending the final movement of *Turn & Chop with Fist*, stand up on your right foot and step straight ahead to the 90° Left Position with your left foot (Foot position 'a' and figure 1).
- b. As you shift your weight forward onto your left foot, punch forward with your right fist, extending your left hand down in front of you, palm down (Foot position 'b' and figure 2).

Move 44* *Step Up, Deflect, Parry & Punch Follows Turn & Chop with Fist*



Figure 1



Figure 2

*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.