

Move 45*
Right Foot Kick
 Follows
Step Up, Deflect, Parry & Punch

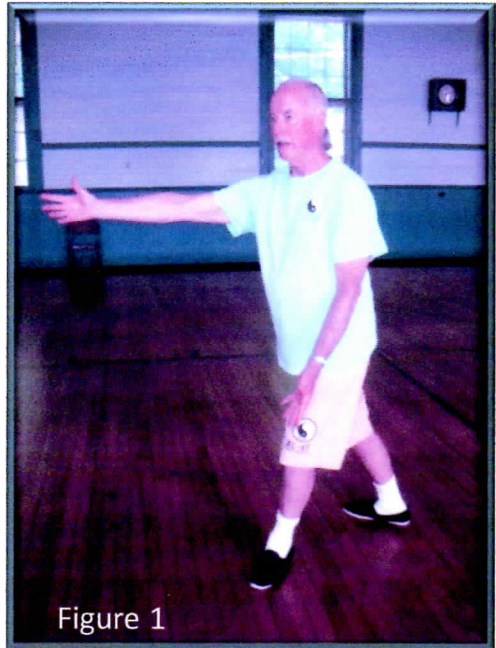
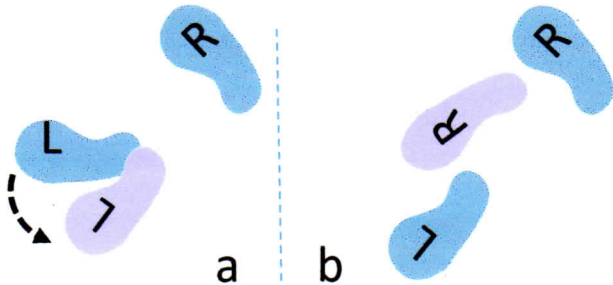


Figure 1

- a. After ending the final movement of *Step Up, Deflect, Parry & Punch*, pivot on your left heel to the 45° C Position while turning your left palm outward (Foot position 'a' and figure 1). See inset.
- b. As you shift your weight to your left foot, bring your right foot up beside your left foot for balance, stand up, crossing your wrists in front of your chest--right palm facing in, left palm out (Foot diagram 'b' and figure 2).
- c. Kick your right foot out to the 45° C Position as you spread your arms out to the sides (Figure 3).



Figure 2

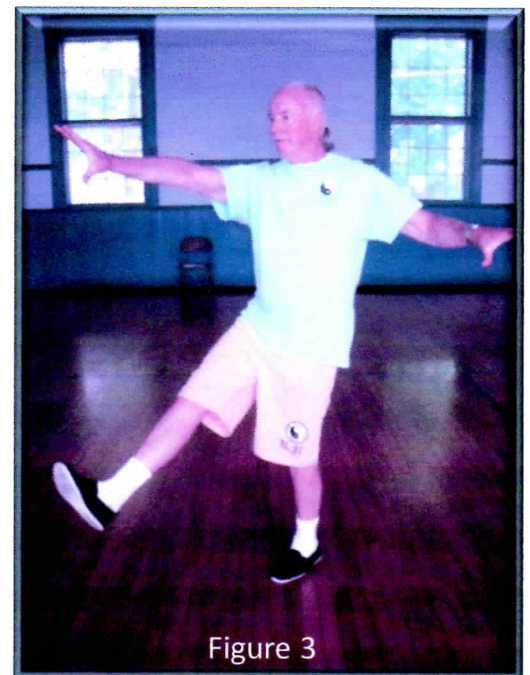


Figure 3

*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.