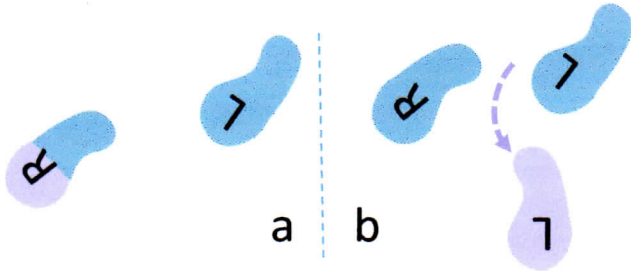


Move 46* Hit Tiger Left Follows Right Foot Kick



- After ending the final movement of *Right Foot Kick*, put your right foot down at 45° C Position one step ahead of your left foot. (Foot diagram 'a')
- As you shift your weight to your right foot raise your hands to face-level on the right side, nestle the back of your left hand in the palm of your right hand (Figure 1).
- Place your left foot a step ahead of your right foot at a 90° Back Position (Foot position 'b' and figure 2).
- As you shift your weight to your left foot, swing your left arm down in front of you and out—ending with your arm straight out off your left shoulder, palm facing back (Inset and figure 3).
- Drop your left elbow as you make a left fist facing away from you and bring your left arm to shoulder level in front of you . Simultaneously, your right hand makes a fist and comes to rest at your left elbow. Your weight is evenly distributed (Figure 4).



*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.