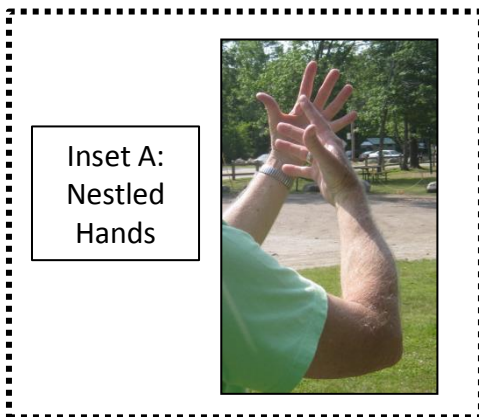


Move 47* Hit Tiger Right Follows Hit Tiger Left

- After ending the final movement of *Hit Tiger Left*, open your hands and nestle the back of your right hand against your left palm. Pivot your left foot to the 45° D Position (pigeon-toed) (Inset A and figure 1).
- Lift your right foot and place it to the 90° Front Position (Figure 2).
- As you shift your weight to your right foot, swing your right arm down in front of you and out—ending with your arm straight out off your right shoulder, palm facing back (Inset B and Figure 3).
- Drop your right elbow as you make a right fist facing away from you and bring your right arm to shoulder level in front of you. Simultaneously, your left hand makes a fist and comes to rest at your right 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.