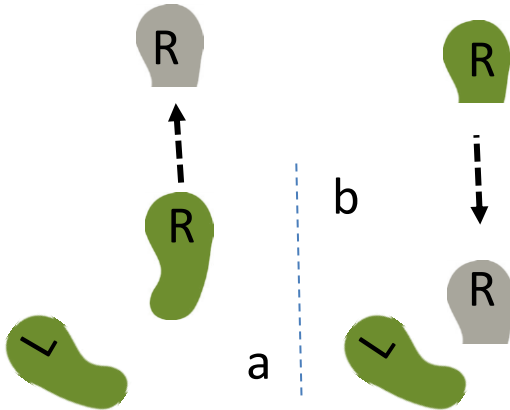
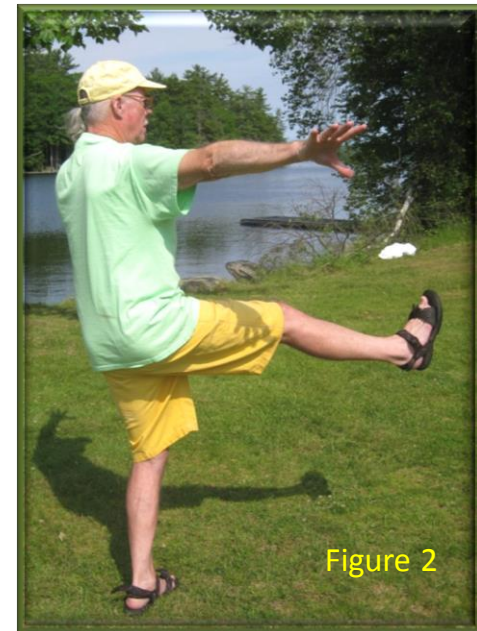


Move 48*
Right Heel Kick
Follows
Hit Tiger Right



- a. After ending the final movement of *Hit Tiger Right*, turn to the 45° D Position as you shift your weight back to your left foot and you bring your arms together at chest level, crossing your wrists with palms facing you (Figure 1).
- b. Kick out to the 90° Front Position with your right foot as push your arms out to the sides (Foot Position 'a' and figure 2).
- c. Land your right foot next to your left for balance (Foot diagram 'b') your weight is still on your left foot, you are facing the 45° D Position and your arms are again crossed at the wrists in front of your chest (Foot position 'b' and 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.