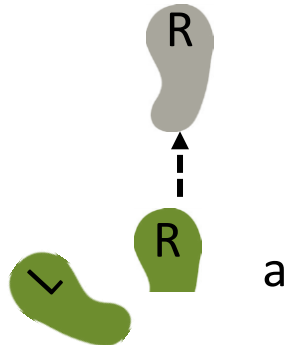
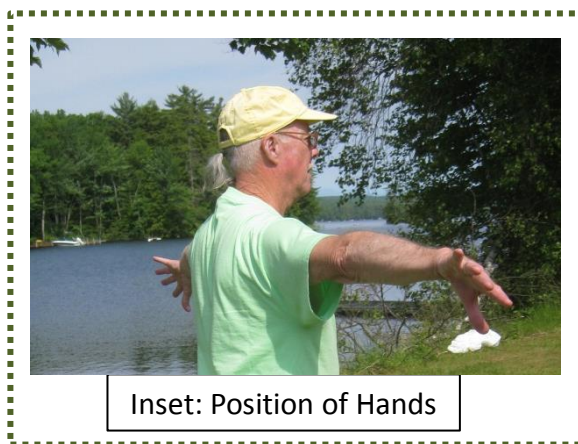


Move 49*
Strike Ears with Fists
Follows
Right Heel Kick



- After ending the final movement of *Right Heel Kick*, with your weight still on your left foot, place your right foot one step in front of your left to the 90° Front Position (Foot position 'a' and figure 1).
- At the same time, square your hips to 90° Front Position and swing your arms down in front of you and out—ending with your arms out to the sides straight out off your shoulders, palms facing back (Inset and figure 2)
- Drop your elbows as you make a fist with each hand and bring them to the final position in front of you at shoulder level—fists facing out (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.