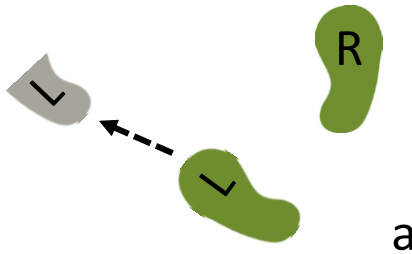


Move 50*
Left Heel Kick
Follows
Strike Ears with Fists



- a. After ending the final movement of *Strike Ears with Fists*, open your hands and push them straight down in front of you, palms facing down (Inset A), at the same time as you are shifting your weight and standing up on your right foot (Figure 1).
- b. Bring your arms together at chest level, crossing your wrists with palms facing you (Figure 2).
- c. Kick out at 45° D Position with your left foot (leading with your heel) as you push your arms out to the sides at shoulder level (Foot position 'a' 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.