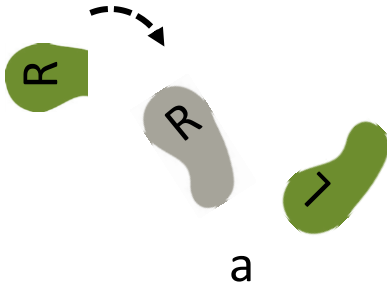


Move 52*
*Chop with Fist
 Follows
 Turn and Right Heel Kick*



- a. After ending the final movement of *Turn and Right Heel Kick*, place your right foot back on the floor in front of the left with your toes facing the 45° D Position (called the *Pa Kau* step). (Foot position 'a,' inset 'A,' and figure 1).
- b. At the same time bring your arms together at shoulder level, with palms facing you, nestle the back of your right hand into your left palm (Inset 'B' and figure 1).
- c. Make a fist with your right hand and strike out, straightening your arm off your shoulder, your left fingertips come to rest at your right elbow (Figure 2), then turn your fist down.
- d. Pull your right fist back to your hip, block with your left hand, palm out, your weight should be distributed equally on both feet (Figure 3).



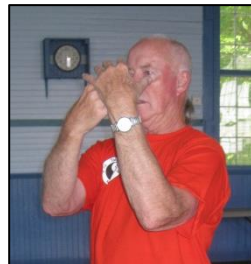
Figure 1



Figure 2



Inset A : Position Feet



Inset B : Position of Hands



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.