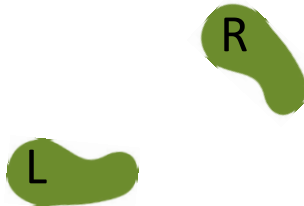


Move 54*
*Apparent Close-up
Follows
Step Up, Deflect, Parry & Punch*



- After ending the final movement of *Step Up, Deflect, Parry & Punch*, open your fist, shift your weight to your right foot, squaring your hips and shoulders over your right foot
- At the same time, run your left palm along the underside of your right arm as if wiping it off (Figure 1).
- Drop your elbows with your palms facing you (Inset).
- As you push your arms straight out in front of you (palms out), square your hips and shoulders over your left foot (Figure 2)



Figure 1



Figure 2



Inset : Position of Hands

*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.