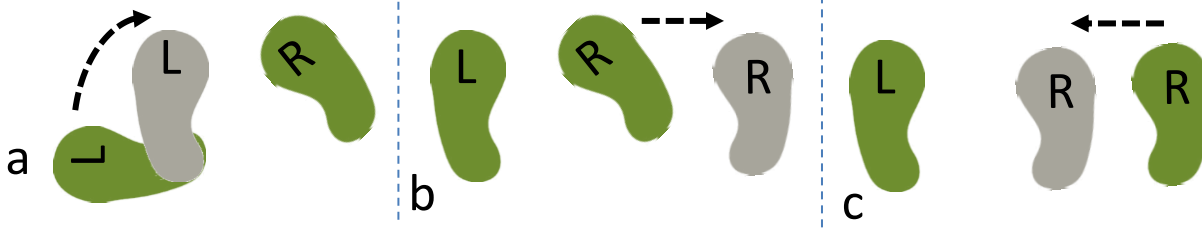
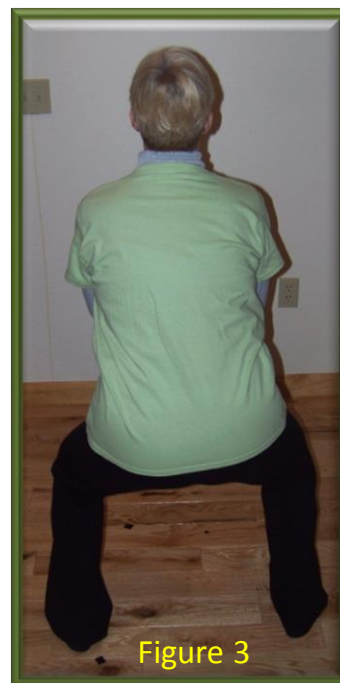
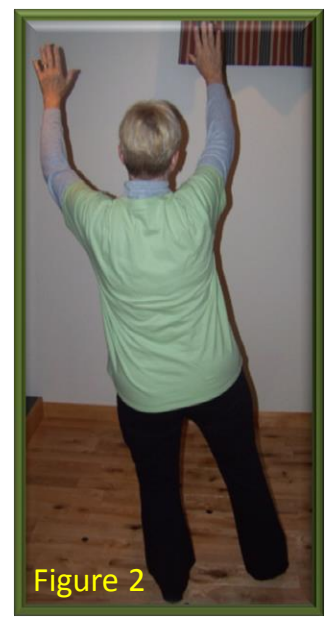
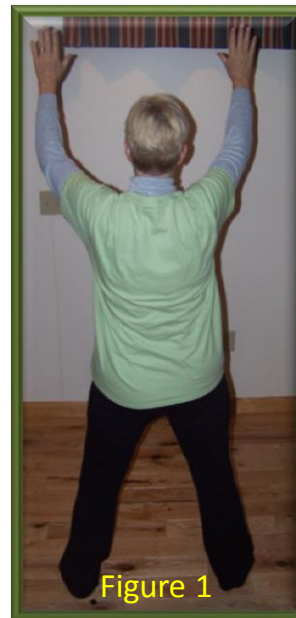


Move 55*
Cross Hands
Follows
Apparent Close Up



- After you complete the final motion of *Apparent Close Up*, pivot on your left heel to the 90° Front position (foot diagram 'a'), raise your outstretched arms out in front of you, but above your head (figure 1).
- Shift your weight to your left foot, raise your right heel off the floor (figure 2) as you stand up on your left foot. Step one-half step to the side with your right foot, setting it down at the 90° Front Position (foot diagram 'b').
- With weight evenly distributed bend your knees (back straight) to lower your body as if you were sitting on a stool, at the same time you are lowering your hands (figure 3).
- When you reach the bottom, cross your arms at the wrists (palms facing in, inset). Maintain arms position as you rise to a standing position, slide your right foot one-half step closer to your left and uncross your wrists (foot diagram 'c' and figure 4).



*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.