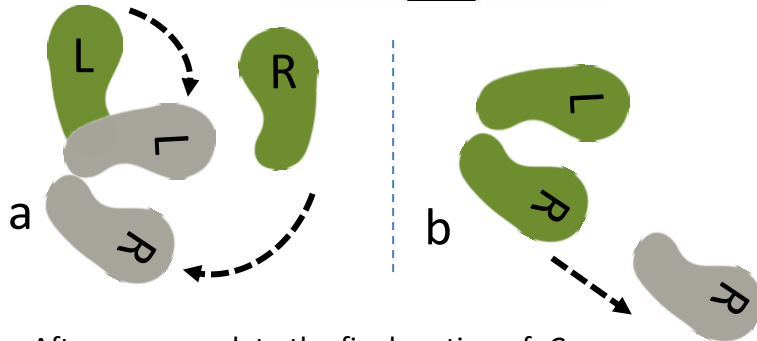
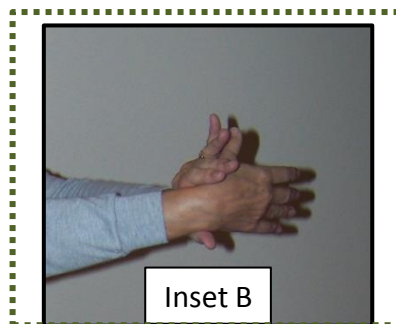
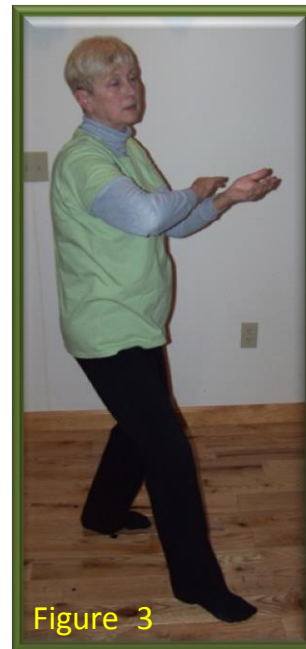


# Move 56\* Carry Tiger to the Mountain Follows Cross Hands



- After you complete the final motion of *Cross Hands*, open your arms (palms facing you), pivot on your left heel to the 90° Right position and slide your right foot back to your left heel for balance (foot diagram 'a' and figure 1)
- Sink on to your left foot and place your right foot one step forward to the 45° B position, square your hips over your right foot, at the same time push your left hand straight out off your shoulder to block, palm out, and move your right hand down the center of your body to block, palm down (foot diagram 'b' and figure 2) Square your hips to the 45° B position.
- Sink into the 90° Right position as you bring your right hand up over your left elbow, palm down, and run your right hand over your left arm toward the hand, sliding your left arm back (*the wipe it off motion*, inset A and figure 3). When the palms meet, square to the 45° B position and push both hands straight out in front of you in the *Tiger's Mouth* grasp (inset B and figure 4).
- Release the grasp, bend your elbows and sink into the 90° Right position. Again, square your hips to the 45° B Position and push both hands straight out to block, palms out (figure 5).



\*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.