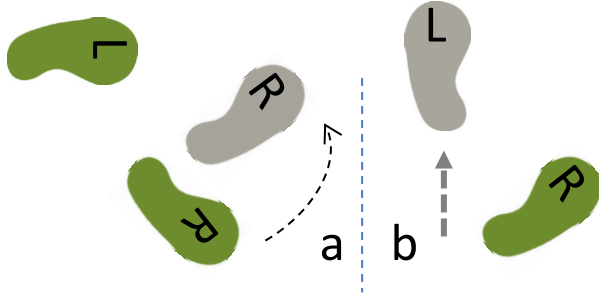


Move 57\*  
*Horizontal Single Whip*  
*Follows*  
*Carry Tiger to the Mountain*



- Ending the final motion of “Carry Tiger to the Mountain” drop elbows (Inset ‘A’).
- Shift weight to left foot
- Pivot on right heel to the 45° A Position (Foot diagram ‘a’).
- Shift weight to right foot, square hips over your right foot, using the left foot for balance (Figure 1).
- Scoop both hands down your center (Inset ‘B’) and up to shoulder level (Inset ‘C’), your right hand pushes out off the shoulder to form the bird’s beak (Inset ‘D’).
- Place your left foot one step ahead to the 90° Front Position (foot diagram ‘b’), square hips over your left foot as you push your left hand out at shoulder level to block, palms out (Figure 2).



\*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.