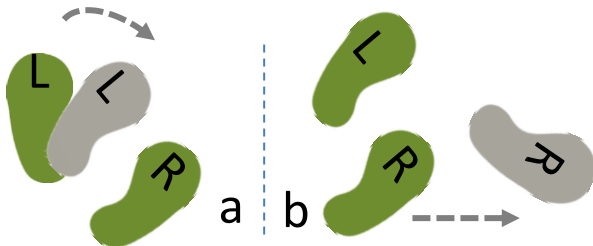


Moves 58, 59, 60, 61, 62*
Parting Wild Horse's Mane (R), (L), (R), (L), (R)
 Follows
Horizontal Single Whip



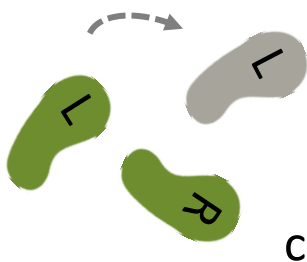
- # 58, After the final move of Horizontal Single whip, drop your elbows as you shift your weight to your right foot, pivot on your left heel to the 45° A position (Foot diagram 'a').
- Stand up on your left foot holding the ball off your left shoulder, squaring your hips over your left foot (Figure 1).
- Place your right foot 22.5° right of the 90° Right position (Foot diagram 'b'). Square your hips over your right foot as you shift your weight over your right foot, and extend your right arm out and up – palm up, Your left hand goes down your center to block – palm down (Figure 2). Do not bend at the waist.



Figure 1



Figure 2



- # 59: As you complete the final motion of #58, stand up on your right foot, holding the ball off your right shoulder, squaring your hips over your right foot (Figure 3).
- Place your left foot one step ahead 22.5° left of the 90° Right position (Foot diagram 'c'). Square your hips over your left foot as you extend your left arm out and up – palm up. Your right hand goes down your center to block – palm down (Figure 4).



Figure 3



Figure 4

- # 60 – Repeat move # 58 b and c.
- # 61 – Repeat move # 59.
- # 62 – Repeat move # 58 b and c.

*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.