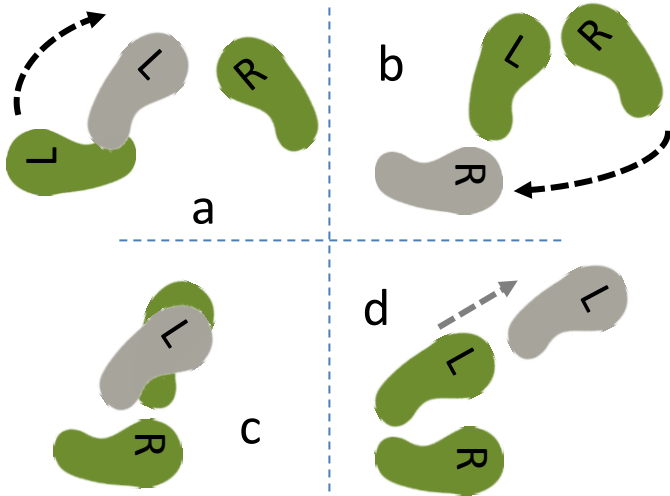
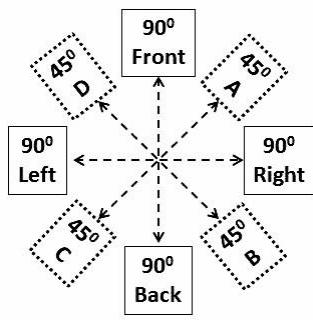


Move 66*
Fair Lady Works at Shuttle (L)
 Follows
Single Whip



- After you complete the final motion of Single Whip, pivot on your left heel as near to the 45° A position as possible. At the same time as you drop your left hand down and under your right arm (Foot diagram 'a' and Inset A).
- Stepping back with your right foot, place it behind your left foot at the 90° right position, adjust your left foot to the 45° A position if necessary (Foot diagrams 'b' and 'c').
- Square your hips over your right foot and stand up on your right foot holding the ball off your right shoulder (Figure 1).
- Place your left foot one step ahead at the 45° A position, square your hips over your left foot (foot diagram 'd') as you protect your forehead with your left hand (palm out), you extend your right arm straight out off your right shoulder to block, palm 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.