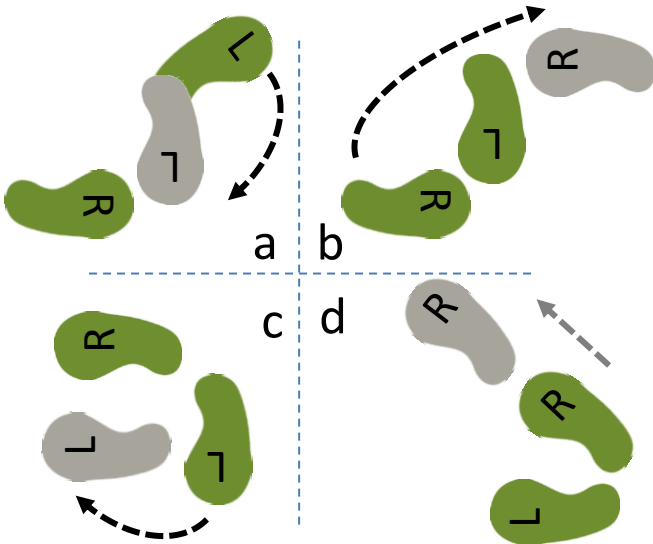
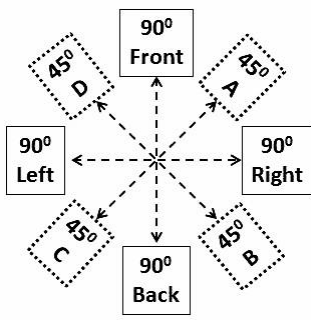


Move 67*

*Fair Lady Works at Shuttle (R)
Follows
Fair Lady Works at Shuttle (L)
Follows*



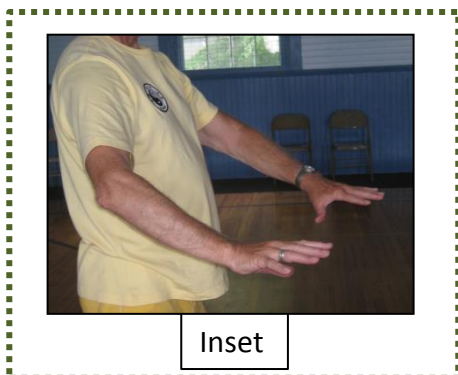
- After you complete the final motion of Fair Lady Works at Shuttle (Left), drop your arms to about waist level, palms down (Inset), as you turn to your right, pivot on your left heel to the 90° Back Position (Foot diagram 'a').
- Stepping back with your right foot, place it behind your left at the 90° left position, maintaining arm position (Foot diagram 'b').
- Adjust your left foot to the 90° Left position (foot diagram 'c'). Square your hips over your left foot and stand up on your left foot holding the ball off your left shoulder (Figure 1).
- Place your right foot at the 45° D position, squaring your hips over your right 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).



Figure 1



Figure 2



Inset

*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.