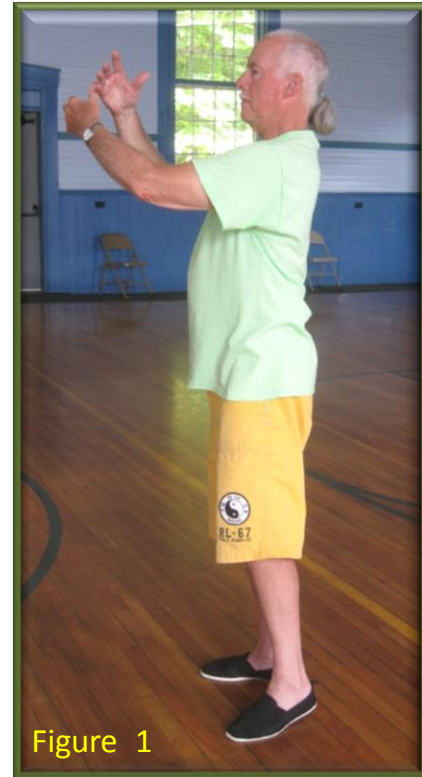
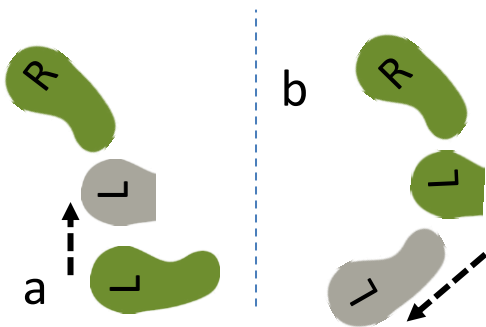
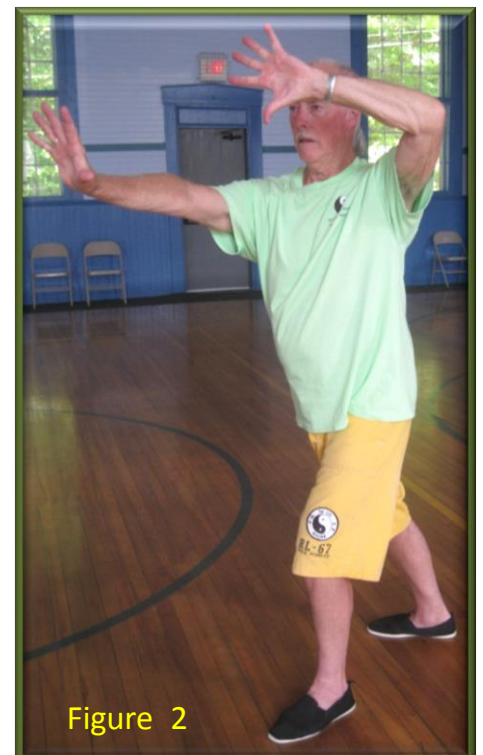


Move 68*
Fair Lady Works at Shuttle (L)
 Follows
Fair Lady Works at Shuttle (R)
 Follows



- a. After you complete the final motion of Fair Lady Works at Shuttle (Right), stand up on your right foot holding the ball off your right shoulder as you bring your left foot next to your right in a balance step (Figure 1 and foot diagram 'a').
- b. Place your left foot at the 45° C position (foot diagram 'b'). As you square your hips over your left foot you protect your forehead with your left hand (palm out), and extend your right arm straight out off your right shoulder to block, palm out (Figure 2), adjust your right foot as necessary for balance and knee comfort.



*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.