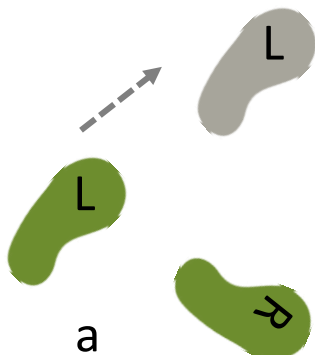
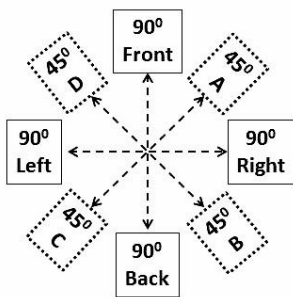
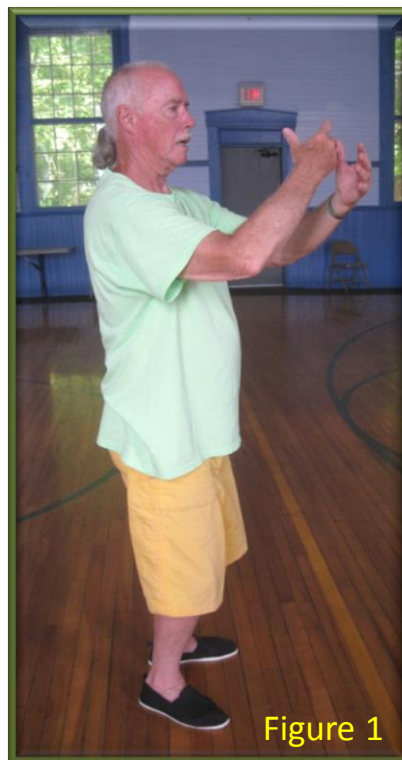


Move 70*
Left Grasp Bird's Tail
Follows
Fair Lady Works at Shuttle (R)



- After you complete the last movement of *Fair Lady Works at Shuttle (R)*, stand up on your right foot 'holding the ball' (Inset) off your right shoulder (Figure 1).
- Place your left foot one step forward to the 45° A position, shift your weight over your left foot as your left arm (elbow bent, palm facing you) pushes out over your left foot.
- Your right hand goes down your center to block, palm down (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.