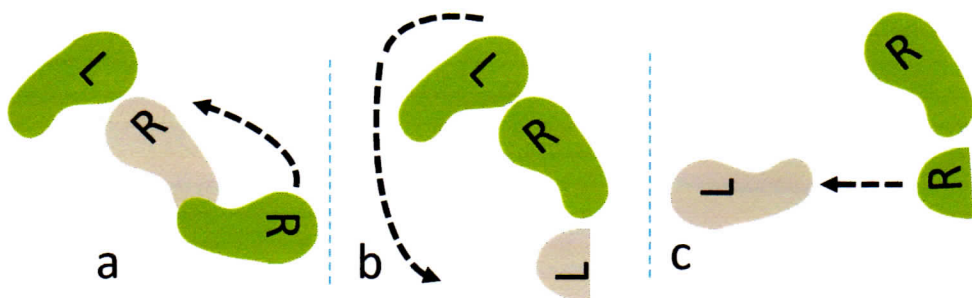
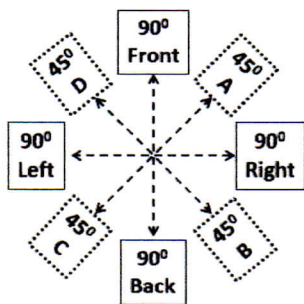
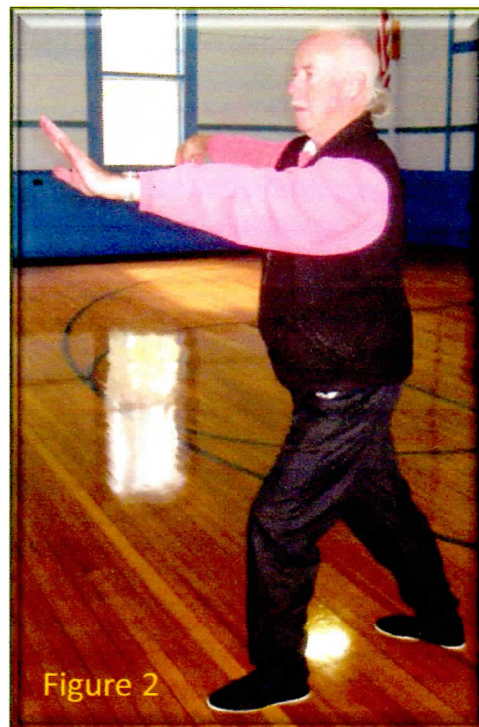


Move 72\*  
Single Whip  
Follows  
Grasp Bird's Tail



- a. After you complete the last movement of *Grasp Bird's Tail*, drop your elbows, shift weight to left foot, pivot on your right heel to the 45° D position, stand up on your right foot and adjust your left foot for balance, toe down (Foot diagrams 'a' and 'b'). Scoop both hands down your center (Inset A) and up to shoulder level (Inset B), your right hand pushes out off the shoulder to form the bird's beak (Inset C and figure 1).
- c. Place your left foot one step forward in the 90° Left position (foot diagram 'c'), square your hips over your left foot as you push your left hand out at shoulder level to block, palms 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.