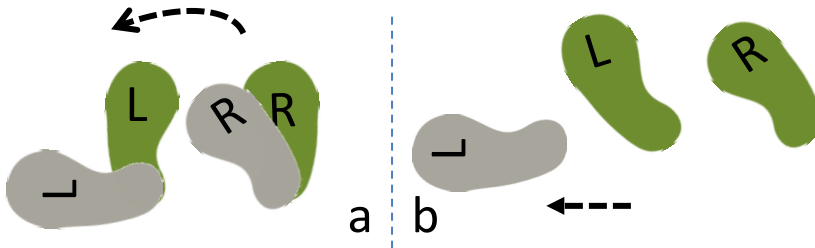


Move 74\*  
Single Whip  
Follows  
The 7<sup>th</sup> Wave Hands as Clouds



Figure 1



- After you complete the last movement of *the 7<sup>th</sup> Wave Hands as Clouds*, face the 90° Left Position and adjust your feet (Foot diagram 'a').
- 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). Square your hips to the 45°D Position and sink onto your right foot.
- Place your left foot one step forward in the 90° Left position (foot diagram 'b'), square your hips over your left foot as you push your left hand out at shoulder level to block, palm out (Figure 2).



Figure 2

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.