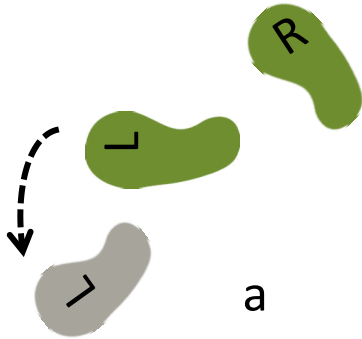


Move 75* Snake Creeps Down Follows Single Whip



- After you complete the final Movement of the *Single Whip*, adjust your left foot to the 45° C Position (Foot diagram 'a').
- Bend your right knee and sink back over it (keeping your back straight), as your left foot slides forward in the 45° C Position. Maintain the "Single Whip" arm position (Figure 1). DO NOT SINK LOWER THAN IS COMFORTABLE FOR YOUR BODY.
- Squaring your hips over your right foot, turn both palms face down and slowly swing them from the 45° D Position to the 45° C Position, ending with your hips and shoulders squared over your left foot (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.