



Move 76*
Golden Cock Stands on One Leg (R,L)
 Follows
Snake Creeps Down

- After you complete the final motion of the *Snake Creeps Down*, bring your right foot up to your left for balance as you stand up on your left foot (Foot diagram 'a' and figure 1).
- Square your hips to the 90° Left Position as you raise your right knee and right hand (palm out) (Figure 2). Place your right foot behind your left foot (pointing to the 45° D Position), as your left hand goes down your center to block (Foot diagram 'b' and figure 3).
- Squaring your hips over your right foot shift your weight to your right foot. As you raise your left hand (palm out) and left knee (Figure 4), your right hand goes down your center to block. This move ends with your left foot off the floor.



*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.