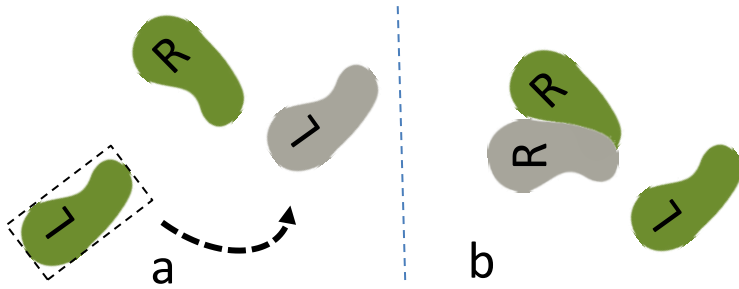


Move 77*
Repulse Monkey (R)
Follows
Golden Cock Stands on One Leg (R,L)



- a. After you complete the final movement of the *Golden Cock Stands on One Leg (R,L)*, place your left foot behind your right foot pointing to the 45° C Position (Foot diagram 'a' and figure 1). Then adjust your right foot to the 90° Left Position (Foot diagram 'b'). At the same time your right hand goes back off your right shoulder, elbow bent, and your left arm goes straight out to block (Figure 1).



*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.