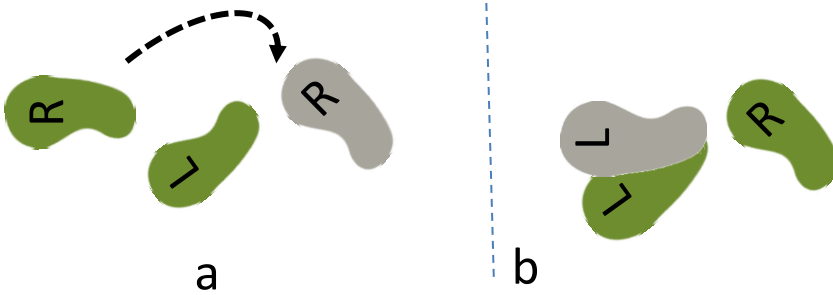
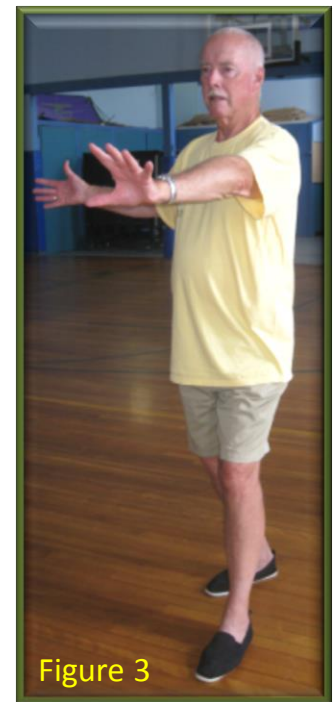
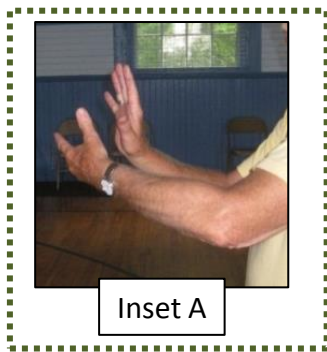
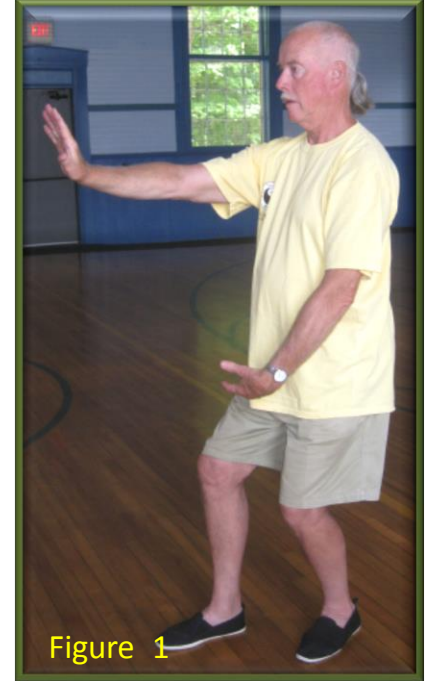


Move 78\*  
*Repulse Monkey (L)*  
*Follows*  
*Repulse Monkey (R)*



- After you complete the final movement of Repulse Monkey (R), square your hips to the 90° Left Position and bring your hands together in front of you at chest level (right palm out, left palm up) (Inset 'A')
- Slowly lower your left arm down your center as you push your right arm out to block, palm out (Figure 1).
- Continue to move your left arm up and back off your left shoulder, elbow bent (Figure 2).
- Square your hips to the 45° C Position. Place your right foot behind your left pointing to the 45° D Position (Foot diagram 'a'). Then adjust your left foot to the 90° Left Position (Foot diagram 'b' and figure 3).



\*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.