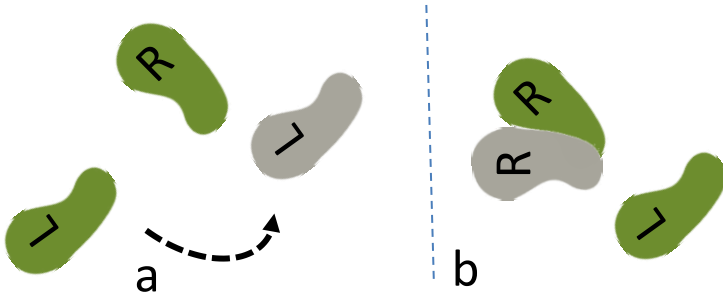


Move 79*
Repulse Monkey (R)
 Follows
Repulse Monkey (L)



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