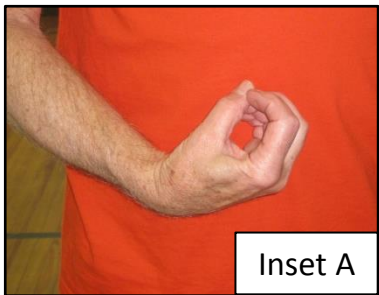
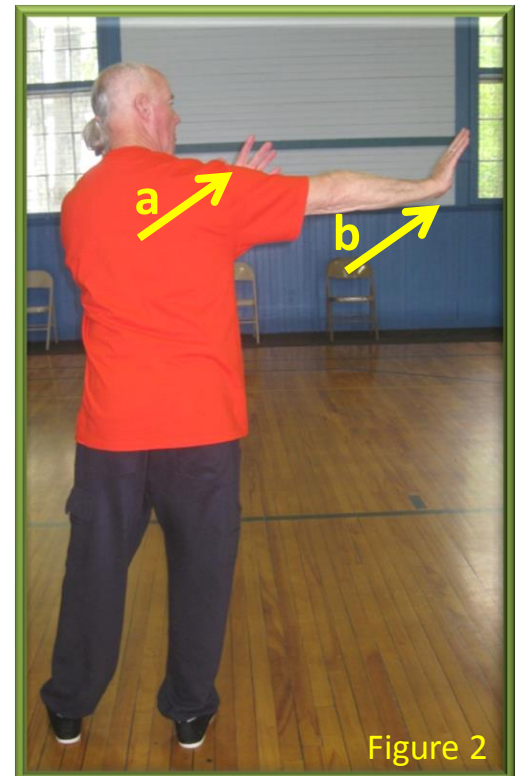


### Step One

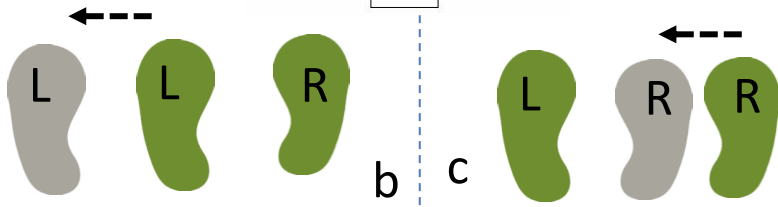
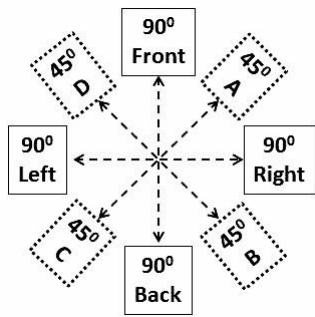
- After you complete the last movement of *Single Whip*, shift your weight to your right foot, pivot on your left heel to the 90° Front Position and adjust your right foot to the same position (Foot diagram 'a').
- As you scoop your right hand down to your waist to form a lotus blossom (Inset A), in a scooping motion you bring your left hand down to waist level (Figure 1).
- As your right hand moves up your chest, your left hand continues its scoop across your chest and up to your right elbow (palm facing your face as arrow 'a' indicates).
- Your right hand releases the lotus blossom as you push it straight off your shoulder as arrow 'b' indicates (Figure 2).
- When your right arm is fully extended and your left hand is in position (Inset B) go to Step Two.

## Move 90\* Wave Hands as Clouds (3) Follows Single Whip



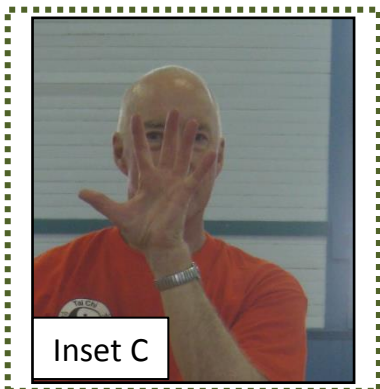
\*These instructions are for use as an assist to the free beginner classes offered by Tai Chi Maine, they are not meant to be stand-alone lessons for the Tai Chi form of Moy Lin-Shin.

Move 90\*  
*Wave Hands as Clouds (3) (continued)*  
 Follows  
*Single Whip*



**Step Two**

- Shift your weight onto your right foot and slide your left foot one-half step to the left (Foot diagram 'b' and figure 3).
- At the same time, rotate your left hand so the palm is facing out (Inset C). Move your left hand (elbow down) slowly across your face as your right arm makes the same scooping motion down and across your chest as your left arm did in Step One. End with your right hand at shoulder height in front of your left shoulder with palm facing your face (Figure 4). Your eyes and head should be following the extension of your left arm.
- As your left hand reaches its full extension and your right hand comes to position, shift your weight onto your left foot and slide your right foot one-half step to the left (Foot diagram 'c' and figure 4).
- Repeat Step One (b-d) and Step Two (a-c) two more times, except that you do not create and release the lotus flower after the first time. The Tai Chi leader will call out "whip" at the end of five sets of clouds. This is your indication to go into the next move, "Single Whip."



\*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.