



Move 93* Cross Hands to Penetrate Palm Follows High Pat on Horse

- a. After ending the final movement of *High Pat on Horse*, Step ahead one step with your left foot to the 90° Left Position as you bring your right hand down to block (palm down). Push your left arm out in front of your to shoulder height (palm up). Shift your weight forward and square your hips and shoulders over your left foot (Foot diagram 'a' 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.