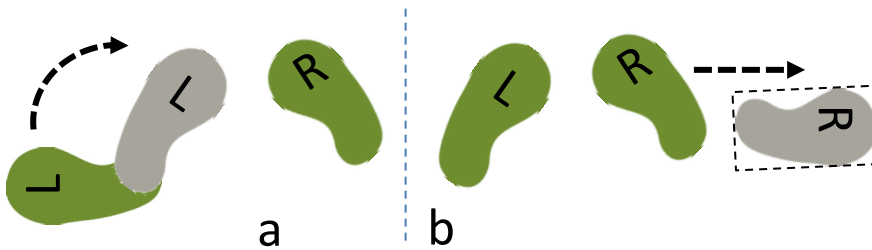


Move 94*
 Turn, Cross Hands & Kick
 Follows
 Cross Hands to Penetrate Palm



- a. After ending the final movement of *Cross Hands to Penetrate Palm*, pivot on your left heel to the 45° A position as you cross your arms in front of your chest (Foot diagram 'a' and figure 1).
- b. Shift your weight to your left foot and kick out with your right leg (leading with your heel). At the same time you begin the kick push both arms straight out off your shoulders (palms facing out). (Foot diagram 'b' and figure 2).
- c. This move ends with your right leg still in the air.



*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.