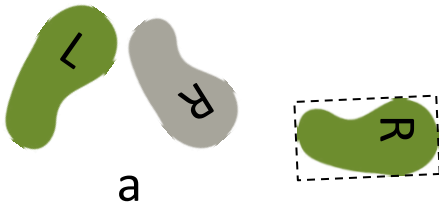


Move 95*
Chop with Fist
Follows
Turn, Cross Hands & Kick



- a. After ending the final movement of *Turn, Cross Hands & Kick*, drop your right foot in front of your left in the “Pa Kua” position as you throw your right arm out in a fist (knuckles down) (Foot diagram ‘a’ and figure 1)
- b. As you push your left arm out in front of you (palm out), pull your right fist into your right hip (Figure 2).



Figure 1



Figure 2

*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.