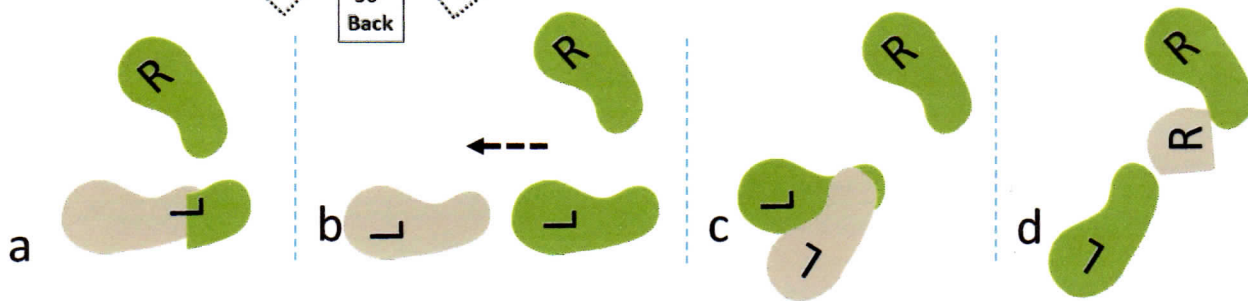
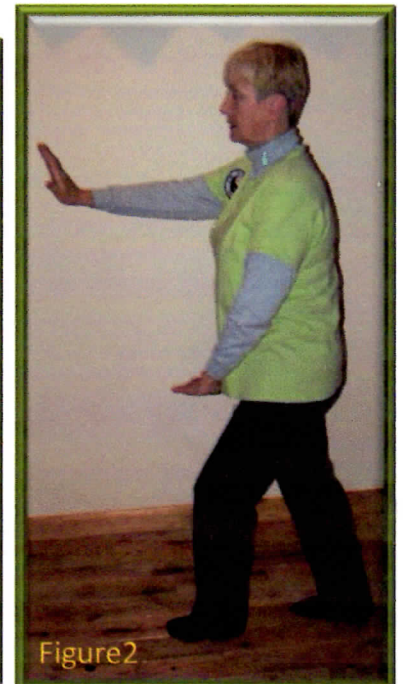
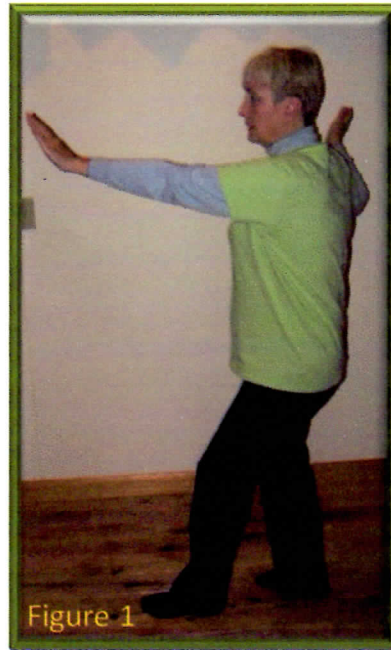


Move 9*
Brush Knee and Twist Step Left
Follows
Play the Peipa



- a. After you complete the final motion of *Play the Peipa*, drop the toes of your left foot back to the floor (foot diagram 'a'), let your right hand flow down the front of your body in a circular motion continuing to move it up behind you to shoulder height, palm up. At the same time, your left hand pushes straight out off your left shoulder, palm facing out (figure 1).
- b. Place your left foot one step ahead (foot diagram 'b')
- c. Bend your right elbow and brush past your right ear with your hand (inset), continuing to push straight out off your shoulder (palm out). At the same time bend your left elbow and bring your left hand down the center of your body (palm down) (figure 2), ending near your left knee.
- d. At full arm extension, simultaneously, twist your left wrist to face your palm out and pivot on your left heel to the 45° position (foot diagram 'c' and figure 3).
- e. Swing your left arm up behind you to shoulder level, palm up, stand up on your left foot and balance with your right (foot diagram 'd' and figure 4).



*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.