

THE 6 ADVANCED MOVEMENTS

All positions represented as mirror image.

Follow-on Position

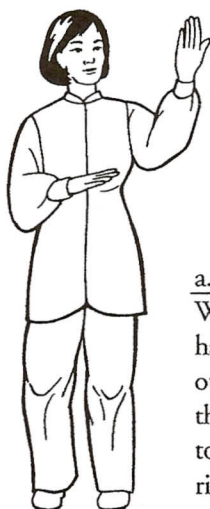
Follow on from Basic Movement 5, Opening and Closing Hands.



THE ADVANCED MOVEMENTS

All positions represented as mirror image.

6. Brush Knee



a.
Watch the right hand stretch out, and bring the left hand towards the right elbow.



b.
Stepping the left foot to the side, stretch up with the right hand, and push down with the left hand.



c.
Shifting the weight on to the left foot, turn the body left, moving the left hand across the knee and the right hand towards the ear.



d.
Pushing forward with the right hand, move the right foot in.