

# STEP 14

## 19 Step Chen Style Taiji

NAME	CHINESE NAME	
Right side kick	Yòu dēng yī gēng	右蹬一跟

### STEP 14 (5 moves)



1. Right hand turns to face palm away. Left hand moves up to rest below right, palm face up.



2. Both hands draw back, down to waist level, above left hip. Left hand turns to face palm down. Right hand turns palm up.



3. Left hand circles to the left side and back up to in front of face. Right arm comes up to meet with left arm. Right arm is on the outside. Both palms facing you. As the arms are crossing, the left leg crosses over in front of the right. Weight stays in right leg.



4. Change weight into left foot to allow right leg to move behind left and rest beside it ready to kick. At the same time turn your forearms so that your palms are face away.



5. Right leg kicks to the side as both arms separate to the sides at shoulder level. Palms are face away.