

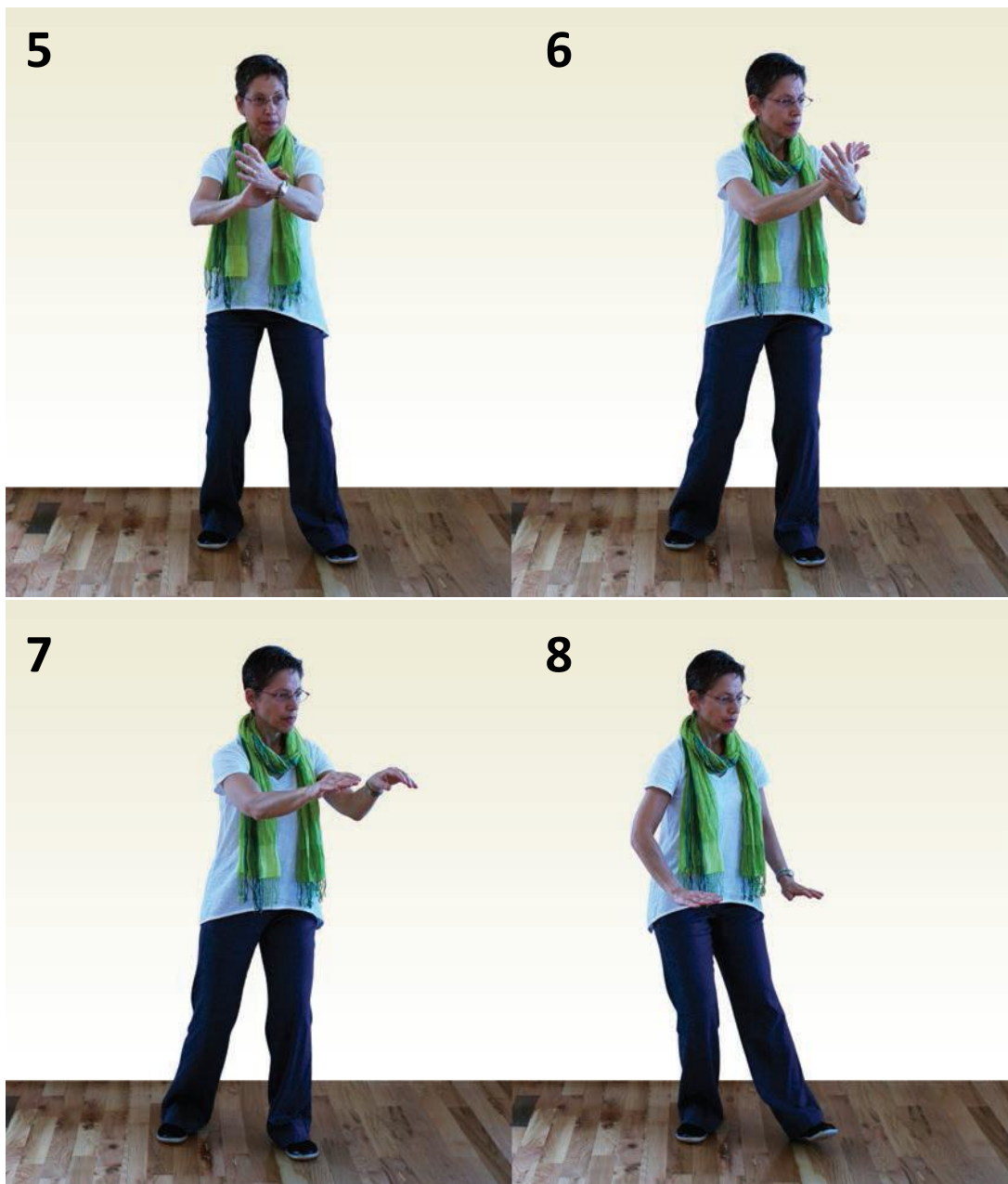
Grasp Sparrow's Tail

1. Start in Hold the Ball on the right leg.
2. As you step diagonally forward with the left leg, press the right arm down to the hip and "ward off" in a blocking motion, forearm parallel to the floor, with the left arm.
3. Bring the right hand up to the left hand, as if forming a small ball.
4. Roll back, letting the two arms sweep down as you shift your weight back onto the right leg, turn the hips to the right. Sweep the arms up in front of the body.



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5. Circle the right hand around, bringing the right palm to the left wrist.
6. "Press" the hands forward, using the shifting of the weight for balance, stability, and power.
7. Separate the hands to shoulder width.
8. Shift back on to the right leg and push the hands down the body, to the height of the hips.



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9. Push the palms forward as you shift forward again, finishing with the palms facing front at the height of the chest.
10. Shift back on to the right leg, turning the body to the front, hands separate at shoulder-width.
11. Return to Hold the Ball on the left side, by shifting to the left leg, pulling the right foot in, pulling the left arm back to the left shoulder, and sweeping to the right hand down to support the bottom of the ball.

