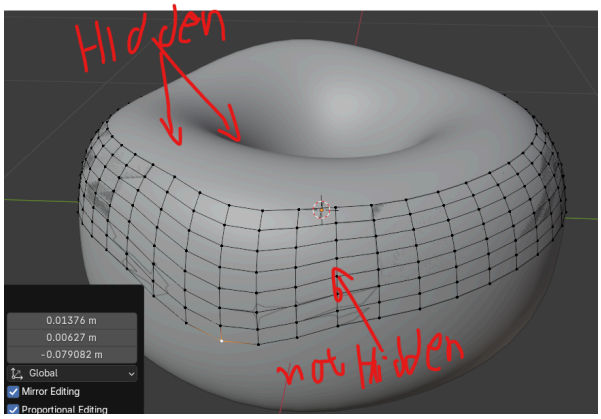
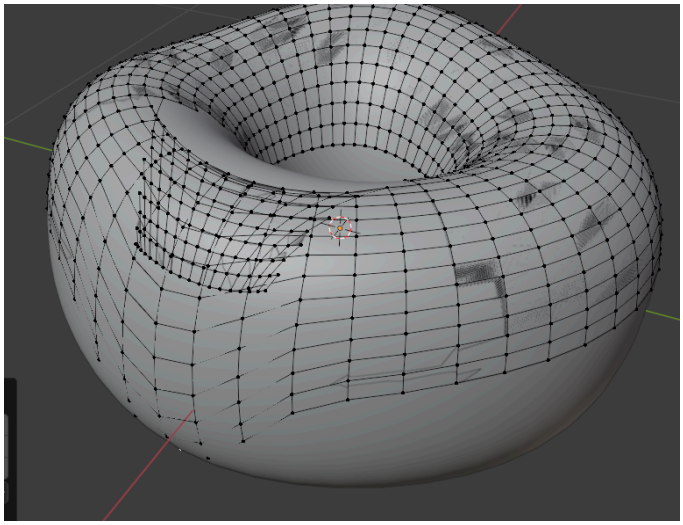
(Ctrl + numpad +) -> Selects the beside edges.

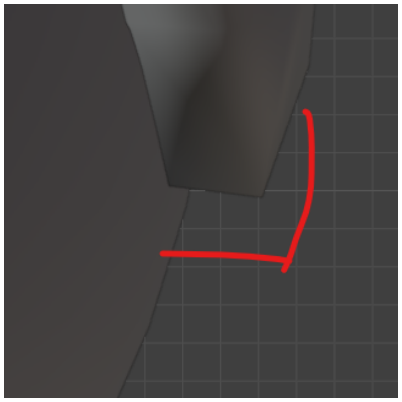
H -> Hides the edges. [Hidden the backward vertices to grab the front middle point to move down without errors].



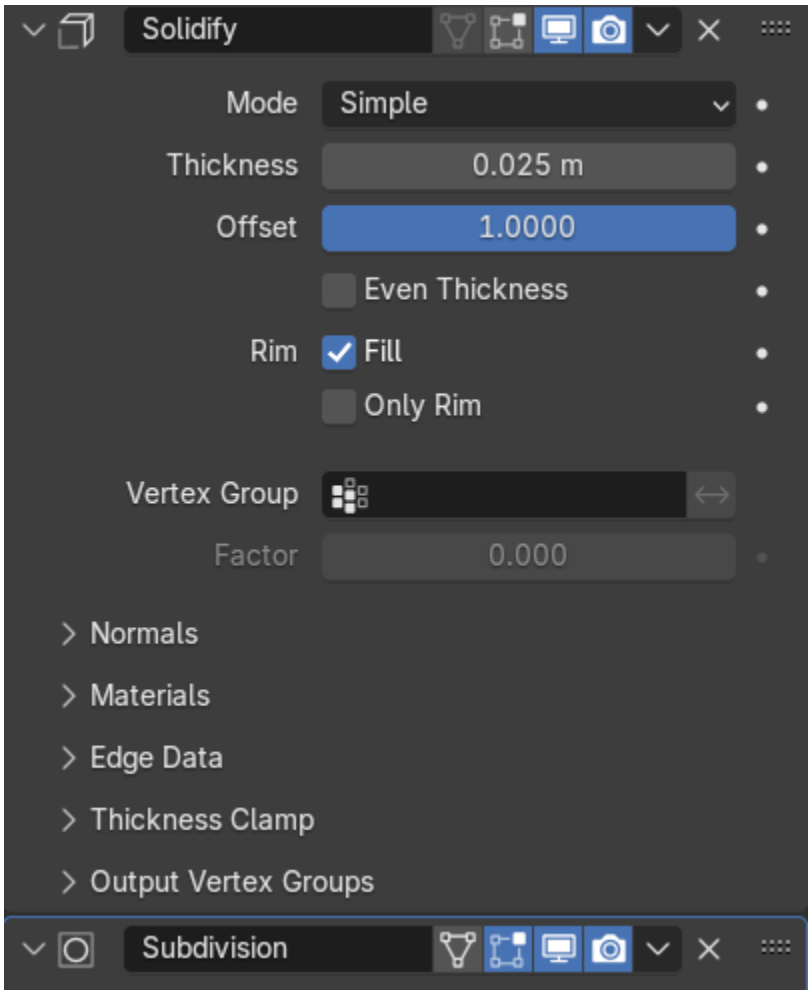
When not hidden and the proportional edit mode area is more and grabbed down.



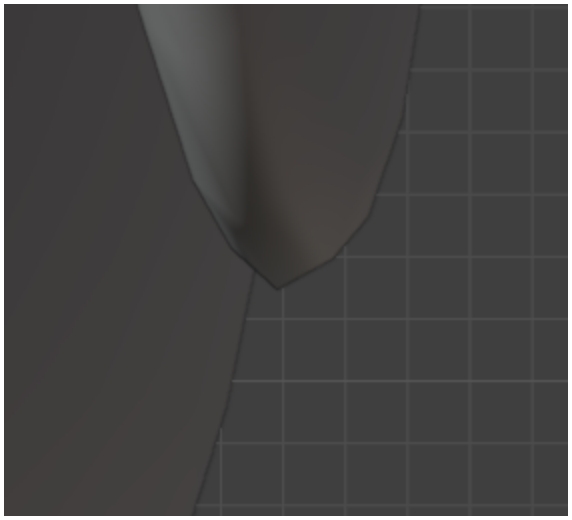
There’s a 90 degree:



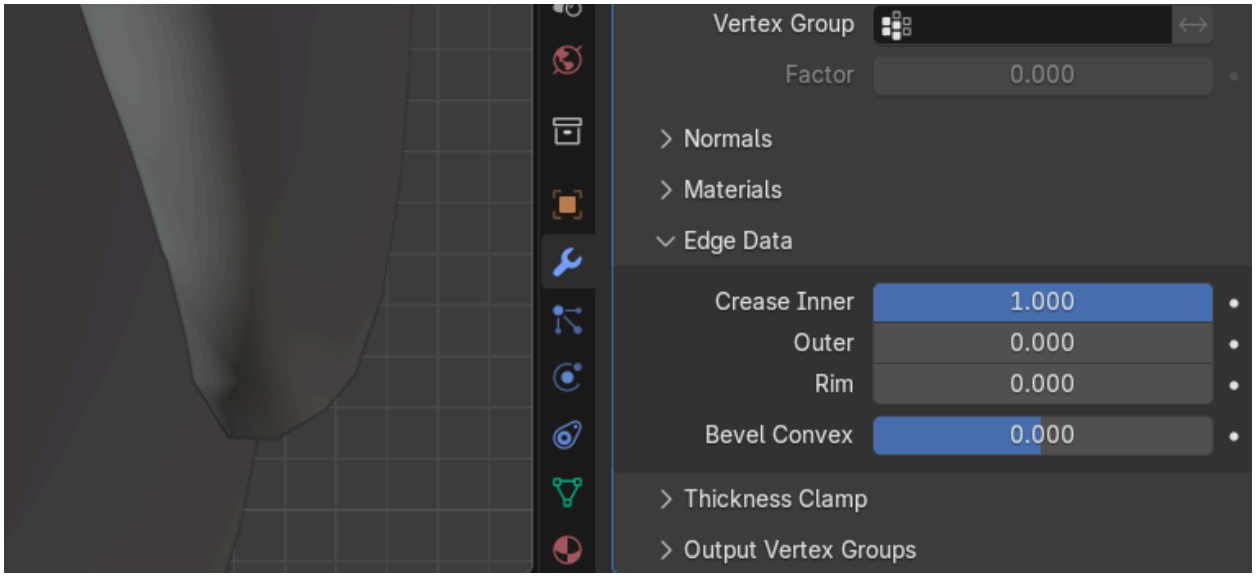
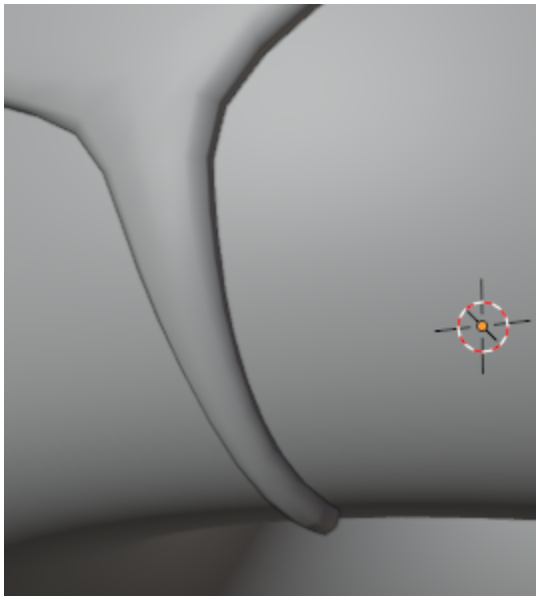
Solidify at top and subdivision at bottom:



After adding subdivision:



Make the Crease Inner to 1.000(Change it to see the effect):



Select two nodes Click [e] to extrude. To get: