

gently mixing breathing & moving

whole body breathing

whole body moving

floating like a feather

flowing like water

open ~ empty

Eighteen Movements (shibashi)

Waving Hands

Opening the Chest

Swinging the Rainbow

Parting the Clouds

Reeling Silk

Rowing the Boat

Raising the Sun

Gazing at the Moon

Turning the Waist

Waving Cloud Hands

Scooping Water & Opening Sky

Rolling with the Waves

Dove Spreading Wings

Emerging Dragon

Flying Crane

Turning the Wheel

Stepping & Bouncing the Ball

Gathering Energy & Returning

Eight Piece Silk Brocade (ba duan jin)

Raising the Heavens

Shooting the Bow

Separating Heaven & Earth

Looking Behind

Swaying Head & Swinging Tail

Holding the Feet

Screwing the Fist

Rocking the Bubbling Wells

Standing Like a Tree (zhan zhuang)

Wu Ji (great empty)

Holding the Belly

Holding the Chest

Facing the Wind

Standing in a Stream

Wu Ji (great empty)

