

JI HONG TAI CHI 宏宏太極拳學院

導引保健功 Daoyin for Health

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| 1 | 調息吐納 | Regulating Respiration |
| 2 | 順水推舟 | Pushing the Boat Downstream |
| 3 | 肩擔日月 | Shouldering the Sun and Moon |
| 4 | 鵬鳥展翅 | The Roc Spreading its Wings |
| 5 | 力搬磐石 | Carrying the Boulder |
| 6 | 推窗望月 | Opening the Moon lit Window |
| 7 | 迎風揮塵 | Flicking Dust the Wind |
| 8 | 老翁拂髯 | Old Man Stroking his Beard |