

JI HONG TAI CHI 弘宏太極拳學院

氣功十八式 Qi Gong 18 Forms

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| 1 | 起勢調息 | Raise chi and breathe calmly |
| 2 | 開潤胸懷 | Open the chest |
| 3 | 揮舞彩虹 | Draw a rainbow |
| 4 | 輪臂分雲 | Use arms to separate the clouds |
| 5 | 定步倒卷肱 | Fixed step whirl arms |
| 6 | 湖心划船 | Row the boat |
| 7 | 肩前托球 | Raise a ball |
| 8 | 轉體望月 | Turn body to watch the moon |
| 9 | 轉腰推掌 | Turn waist and push palms |
| 10 | 馬步雲手 | Horse stance cloud hands |
| 11 | 撈海觀天 | Scoop from the sea and watch the sky |
| 12 | 推波助浪 | Push the waves |
| 13 | 飛鴿展翅 | Crane spreads its wings |
| 14 | 伸臂衝拳 | Push with fists |
| 15 | 大雁飛翔 | Flying wild goose |
| 16 | 環轉飛輪 | Revolving wheels |
| 17 | 踏步拍球 | Step and bounce ball |
| 18 | 按掌平氣 | Press palm and calm chi |