

JI HONG TAI CHI 宏宏太極拳學院

太極氣功 Tai Chi Qi Gong

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| 1 | 起勢調息 | Raise chi and breathe calmly |
| 2 | 雙龍出海 | Double push out to sea |
| 3 | 開濶胸懷 | Open the chest |
| 4 | 運轉乾坤 | Circle up and down |
| 5 | 上天下地 | Stretch up and down |
| 6 | 驀然回首 | Slowly rotate and turn back |
| 7 | 彎腰前望 | Bend and look forward |
| 8 | 迴環斜飛 | Left and right diagonal stretches |