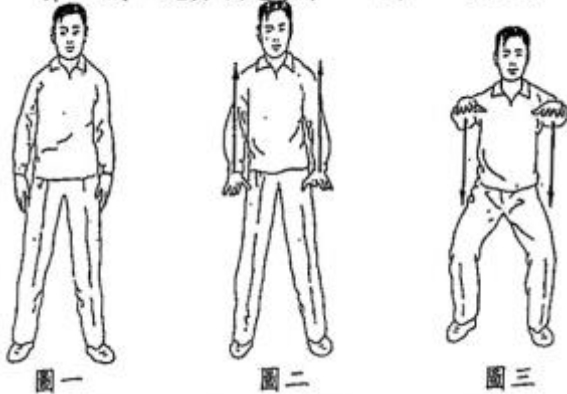
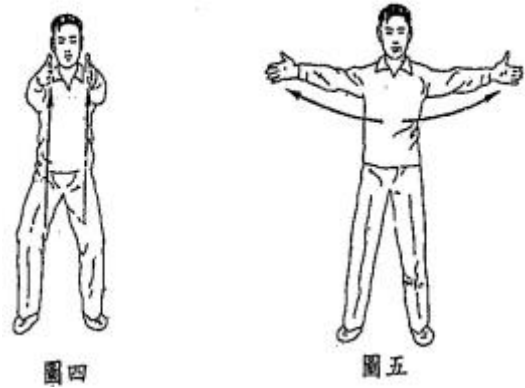


第一式：起勢調息(圖一、圖二、圖三)

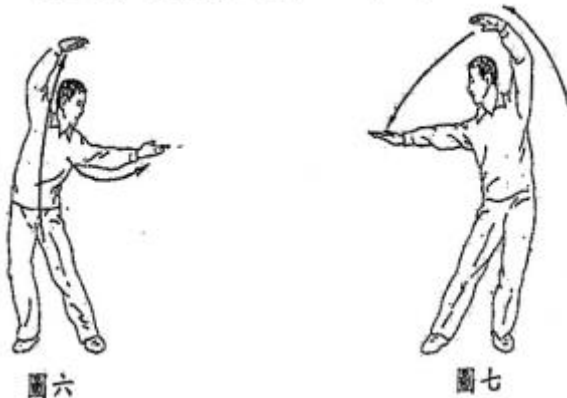


第二式：開闊胸懷(圖四、圖五)

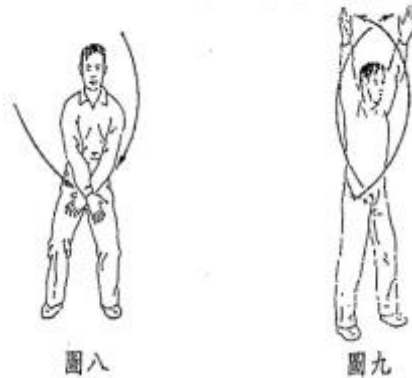


- | | |
|--|---|
| <p>1. 起勢調息 Starting Position
Up inhale, down exhale</p> | <p>2. 開闊胸懷 Opening Chest and Mind -
Palms up to chest level, up, open (inhale)
Palms down, squad, (exhale)</p> |
|--|---|

第三式：揮舞彩虹(圖六、圖七)



第四式：輪臂分雲(圖八、圖九)



- | | |
|--|---|
| <p>3. 揮舞彩虹 Dance in the Rainbow Move to right, open arms (inhale), turn to another side (exhale). Palm face palm in a semicircle.</p> | <p>4. 輪臂分雲 Arms like a wheel moving the clouds
Turn arms as a wheel from outside, up open chest (inhale); down, relax knees (exhale)</p> |
|--|---|

第五式：定步倒捲肱(圖十、圖十一)



第六式：湖心划船(圖十二)



- | | |
|---|---|
| <p>5. 定步倒捲肱 Repulse monkey
When open chest (inhale), close (exhale).</p> | <p>6. 湖心划船 Rowing a boat in the lake
Arms circle back up stretch straight up.
Up (inhale), down (exhale)</p> |
|---|---|



圖十三



圖十四



圖十五

<p>7. 肩前托球 Hold the ball up to shoulder Raise arms (heel) up LEFT (inhale), arms down (exhale)</p>	<p>8. 轉體望月 Rotate to look the moon Swing body and arm to LEFT (inhale), put the arms down (exhale)</p>
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圖十六



圖十七



圖十八



圖十九

<p>9. 轉腰推掌 Push the palm and turn the waist (Horse stance) Push palm out, another arm pull back. Pull in (inhale), Push out (exhale)</p>	<p>10. 馬步雲手 Move the clouds with hands (Horse stance). Turn to LEFT side, left palm press down (inhale), turn to right, right palm press down (exhale).</p>
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圖二十



圖二十一



圖二十二



圖二十三

<p>11. 撈海觀天 Dreg fishes, observe the sky Bend down, palms cross (exhale), raise body, arms up (inhale)</p>	<p>12. 推波助浪 Push waves Raise arms up, Sit back, front toes up (inhale), Press out, front leg down, back heel up (exhale)</p>
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第十三式：飛鴿展翅(圖二十四、圖二十五)



圖二十四



圖二十五

13. **飛鴿展翅 Flying Pigeon opens wings**
sit back open chest, front toes up (inhale).
Sit front close (exhale) back heel up.

第十四式：伸臂衝拳(圖二十六、圖二十七)



圖二十六



圖二十七

14. **伸臂衝拳 Extent arms and Punch out fists**
Horse stance
Punch out exhale, punch in (inhale).

第十五式：大雁飛翔(圖二十八、圖二十九)



圖二十八



圖二十九

15. **大雁飛翔 Flying Geese** - Circle arms up, body and heels up (inhale). Squad down (exhale)

第十六式：環轉飛輪(圖三十、圖三十一)



圖三十



圖三十一

16. **環轉飛輪 Flying Wheel**
Turn left (inhale). Turn right, relax down (exhale)

第十七式：踏步拍球(圖三十二)



圖三十二

第十八式：按掌平氣(圖三十三、圖三十四)



圖三十三



圖三十四

17. **踏步拍球 Step and hit the ball**
Pat RIGHT palm, step LEFT foot.
Right (inhale), left (exhale)

18. **按氣平氣 Press palm to relax and calm down**
Up (inhale), down sit (exhale)