



0:00

#### Preparatory

- Two feet open as the shoulder width
- Inhaling with two palms holding up in front of the abdomen
- Exhaling with two palms holding down in front of the abdomen



0:58

#### Hu Zi Jue

- Two feet open as the shoulder width
- Inhaling with two palms holding up in front of the abdomen
- Flip palms inward and cross in front of abdomen
- Exhaling with the sound of "hu" and gradually extended the elbow to the position of upper limbs like holding a ball



2:03

#### Si Zi Jue

- Two feet open as the shoulder width
- Inhaling with two palms holding up in front of the chest
- Adduction shoulders with the two palms standing and opposite
- Inhaling with head reclining and scapula adducting
- Exhaling with the sound of "si" and push forward two palms



4:12

#### Pushing up the sky to regulate the triple warmer

- Two feet open as the shoulder width
- Inhaling with two palms holding up in front of the chest
- Continue to lift until the two arms straight, and keep the eyes staring at palms
- Exhaling with the two palms falling down on the sides of body



6:06

Drawing a bow to shoot a vulture

- Two feet open as the shoulder width
- Adducted the shoulder and flexed the elbow with both hands crossed in the front of chest
- Left motion: Exhaling with the left elbow stretching to the side and the right limb performing like a bow-like movement in the squatting position
- Right motion: Contrary to the left



8:09

The crane actions

- Two feet open as the shoulder width
- Crane Stretch: Exhaling with two upper limbs and one lower limb stretching back
- Crane flies: Inhaling with two upper limbs abducting and one legs flexing



11:40

Cross-armed iron staff

- Two feet open as the shoulder width
- Inhaling with the shoulders abduction and body-lifting
- Exhaling with the shoulders falling down and body-downing



12:09

Ending motion

- Two feet open as the shoulder width
- Both hands lifting on the side of body and falling down in the front of chest
- Inhaling while lifting, exhaling while falling

12:53