



A: Preparation posture

B: Prop up the sky with hands to regulate the triple energizer

C: Draw a bow on both sides like shooting a vulture

D: Raise single arm to regulate the Spleen (Pi) and Stomach (Wei)

E: Look back to treat five strains and seven impairments



F: Sway head and buttocks to expel Heart (Xin)-fire

G: Pull toes with both hands to reinforce the Kidney (Shen) and waist

H: Clench fists and look with eyes wide open to enhance strength and stamina

I: Rise and fall on tiptoes to dispel all diseases

J: Ending posture