



A: Preparation posture



B: Prop up the sky by two hands to improve tri-jiao



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



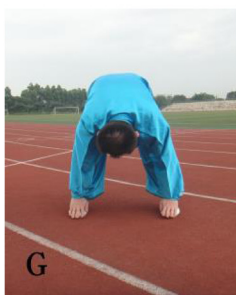
D: Raise single arm up to regulate spleen (Pi) and stomach (Wei)



E: Look back to treat five strains and seven impairments



F: Shake the head and wag to expel Heart (Xin)-fire



G: Pull toes with both hands to reinforce the kidney



H: Clench one's fist and glare to increase strength



I: Rise and fall on tiptoe seven times to treat all diseases



J: Ending posture