

Ba dun Jin Qigong

Preparation

- 1. Two hands holding up the sky
- 2. Drawing the Bow
- 3. Separating Heaven and Earth
- 4. Wise Owl Gazes Backwards
- 5. Punching with Tiger Eyes
- 6. Big Bear Turns Side to Side
- 7. Touching the Toes
- 8. Bouncing the Toes

Closing Posture