



Ma Wang Dui DaoYi Shu Qigong

Preparation

1. Wan Gong: Drawing the Bow
2. Yin Bei: Stretching the Back
3. Fu Yu: Wild Duck Swimming
4. Long Deng: Dragon Flying
5. Niao Shen: Bird Spreading its Wings
6. Yin Fu: Stretching the Abdomen
7. Chi Shi: Hawk Glaring
8. Yin Yao: Stretching the Waist
9. Yan Fei: Wild Goose Flying
10. He Wu: Crane Dancing
11. Yang Hu: Exhaling with Raised Head
12. Zhe Yin: Body Bending

Closing Posture