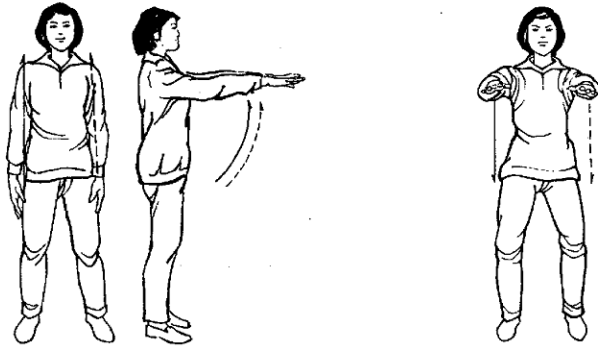


KiGong: Taiji Qigong

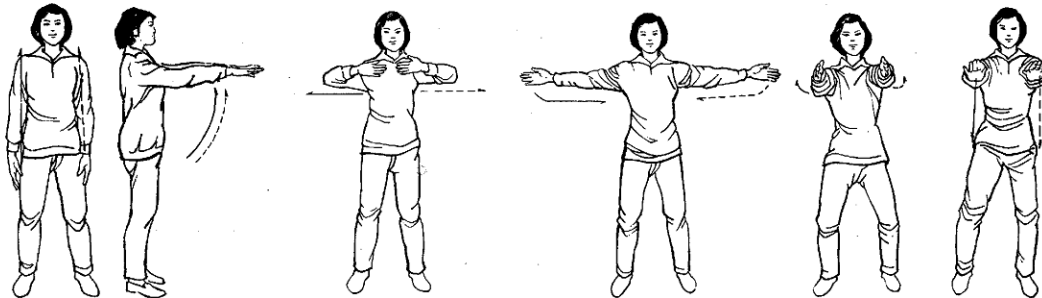
1 . Raising hands



Inhale

Exhale

2 . Expanding chest



Inhale

Inhale

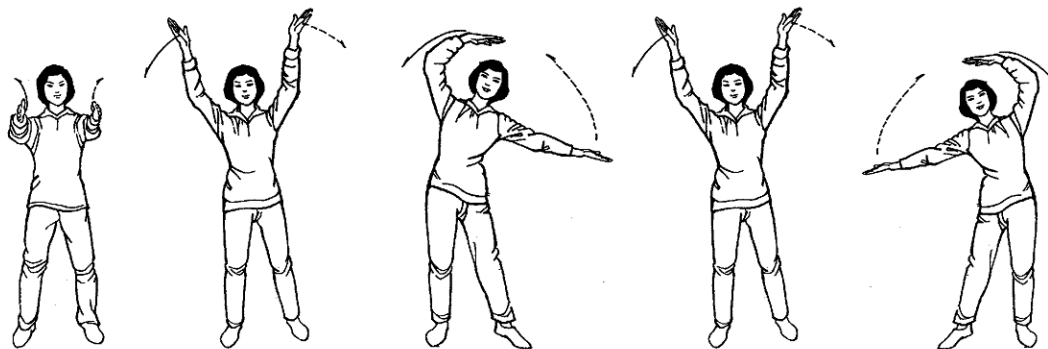
Exhale

Inhale

Exhale

Exhale

3 . Waving Rainbow



Inhale

Exhale

Inhale

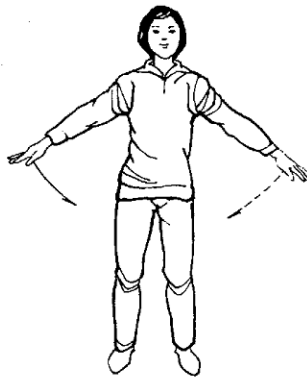
Exhale

KiGong: Taiji Qigong

4 . Dividing clouds



Inhale



Exhale



5 . Circling Arms- (repulse monkey)



Inhale



Exhale



Inhale

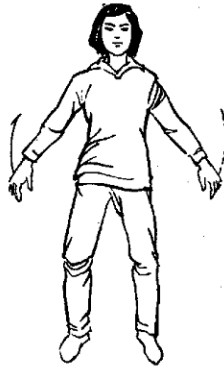


Exhale

6. Rowing on a Lake



Inhale



Exhale

7. Raise the ball



Inhale



Exhale

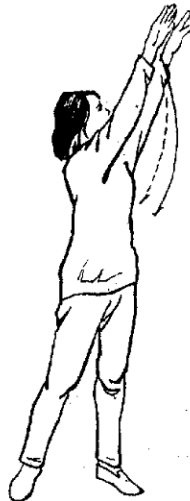


Inhale

8. Turn to view moon



Exhale



Inhale



Exhale



Inhale

9. Push the palm

KiGong: Taiji Qigong



Inhale



Exhale



Inhale



Exhale

10. Wave the cloud hands



Inhale



Exhale



Inhale

11. Scoop sea view the sky



Inhale



Exhale



Inhale



Exhale

12. Pushing the wave

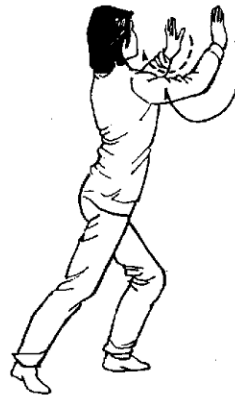
KiGong: Taiji Qigong



Inhale



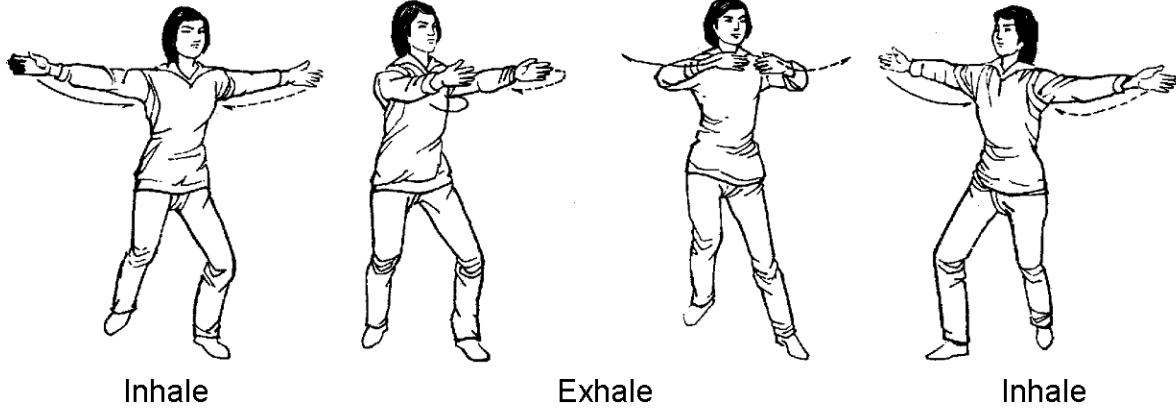
Exhale



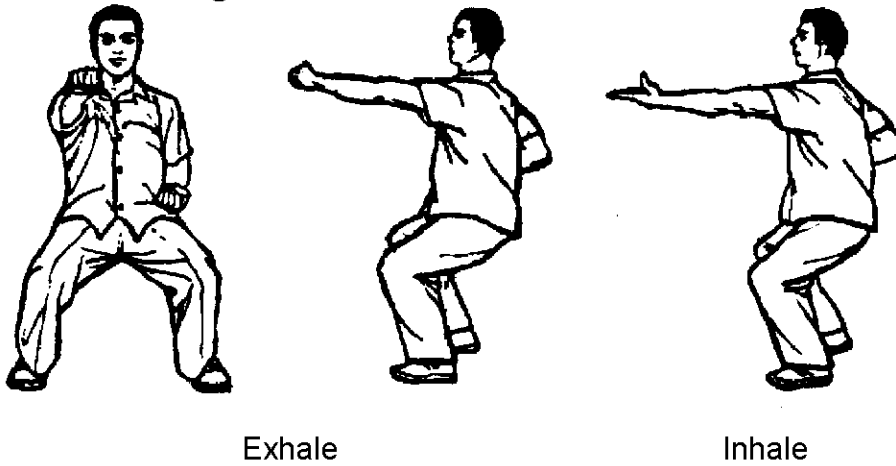
Inhale

KiGong: Taiji Qigong

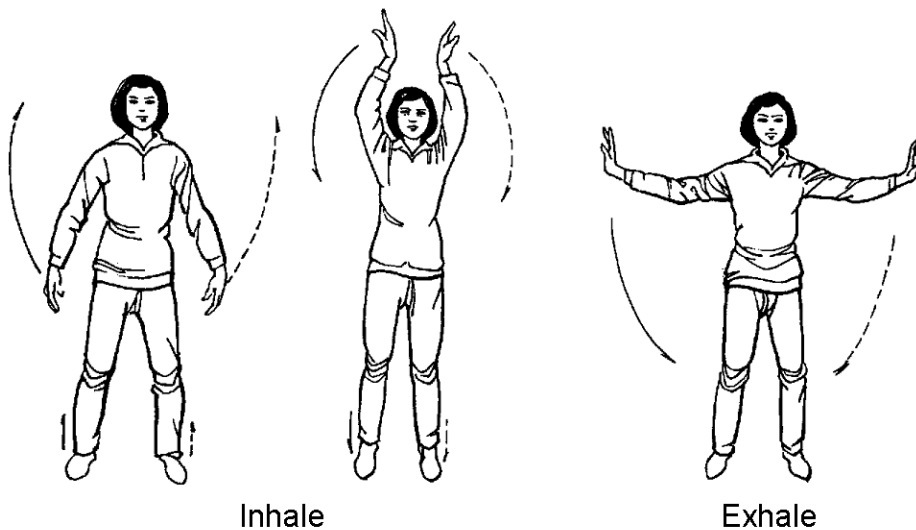
13. Open doves wings



14. Punching fists



15. Flying wild Geese



16. Flying wheel



Inhale



Exhale

17. Stepping and slap ball



Inhale

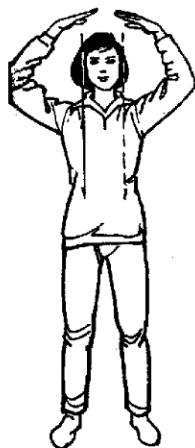


Inhale

18. Settling breath



Inhale



Exhale