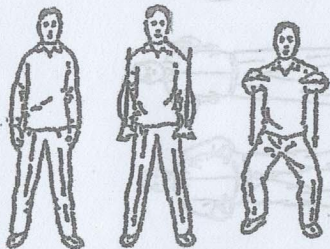
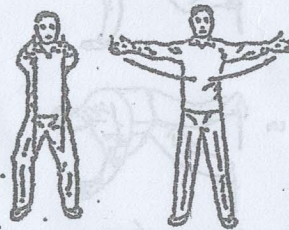


TAI CHI QI GONG SHI BA SHE



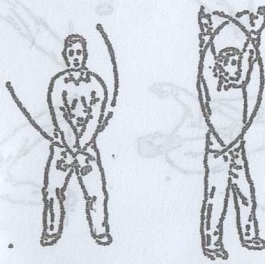
1. REGULATING THE BREATH (6 TIMES)



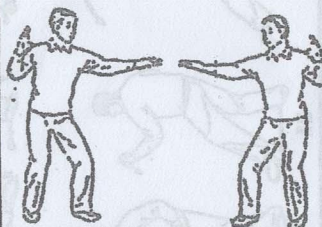
2. OPENING THE HEART (6 TIMES)



3. PAINTING THE RAINBOW (6 EACH SIDE)



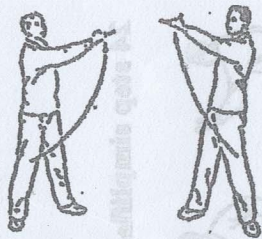
4. PARTING THE CLOUDS (6 TIMES)



5. REPULSE MONKEY (6 EACH SIDE)



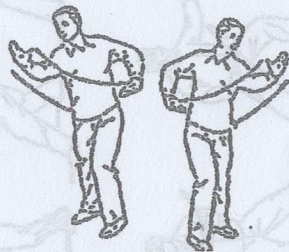
6. ROWING THE BOAT (10 TIMES)



7. CASTING ALL THE CARE UPON THE DIVINE (6 EACH SIDE)



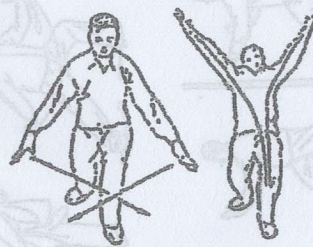
8. GAZING AT THE MOON (6 EACH SIDE)



9. PUSHING PALMS (6 EACH SIDE)



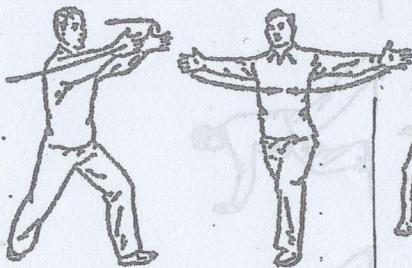
10. CLOUD HANDS (6 EACH SIDE)



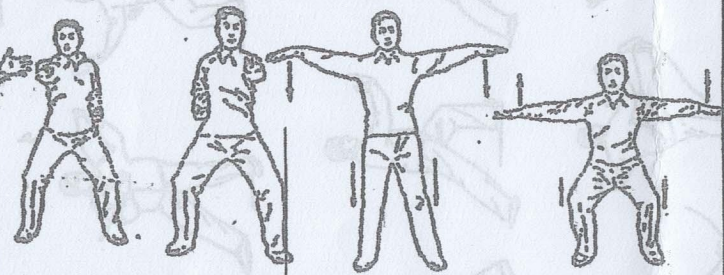
11. BECOMING ONE WITH THE SEA AND SKY (6 EACH SIDE)



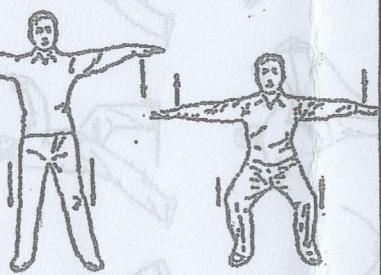
12. PUSHING THE WAVES (6 EACH SIDE)



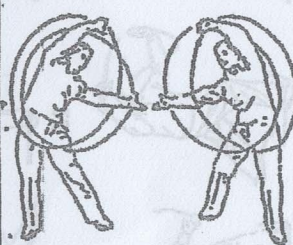
13. DOVE SPREADS ITS WINGS (6 EACH SIDE)



14. PUNCHING (6 EACH SIDE)



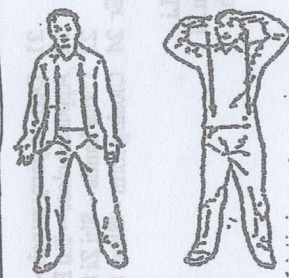
15. FLYING GOOSE (6 TIMES)



16. TURNING WHEEL OF DHARMA (10 CLOCKWISE, 10 ANTI CLOCKWISE)



17. BOUNCING BALL IN THE BUBBLING SPRING (10 EACH SIDE)



18. BALANCING AND STORING THE CHI (10 TIMES)