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# 健身气功·太极养生杖

## Health Qigong • Taiji Yangsheng Zhang (Taiji Stick Health Preservation Exercises)

预备势	yù bèi shì	Initial Stance
一. 艄公摇橹	shāo gōng yáo lǚ	Boatman Rows with an Oar
二. 轻舟缓行	qīng zhōu huǎn xíng	Boat Rows Slowly
三. 风摆荷叶	fēng bǎi hé yè	Wind Kisses Lotus Leaves
四. 船夫背纤	chuán fū bēi qiān	Boatman Tows a Boat
五. 神针定海	shén zhēn dìng hǎi	Iron Stick Calms the Sea
六. 金龙绞尾	jīn lóng jiǎo wěi	Golden Dragon Wags Its Tail
七. 探海寻宝	tàn hǎi xún bǎo	Search for Treasure in the Sea
八. 气归丹田	qì guī dān tián	Qi Returns to Dantian
收势	shōu shì	Ending Stance