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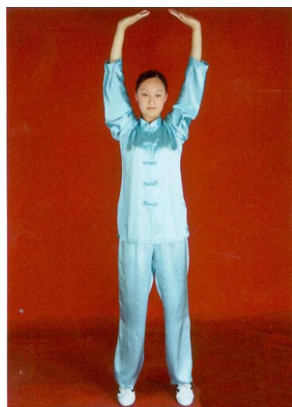
健身气功·易筋经 Health Qigong • Yi Jin Jing (Muscles Tendons Changing Script)



第一式 韦驮献杵第一势
 Routine 1 Wei Tuo
 Presenting the Pestle 1



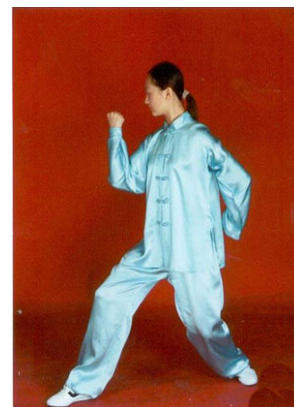
第二式 韦驮献杵第二势
 Routine 2 Wei Tuo
 Presenting the Pestle 2



第三式 韦驮献杵第三势
 Routine 3 Wei Tuo
 Presenting the Pestle 3



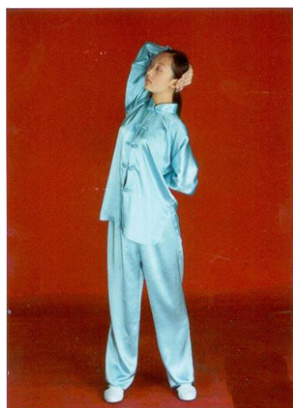
第四式 摘星换斗势
 Routine 4 Plucking a Star
 and Exchanging a Star
 Cluster



第五式 倒拽九牛尾势
 Routine 5 Pulling Nine
 Cows by Their Tails



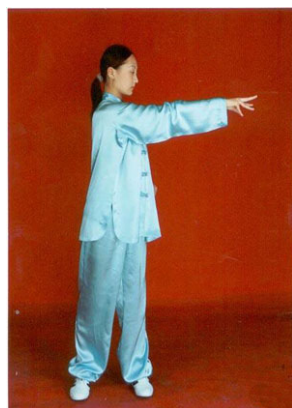
第六式 出爪亮翅势
 Routine 6 Displaying Paw-
 style Palms like a White
 Crane Spreading Its Wings



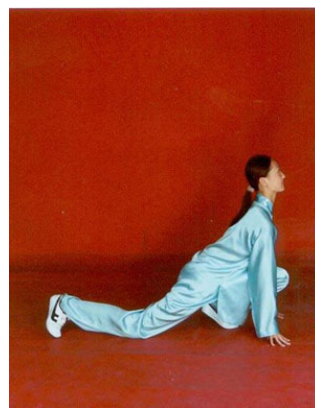
第七式 九鬼拔马刀势
 Routine 7 Nine Ghosts
 Drawing Swords



第八式 三盘落地势
 Routine 8 Three Bodily
 Squatting Position



第九式 青龙探爪势
 Routine 9 Black Dragon
 Displaying Its Claws



第十式 卧虎扑食势
 Routine 10 Tiger
 Springing on Its Prey



第十一式 打躬势
 Routine 11 Bowing Down
 in Salutation



第十二式 掉尾式
 Routine 12 Swinging the
 Tail