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# 疏筋壮骨功 (第一套)

SHŪ JĪN ZHUÀNG GŪ GŌNG (DÌ YĪ TÀO)  
(Muscles Relieving & Bones Strengthening Exercise 1)

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|---------------------|---|
| 一. 颈 项 争 力          | Strengthen the neck                           |
| jǐng xiàng zhēng lì |   |
| 二. 脑 后 推 碑          | Pushing stone tablet behind the head          |
| nǎo hòu tuī bēi     |   |
| 三. 犀 牛 望 月          | Rhinoceros gazes at the moon                  |
| xī niú wàng yuè     |   |
| 四. 躬 身 掸 靴          | Bend forward to dust the boots                |
| gōng shēn dǎn xuē   |   |
| 五. 仙 鹤 揉 膝          | Red-crowned Crane kneading knees              |
| xiān hè róu xī      |   |
| 六. 双 龙 戏 水          | Double Dragons frolicking in water            |
| shuāng lóng xì shuǐ |   |
| 七. 凤 凰 旋 窝          | Phoenix circling its nest                     |
| fèng huáng xuán wō  |   |
| 八. 金 鸡 报 晓          | Golden Rooster announcing the arrival of dawn |
| jīn jī bào xiǎo     |   |