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疏筋壮骨功 (第二套)

SHŪ JĪN ZHUÀNG GŪ GŌNG (DÌ ÈR TÀO)
(Muscles Relieving & Bones Strengthening Exercise 2)

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|----------------------|---|
| 一. 步 步 登 高 | Ascend step by step |
| bù bù dēng gāo | |
| 二. 行 者 蹲 坐 | Wu Song squats |
| xíng zhě dūn zuò | |
| 三. 蜘 蛛 垂 帘 | Spider hangs from its thread |
| zhī zhū chuí lián | |
| 四. 上 宣 下 畅 | Stretch Up & Reach Down
to stimulate & unclog the
12 primary channels |
| shàng xuān xià chàng | |
| 五. 灵 猫 戏 尾 | Nimble Cat plays with its tail |
| líng māo xì wěi | |
| 六. 丹 凤 朝 阳 | Red Phoenix faces the Sun |
| dān fèng cháo yáng | |
| 七. 蟾 宫 折 桂 | Pluck the laurel branch from
the Moon (Toad Palace) |
| chán gōng zhé guì | |
| 八. 朱 衣 点 头 | Man in Red nods in approval |
| zhū yī diǎn tóu | |