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## 养生太极棒 (第一套) Yangsheng Taiji Baton 1



第一式 南山献瑞  
nán shān xiàn ruì  
The South Mountain Offers  
Longevity & Prosperity



第二式 济世舟航  
jì shì zhōu háng  
On a rowboat journey  
to aid people in need  
around the world



第三式 玉兔捣药  
yù tù dǎo yào  
Jade Rabbit Pounds  
Medicine



第四式 跃马争春  
yuè mǎ zhēng chūn  
Galloping Horse in Spring



第五式 苏海韩潮  
sū hǎi hán cháo  
Idiom making analogy  
between the writing styles of  
poets Su Shi and Han Yu  
and the tempestuous sea



第六式 躬身下拜  
gōng shēn xià bài  
Bowling in Respect



第七式 乾坤交泰  
qián kūn jiāo tài  
Harmony between Heaven  
(Yang) and Earth (Yin)  
brings Peace



第八式 怀抱太极  
huái bào tài jí  
Embrace Taiji