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养血补气益寿功

YANG XUE BU QI YI SHOU GONG

(Blood Nourishing, Qi Replenishing, Longevity Enhancing Method)

预备势 YU BEI SHI

1、抱气 BAO QI

2、采气 CAI QI

3、拉气 LA QI

4、归气 GUI QI

5、拜佛 BAI FO

6、鼓漱 GU SHU