



菲特尼斯网络有限公司  
FITNESS NETWORK PTE LTD  
91 WESTCOAST GROVE, SINGAPORE 127884  
Tel: +65 9618 6886 Fax: +65 6777 0816  
Website: www.daoyin.net  
Email: info@daoyin.net  
Reg. No: 199801958K

# 益气养肺功(第一套)

YÌ QÌ YǎNG FÈI GōNG (DÌ Yī TÀO)

(Qi Enhancing & Lungs Nourishing Exercise Set 1)

- |    |      |       |      |       |                                   |
|----|------|-------|------|-------|-----------------------------------|
| 一. | 干    | 浴     | 迎    | 香     | Dry Bathing Yingxiang             |
|    | gān  | yù    | yíng | xiāng |                                   |
| 二. | 单    | 臂     | 擎    | 天     | One Arm Supporting the Sky        |
|    | dān  | bì    | qíng | tiān  |                                   |
| 三. | 回    | 头     | 望    | 月     | Turn the Head to Look at the Moon |
|    | huí  | tóu   | wàng | yuè   |                                   |
| 四. | 轻    | 舟     | 平    | 渡     | Smooth Ferrying a Light Boat      |
|    | qīng | zhōu  | píng | dù    |                                   |
| 五. | 拙    | 童     | 洗    | 衣     | Clumsy Child Washing Clothes      |
|    | zhuō | tóng  | xǐ   | yī    |                                   |
| 六. | 旋    | 转     | 天    | 柱     | Rotating the Heavenly Pillar      |
|    | xuán | zhuǎn | tiān | zhù   |                                   |
| 七. | 手    | 挥     | 琵琶   | 琵琶    | Playing the Lute                  |
|    | shǒu | huī   | pí   | pá    |                                   |
| 八. | 鸿    | 雁     | 飞    | 空     | Swan Goose in the Empty Sky       |
|    | hóng | yàn   | fēi  | kōng  |                                   |