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育真补元功 (第二套)

YÙ Zhēn Bǔ Yuán Gōng (Dì Èr Tào) (Yuzhen Buyuan Gong 2)

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| 一. 三 环 套 月 | 3 Rings encircling the Moon |
| sān huán ào yuè | |
| 二. 敞 开 心 扉 | Open one's heart |
| chǎng kāi xīn fēi | |
| 三. 闭 月 羞 花 | Beauty which causes the Moon to hide and puts flowers to shame |
| bì yuè xiū huā | |
| 四. 夫 子 拜 童 | Confucius bows to a boy |
| fū zǐ bài tóng | |
| 五. 仙 鹤 揉 膝 | Red-crowned Crane kneading knees |
| xiān hè róu xī | |
| 六. 吐 故 纳 新 | Exhale the Stale and Inhale the Fresh |
| tǔ gù nà xīn | |
| 七. 掩 耳 倾 身 | Cover one Ear and Bend Body to the opposite side |
| yǎn ěr qīng shēn | |
| 八. 掌 托 天 门 | Raise Palms to support the Heavenly Gate |
| zhǎng tuō tiān mén | |
| 九. 开 帘 瞻 月 | Open curtain and look up at the Moon |
| kāi lián zhān yuè | |