

Tai Chi/Chi Kung

Yi Jin Jing - Muscle and tendon changing classic.

1. Wei Tuo Presenting The Pestle (front)
2. Wei Tuo Presenting The Pestle (sideways)
3. Wei Tuo Presenting The Pestle (upwards)

4. Plucking Stars On Each Side.
5. Pulling 9 Cows By Their Tails.
6. Displaying Claws and Spreading Wings.

7. 9 Ghosts Drawing Swords.
8. Placing 3 Plates On The Floor.
9. Black Dragon Shows It's Claws.

10. Tiger Jumping On It's Prey.
11. Bowing Down In Salutation.
12. Swinging The Tail.

Bij vragen of opmerkingen kunnen jullie altijd bellen of mailen.

Marc Jongsten.