

Tiger Mountain Taiji Qigong

By Grandmaster Dong Hu Ling 董虎岭

All movements are done four times. Each movement goes to the right direction first.

1. Raise hands.
2. (Step wide with right foot and stay down for the rest of this qigong. Do not turn hips) Cloud Hands
3. Fair Lady Works the Shuttle (4 corners)
4. White Crane Spreads Wings
5. Strike the Tiger
6. Slant Flying
7. Brush Knee and Push
8. Double Wind to the Ears
9. Cross Hands
10. Push

太极气功

董虎岭大师

所有动作做四遍，每个动作都先向右方移动。

1. 抬手（起势）
2. 云手（右脚向外迈一步，做气功期间一直保持身体向下。不要转动臀部）
3. 玉女穿梭(4个角落)
4. 白鹤亮翅
5. 抱虎归山
6. 斜飞
7. 搂膝拗步
8. 双峰贯耳
9. 十字手
10. 推（收势）