



Preparation:

足立八字，间距三寸，两臂自然下垂，掌心向内，掌指向下，身胸挺直，舌抵上腭，目视前方，意守丹田（图1）。

Stand at ease with the toes pointing outwards, the distance between the heels being 10 centimeters, two arms hanging down naturally, the palm centers pointing inwards, fingers pointing downwards, straightening the back, the tongue propping the upper jaw, looking forward, deep breath controlled by the diaphragm (picture 1).



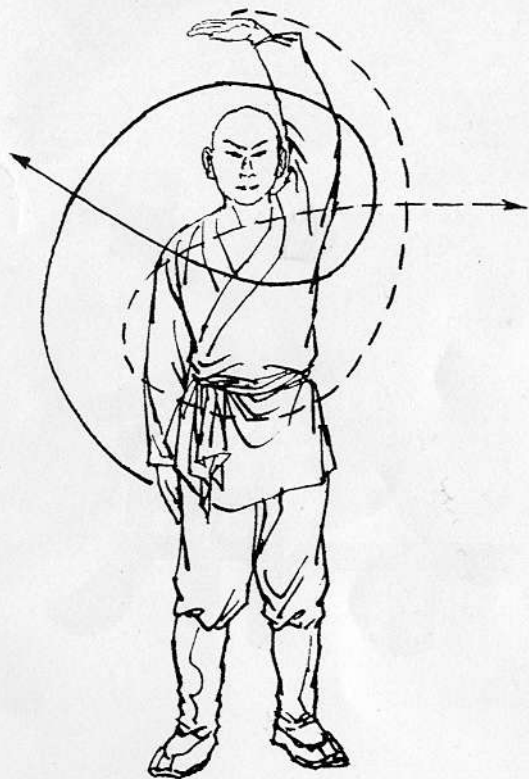
Part 2: Using the First One Hand and Then the Other in Quick Succession

接上动作，两足跟落地，用口吐气，左脚向左移一步，上体左转90°。同时，双手由上向左摆出，两掌变拳，左拳心向下，右臂屈肘向后拉，拳心向上，形似拉弓，上体前倾，使两腿成左弓步，目视左拳（图4）。

接上动作，以两脚为轴，体向右转180°，同时两拳变掌随身向前摆出，然后变拳，右拳心向下，左臂屈肘后拉，拳心向上，形如拉弓，上体前倾，使两腿成右弓步，目视右拳（图5）。

Following the above, heels fall to the ground, breathe out with the mouth, the left foot moves one step to the left, the upper part of the body turns 90 degrees to the left, at the same time, wave hands to the left, change palms into fists with palm centers pointing downwards, crook the right arm and pull the elbow backwards with the fist center pointing upwards like bending the bow, the upper part of the body bends forward, bend the left leg, straighten the right leg and raise the right heel, look at the left fist (Picture 4).

Following the above, the body turns 180 degrees to the right with the two feet as axle, at the same time, change fists into palms, put down palms and change Palms into fists with fist centers pointing downwards, crook the left arm and pull the elbow backwards with the fist center pointing upwards like bending the bow, the upper part of the body bends forward, bend the right leg, straighten the left leg and raise the left heel, look at the right fist (Picture 5).



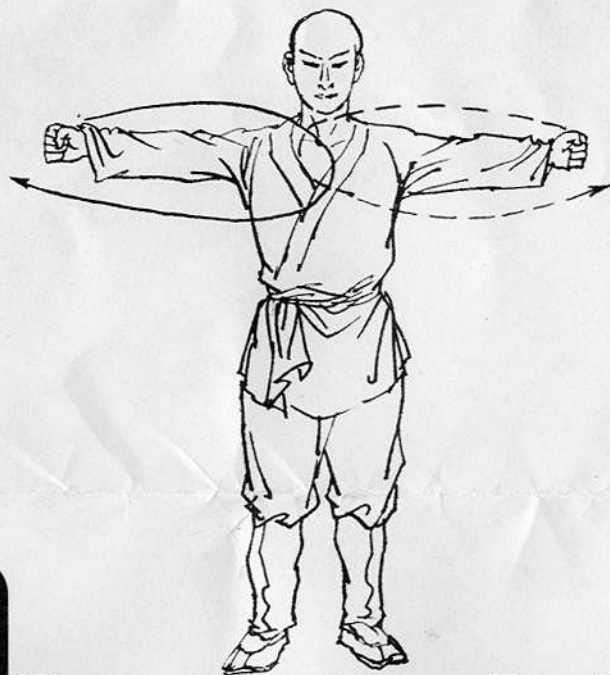
Part 3:Waving the two Hands

接上动作，以两脚为轴，上体左转90°，收右脚向内半步，同时两拳变掌，左臂下垂，掌附左胯外侧，右手由右向左，再由左向右反复两次运手，然后向上举臂，掌心向下，架于头上，目视前方（图6）。

接上动作，右手由上向下，垂臂，掌附右胯外，左手由左向右，再由右向左，反复两次运手，然后左臂上举，掌心向上，架于头上，目视前方（图7）。

Following the above,the upper part of the body turns 90 degrees to the left,move the right foot half a step inwards and at the same time change fists into Palms,the left arm hangs down with the palm nestling up against the outside of the left hip,move the right hand from right to left,then from left to right,raise the arm over the head with the palm center downwards and looking forward (Figure 6).

Following the above,the right hand hangs down and nestle up against the right hip,move the left hand from left to right and then from right to left,raise the left arm over the head with the palm pointing upwards and looking forward (Picture 7).



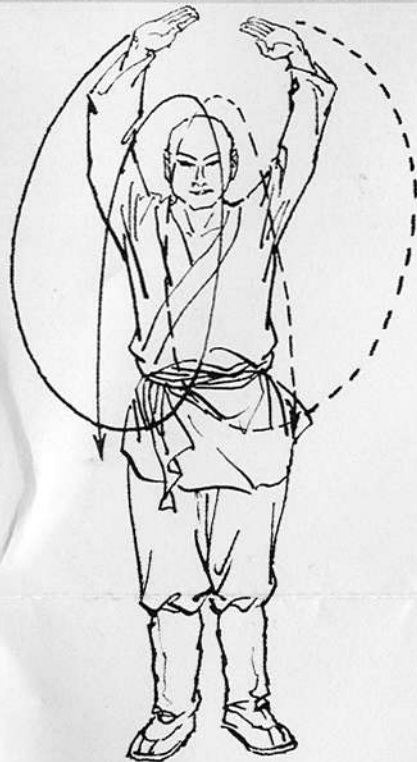
Part 4: Looking Backward

接上动作，右手向上与左手在头前交会，再向胸前划弧合掌。然后变拳，两臂向两侧伸展成一字状，目视前方（图8）。

接上动作，两脚不动，逆呼吸，上体向后仰，头部向后下方缓缓降沉，两眼瞪圆后瞧（图9）。

Following the above, raise the right hand and clasp the left hand over the head, then wave palms in front of the chest like drawing the arc, then change palms into fists, straighten two arms horizontally and look forward (Picture 8).

Following the above, keep feet still, breathe in, the upper part of the body bends backwards, the head falls backwards and downwards slowly, looking backwards (Picture 9).



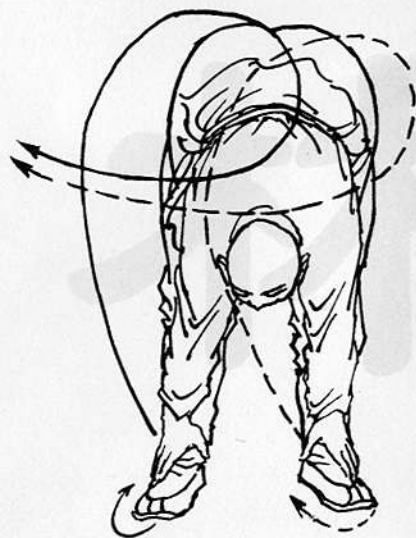
Part 5: Making Fists and Staring Angrily

两脚不动，上体直起，两拳变掌，由后向前划弧，目视两手（图10）。

接上动作，两手由上向下垂手，然后再返上向下变拳，附于两胯外侧，拳眼向前，同时瞪目，咬牙，旋前臂摺拳3~4次，目视前方（图11）。

Keep feet still, straighten the upper part of the body, change fists into palms, draw the arc with palms from back to front, looking at the two hands (Picture 10).

Following the above, put the two hands down, raise them, then put them down again, change them into fists and make them nestle up against the hips with fist centers pointing forward, at the same time, stare and clench teeth, turn front arms and make fists three to four times, look forward (picture 11).



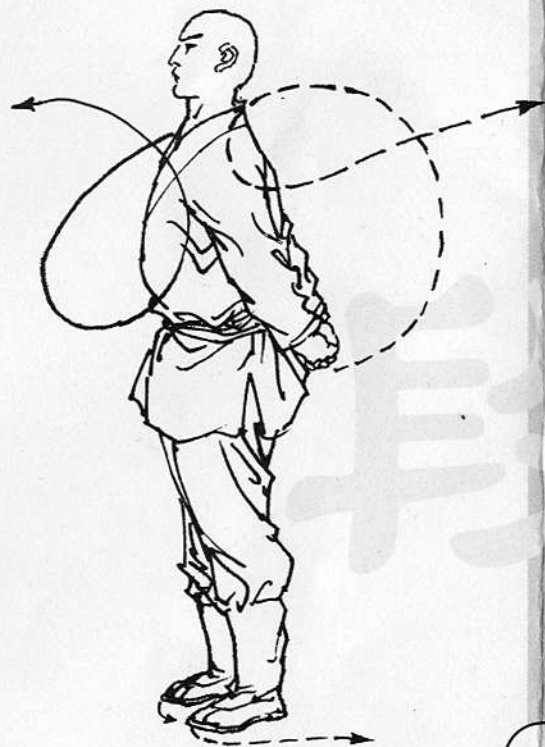
Part 6: Raising the Back

接上动作，两拳变掌，由下向后返上，抡臂划弧，使两手在头上前方相附，目视前上方（图12）。

接上动作，两手由上向下，缓缓下降，两掌成八字形握住两足踝部，头部下沉，额部尽量抬起，脊中突出，意注命门穴（图13）。

Following the above, change fists into palms, move them backwards and upwards, wave arms to draw arcs, make two hands nestle up against each other over the head, look forward and upwards (Picture 12).

Following the above, the two hands fall down slowly, the two palms hold ankles, the head drops down and the forehead raises as high as possible, protrude the spinal column, deep breath controlled by the area between the kidneys (Picture 13).



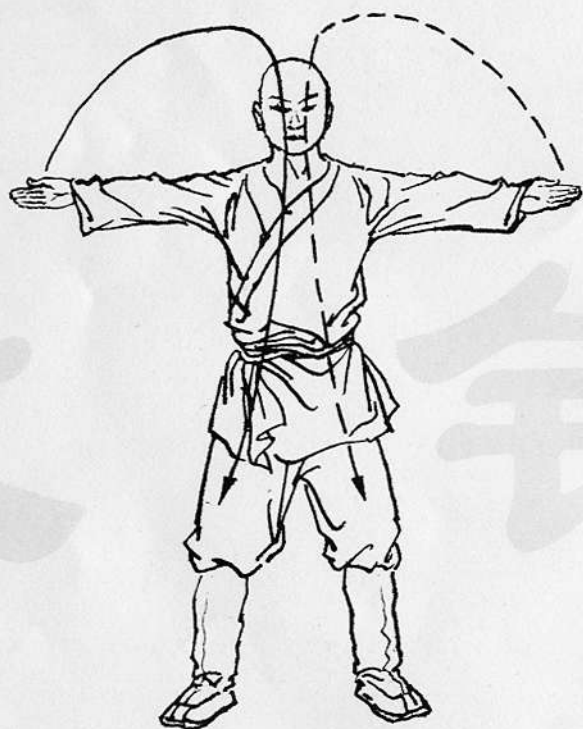
Part 7: Raising the Head and Waving the Arms

松手、起身，以两脚为轴，体右转90°，同时，两手随身向前摆手，目视两手（图14）。

接上动作，左脚向前上一步，两手由前向后，再返前向后抡臂一周，然后臂直于背后，左掌变拳，与右手相抱，仰头，摆臂3~4次（图15）。

Loose the grip, stand up, turn the body 90 degrees to the right with the two feet as axle, at the same time, wave the two hands forward with the body, look at the two hands (Picture 14).

Following the above, the left foot moves one step forward, wave the two hands from front to back to make a circuit, then straighten the arms behind, change the left palm into fist and clasp the right hand, raise the head, wave the arms three to four times (Picture 15).



Part 8: Pressing the knees

左脚后退一步，以两脚为轴，体向左转90°，同时两拳变掌，随身向前环弧，然后向两侧展臂，目视前方（图16）。

接上动作，两足不动，两手由前向下往后再返前抡臂划弧一周，然后向前下方缓缓附按在两膝盖上，使两腿下蹲成马步，挺胸、塌腰，上体左右转动3~4次，意注百会穴，目视前方（图17）。

The left foot moves one step backwards, turn the body 90 degrees to the left with the two feet as axle, at the same time change the two fists into palms and draw the arc forward with the body, then spread the arms and look forward (Picture 16).

Following the above, keep feet still, wave the two hands from front to the lower and back to make a circuit, then press the knees slowly, squat on the heels, straighten the chest, drop the waist, turn the upper part of the body three or four times, deep breath controlled by the top center of the head, look forward (Picture 17).



Ending

两足不动，起身，两手向两侧往上划弧，然后交会于头上方，使两掌指相接成人字形，目视两手（图18）。

接上动作，收左脚与右脚成小八字步，同时两手合掌缓缓下降于胸前，高与巨厥穴相平，缩口、微微吐气，身胸挺直，目视前方（图19）。

Keep feet still, stand up, draw arcs upwards with the two hands, make the two hands meet in front of and above the head with fingers crossing each other, look at the two hands (picture 18).

Following the above, withdraw the left foot, maintain a proper distance between the two heels, at the same time, put the palms together and slowly drop them to the position of the stomach, hold breath and breathe out slightly, straighten the chest and look forward (Picture 19).