

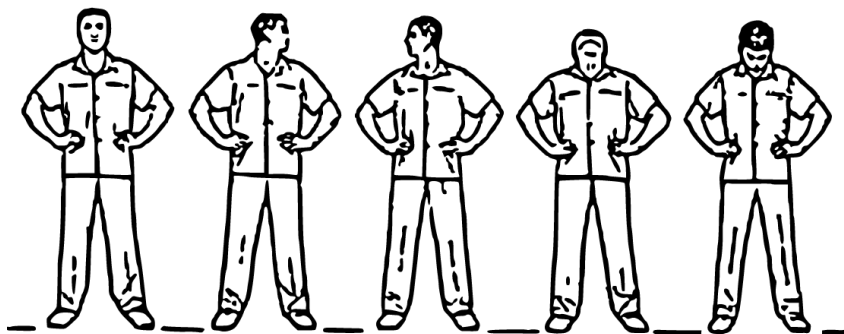
Lian Gong Shi Ba Fa

Part 1 (18 movements)

First Section

Exercises to prevent and cure torticollis and deltoid muscle pains

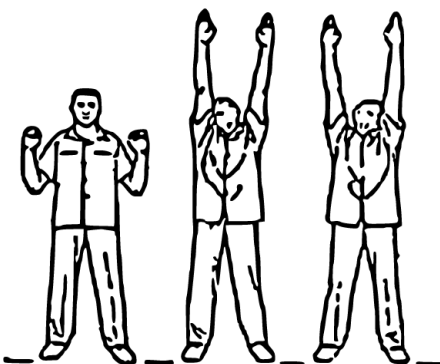
1. Strengthening Neck Muscles



2. Draw a Bow on Both the Left and Right Sides



3. Stretch Arms

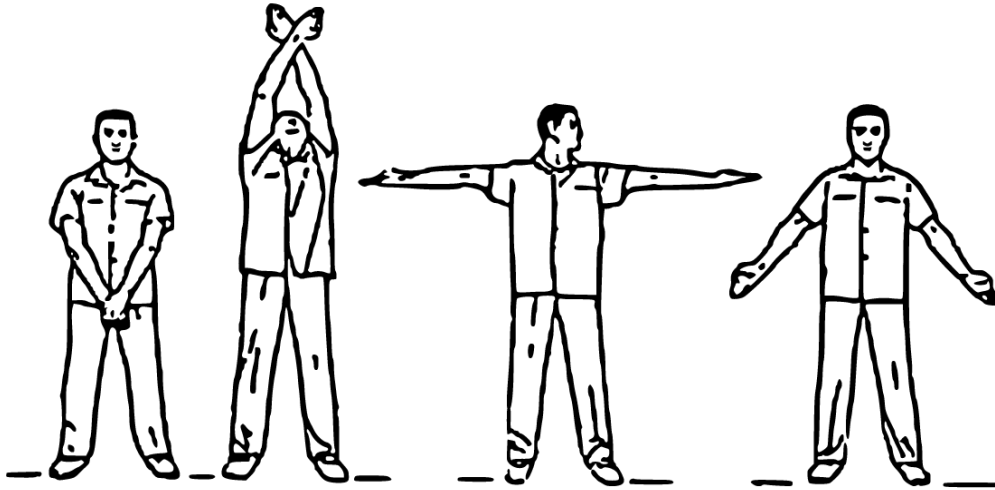


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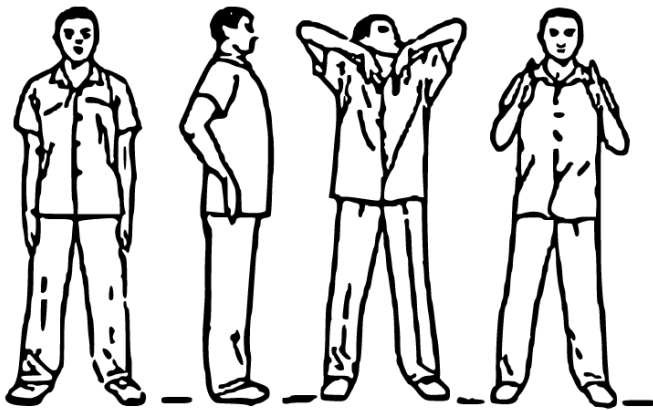
pathstointegration.com

<https://youtu.be/PWTfk2N7JZU>

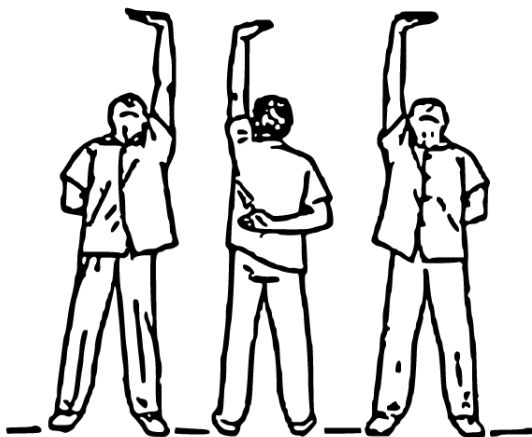
4. Expand Chest



5. Spread Wings for Flight



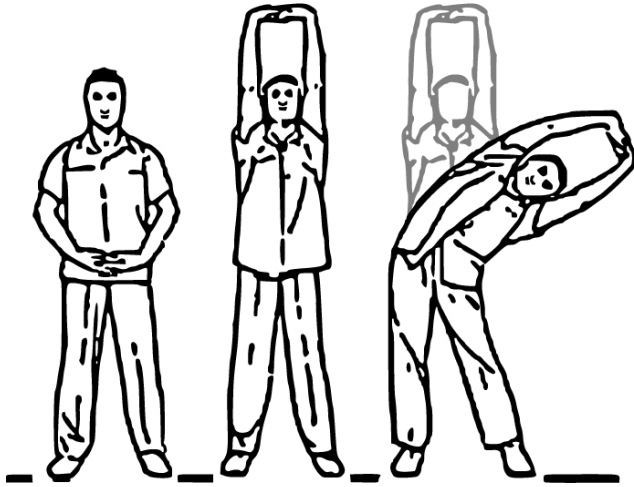
6. Raise Single Iron Arm



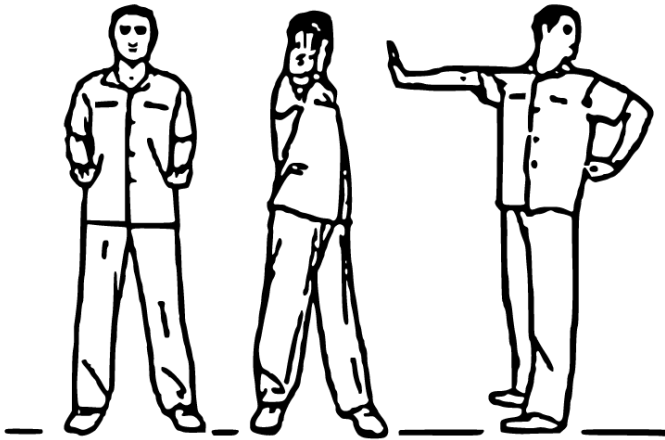
Second Section

Exercises to prevent and treat waist and back pain

7. Support the Sky with Both Hands



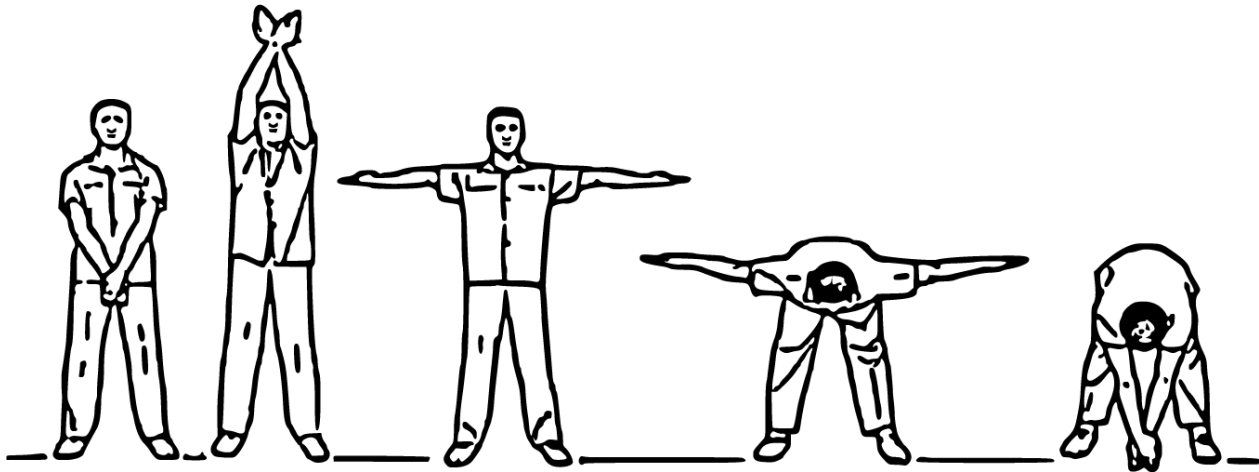
8. Turn Trunk and Push Palm



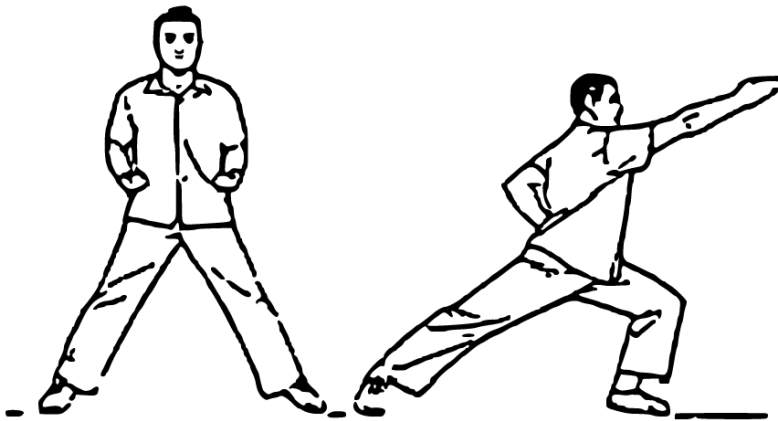
9. Waist Rotation with the Hands on the Hips



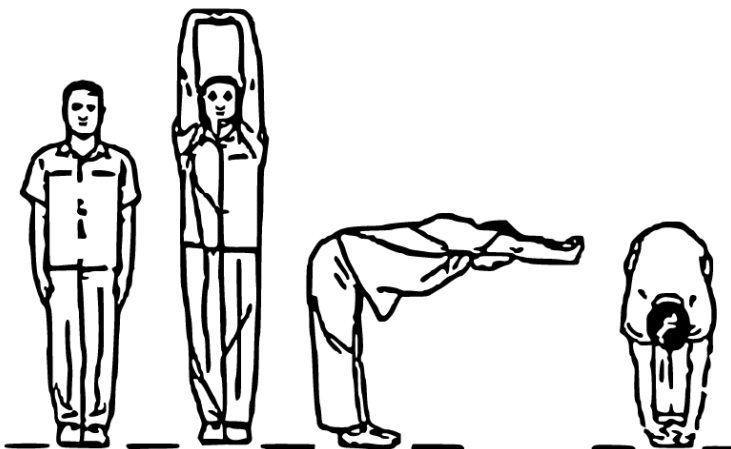
10. Stretch Arms and Bend Trunk



11. Thrust Palm



12. Press Palms on Feet



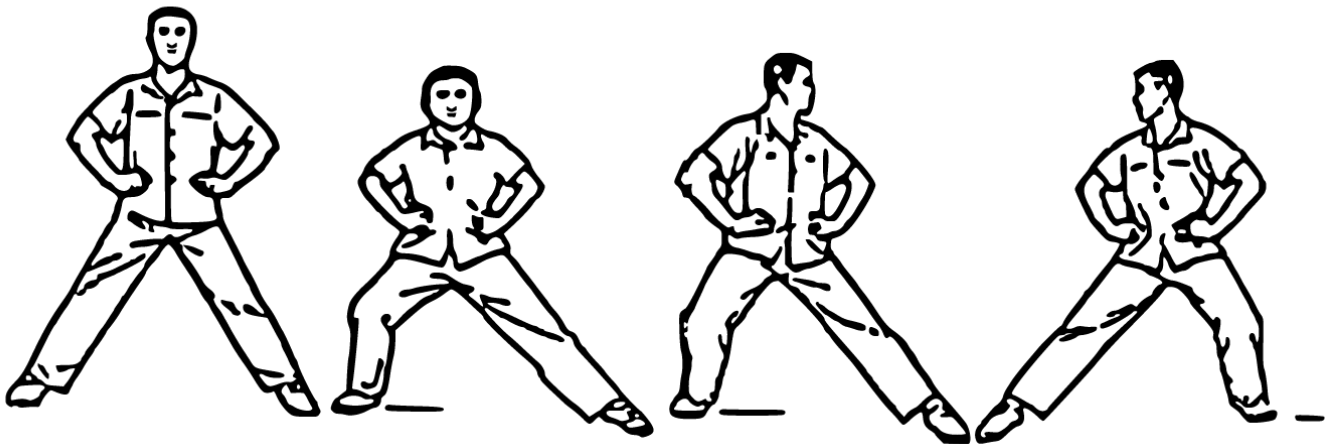
Third Section

Exercises to prevent and treat gluteus and leg pains

13. Circle Knees



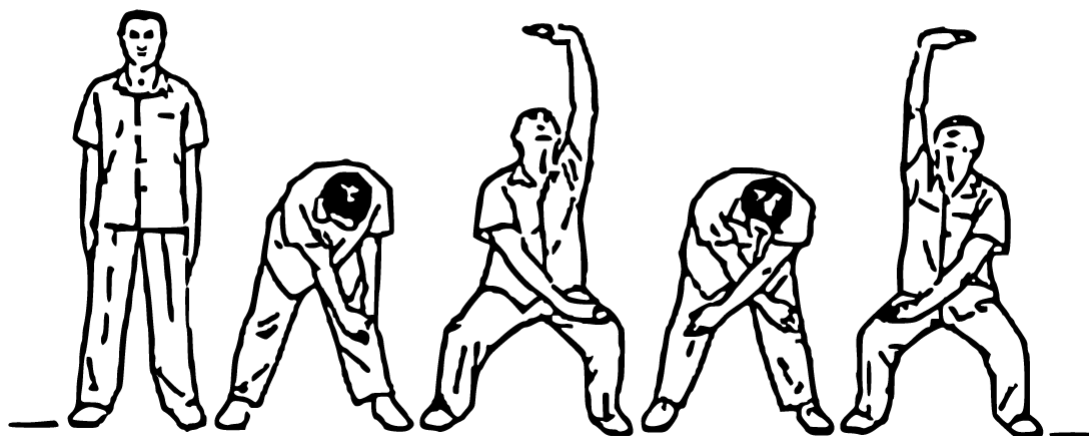
14. Make Reverse Bow Step and Turn Body



15. Bow, Squat, and Stretch Legs



16. Keep One Palm on the Knee and Hold up the Other



17. Hold Knee in Front of Chest



18. Stroll Through the Impregnable Pass with Firm Strides

