

Liangong Yi Chi Kung

Part 3 (18 movements)

First Section

1. Breathe Naturally



2. Breathe and Exercise the Chi



3. Rotate and Spread the Wings



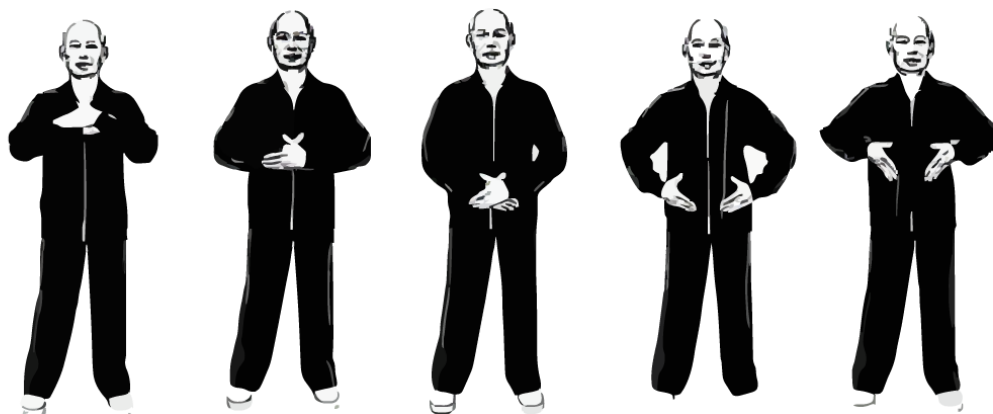
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Liangong – The Complete Book
Featuring Dr. Zhuang Yuan Ming

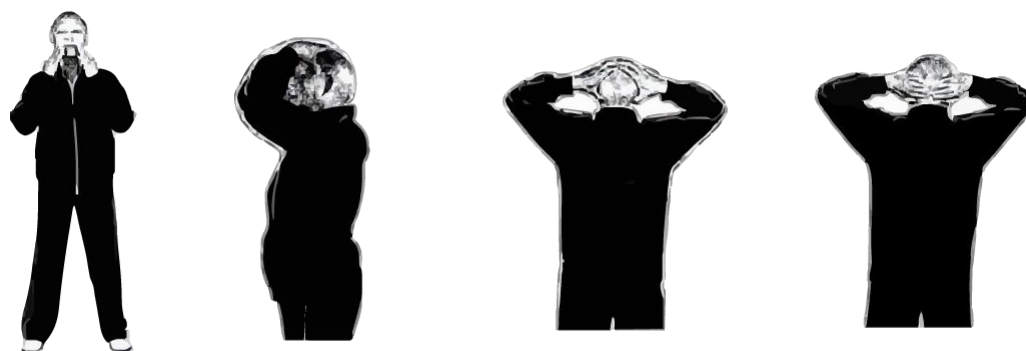
4. Squat and Exhale



5. Massage and Manage the Chi



6. Massage the Face, Warm the Chi



Second Section

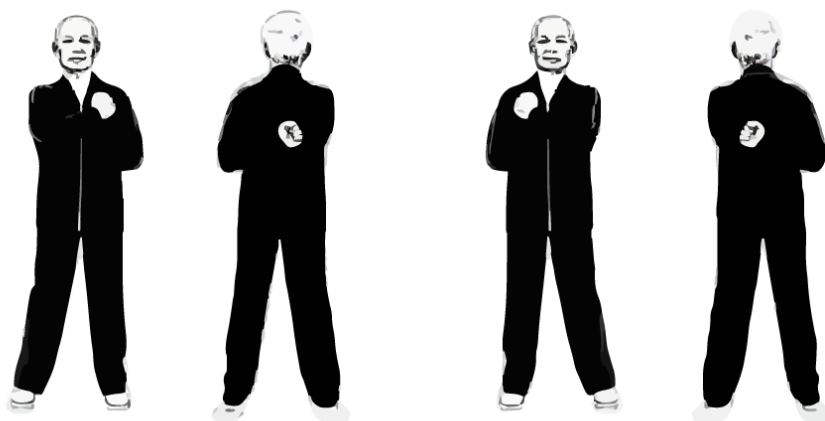
7. Massage the Neck, Clear Breath and Chi



8. Massage the Back of the Neck, Circulate the Chi



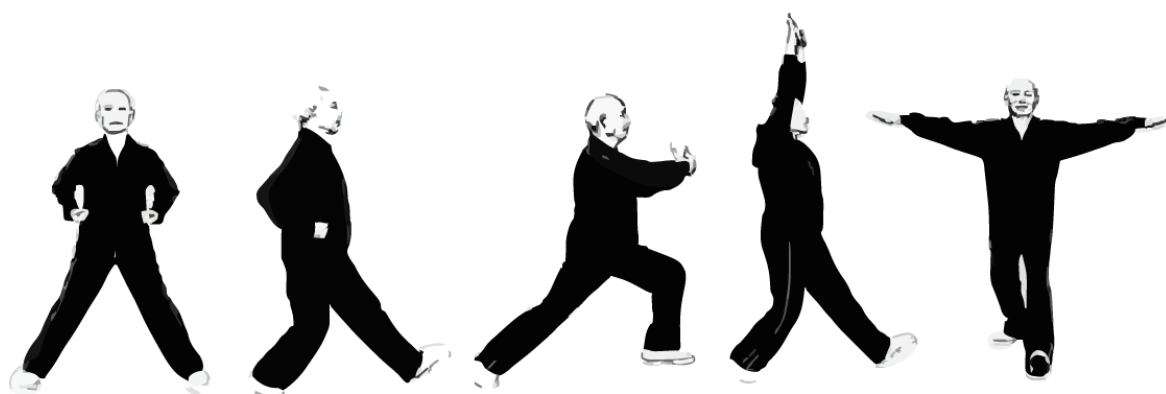
9. Pat the Chest, Relax the Chi



10. Raise Arms, Expand the Chi



11. Open the Chest, Breathe Easy



12. Look at Palm Preparation Breath



Third Section

13. Flow the Chi Thoroughly



14. Turn the Waist, Relax Chi



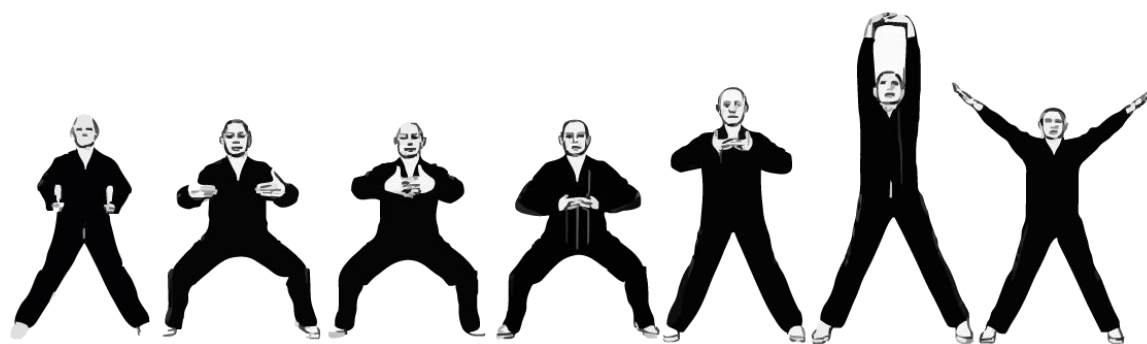
15. Bend Body Backwards and Forwards, Nourish the Chi



16. Reverse Bow Stance, Strengthen the Chi



17. Exercise, Enhance the Chi



18. Step and Balance the Chi

