

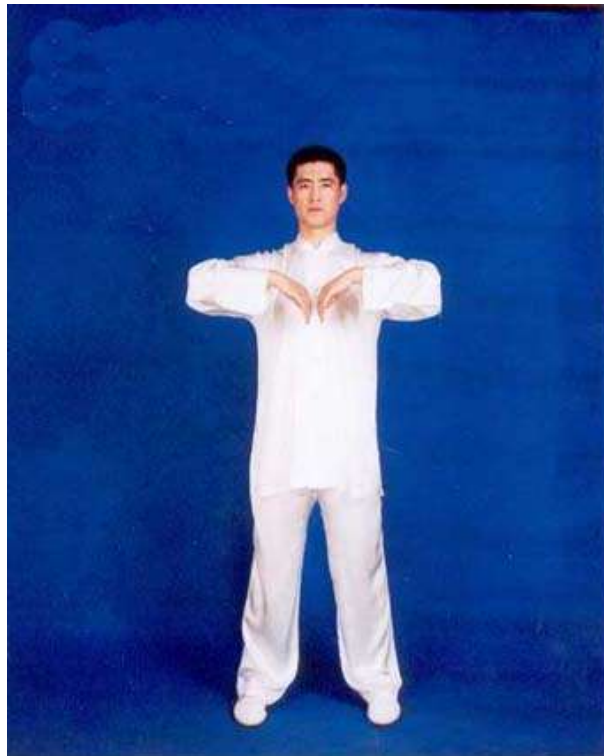


財団法人古武道連盟  
Zaidan Hojin Kobudo Renmei

Step-by-Step Description of the Routine of Liu Zi Jue



Routine 1 Xu Exercise



Routine 2 He Exercise



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Routine 3 Hu Exercise



Routine 4 Si Exercise



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Routine 5 Chui Exercise



Routine 6 Xi Exercise

Chinese Health QiGong Association