



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

### Step-by-Step Descriptions of the Routine of Wu Qin Xi



Routine 1 Raising the Tiger's Paws



Routine 2 Tiger Seizing the Prey



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Routine 3 Colliding with the Antlers



Routine 4 Running like a Deer



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Routine 5 Rotating the Waist like a Bear



Routine 6 Swaying like a Bear



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Routine 7 Lifting the Monkey's Paws



Routine 8 Picking Fruit



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Routine 9 Stretching Upward



Routine 10 Flying like a Bird

Chinese Health QiGong Association