

Qi Gong 16

1. Open-

2. Part the horse's mane- rock/empty step/bow step/part

3. White Dove spreads its wings- empty step onto toe, arms cross and spread up and downward

4. Brush knee- rock/empty step/bow step/brush knee

5. Single Whip- empty step, bow step, crane hook, side palm strike

6. Play the lute- Empty heel step out in front as one arm bends up and second arm goes to inside elbow side

7. Repulse the monkey - step backwards, *repulse the monkey*

8. Fair lady works the shuttle- empty step/hold the ball/bow step/work the shuttle

9. Needle at the bottom of the sea- empty step onto toe, one hand dives down, second one goes to side, squat

10. Wave hands like clouds- side step with hands creating a rotation loop from left to right or reverse

11. Step and kick- step/ scoop, raise hands and spread out and up / toe kick

12. Grasp bird's tail- (white crane version) / hold ball / switch sides → backwards!

13. Embrace the tiger- Scoop down up, cross arms in front, wipe

14. Close-