

Sec. 1: Preparation

1. standing deer looks afar
2. bear bends over
3. white ape offers fruit
4. bird unfolds its wings
5. tiger loosens its shoulders

Sec 2: Red Phoenix Greets the Sun

1. ape lifts arms
2. white crane opens chest
3. tiger loosens shoulders
4. bear ascends tiptoe
5. deer moves lower vertebre
6. ape lifts right arm
7. tiger pounces right
8. crane extends left wing
9. bear passes left
10. deer rubs left side of neck
11. crane extends right wing
12. beat the side, strengthen liver

Sec. 3: Golden Rooster Hatching Eggs

1. tiger squats down
2. ape relaxes right arm
3. ape relaxes left arm
4. bear squats, hugs right
5. ape relaxes left arm
6. rooster stands alone
7. crane fans right wing
8. deer rotates right, flees
9. raging tiger searches mountain
10. ape relaxes left arm
11. bear squats, hugs left
12. white crane embraces chest
13. alert ape picks fruit

Sec. 4: Mythical Bird Spreads Wings

1. tiger turns right to sit
2. ape dodges by turning left
3. golden rooster stands alone, right
4. alert ape points to the sun
5. deer looks back
6. bear moves waist and hips
7. golden rooster stands alone, left
8. rhinoceros looks right at full moon
9. rhinoceros looks left at full moon
10. white crane holds a pellet
11. ape manages the triple burner
12. bear wiggles the viscera
13. fierce tiger goes down the mountain

14. deer stretches to the right

15. white crane, twist step

16. bear rests, tiger squats

Sec. 5: Peacock Opens Its Shield

1. ape withdraws its right arm
2. bear moves shoulders and hips
3. tiger palm seizing attack
4. white crane opens chest
5. staring owl
6. white python turns its body
7. black bear climbs upward
8. ape withdraws its arm left
9. alert ape picks fruit

Sec. 6: Magpie Ascends to a Branch

1. tiger pounces, deer runs
2. crane stands alone, right
3. deer prances, left
4. bear sits down, left
5. crane stands alone, left
6. deer prances, right
7. ape hits tiger, right
8. bear resists, left
9. twist-step bird stretch
10. tiger attack counter strikes
11. deer turns left
12. bear resists right
13. bear resists left
14. ape dodges, deer leads
15. tiger turns right to sit
16. tiger palm, before and after
17. white crane flies

Sec. 7: Red Phoenix Greets the Sun

1. ape lifts left arm
2. tiger takes a seat
3. crane unfolds left wing
4. bear passes left
5. deer rubs left side of neck
6. ape lifts left arm
7. tiger takes a seat
8. ape lifts right arm
9. turn around, collect power

Sec. 8: Receiving Power

1. deer circles to rub its neck
2. bear sways, owl look
3. immortal flies to the moon