


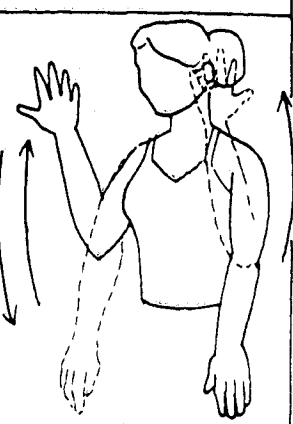
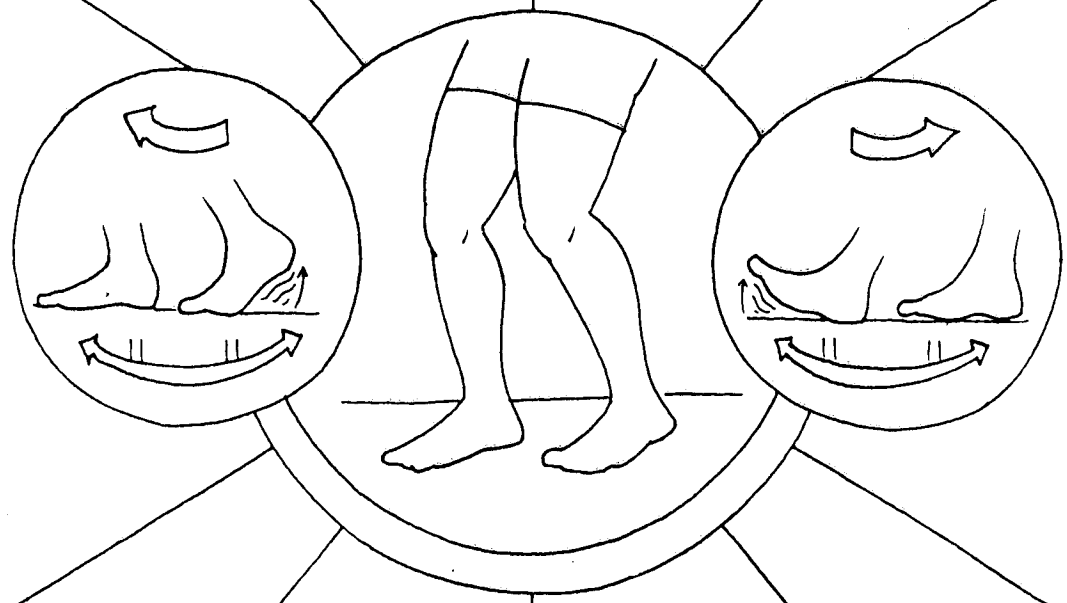




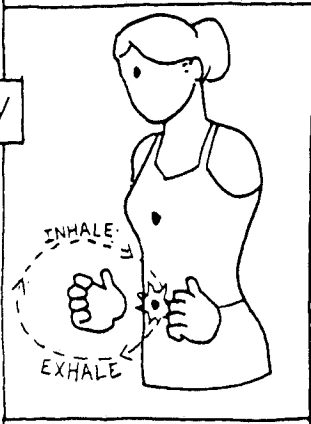
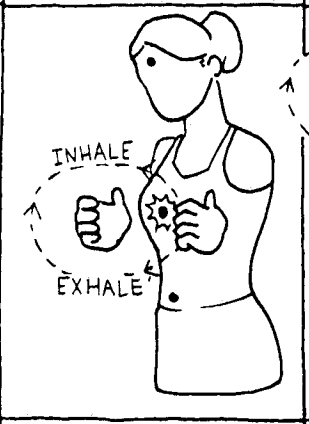
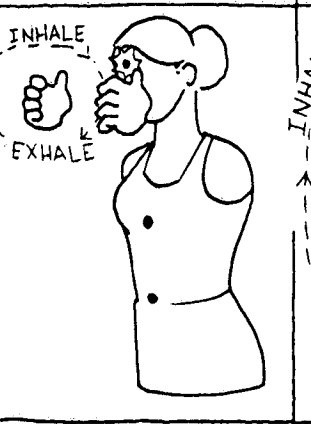

NINE TIMES IN EACH DIRECTION

HORIZONTAL FISHING	LIGHTS ON/LIGHTS OFF	PUSH/PULL	SWIRL FISHING
			
ARMS MOVE IN CALM CIRCULAR MOTION	HANDS RAISE ENERGY THEN RETURN IT TO THE FLOOR	HANDS PUSH OUT, THEN PULL IN	HANDS ALTERNATE RAISING ENERGY, THEN RETURNING IT

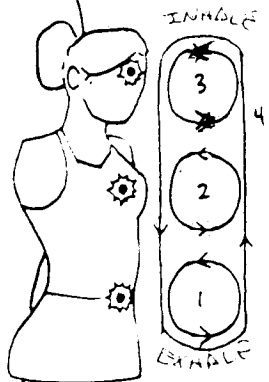
BUILDING UNIVERSAL CHI



CULTIVATING UNIVERSAL CHI

HANDS MOVE IN CIRCULAR MOTION AT THE WAIST	HANDS MOVE IN CIRCULAR MOTION AT THE CHEST	HANDS MOVE IN CIRCULAR MOTION AT THE HEAD	HANDS MOVE IN CIRCULAR MOTION THROUGH WHOLE BODY
			
LOWER TAN-TIEN	MIDDLE TAN-TIEN	UPPER TAN-TIEN	UNION OF TAN-TIENS

NINE TIMES IN EACH DIRECTION



BREATHING KEY