

CHI KUNG – FORM SHEET

HEAVEN AND EARTH

EXPANDING THE CHEST

PAINTING A RAINBOW

PARTING THE CLOUDS

REPULSE THE MONKEY

ROW THE BOAT

THROWING THE BALL

GAZING AT THE MOON

TURN BY WAIST – PUSH PALMS

WAVE HANDS LIKE CLOUDS

GATHER THE EARTH – LOOK AT SKY

PUSHING THE WAVES

DOVE SPREADS ITS WINGS

PUNCHING BOTH SIDES

WILD GOOSE FLYING

WINDMILLS TURNING IN THE BREEZE

BOUNCING THE BALL

GATHER THE CHI – PRESS THE PALMS

GATHER THE CHI IN CALMNESS