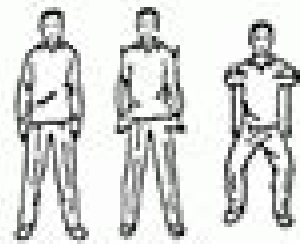


太松氣功十八式

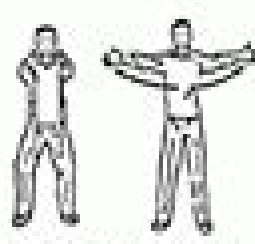
tai ji qi gong shi ba shi

18 movimientos tai ji qi gong (tai chi / chi kung)



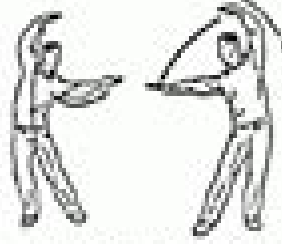
第1式：起式調息

意：靜除其他雜念。
全身放鬆人深呼吸氣地
連續不斷上下升降。



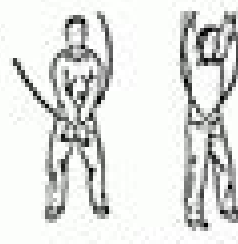
第2式：開闔胸懷

意：胸懷開闔像站在高山上
目光遠眺萬里遠
目光遠眺萬里遠眺



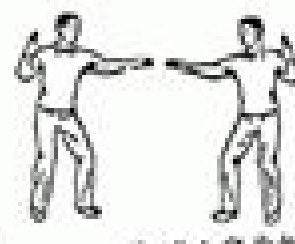
第3式：揮劍影紅

意：不斷觀賞到五顏六色
的彩虹，而且紅進入彩虹
之中盡情地揮舞。



第4式：輪臂分宮

意：人漂浮在美麗的宮殿之中
轉為彩霞地及萬宮分開



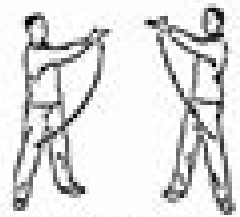
第5式：定步側卷膝

意：像空中列車在
手臂上駛過。



第6式：湖心、划船

意：悠然自得地在湖中
划船情地無窮。



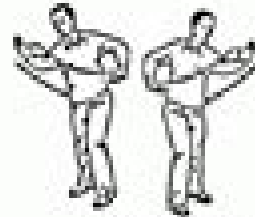
第7式：肩前托球

意：像小孩頑皮地在玩球，
意者還童之趣。



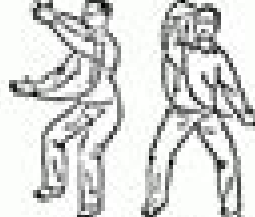
第8式：轉體望月

意：如中秋望明月意味
著家成的團圓、家成
的愉快家成的幸福。



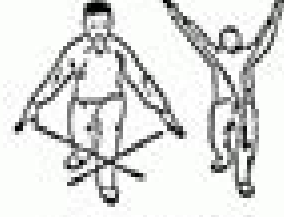
第9式：轉腰推掌

意：有意吸入正氣增加
內部增強體質。



第10式：馬步雲手

意：神體合一的
鍛鍊身體。



第11式：撐海觀天

意：似在海上撐舟，長腿高坐
轉動自如地觀賞風光。



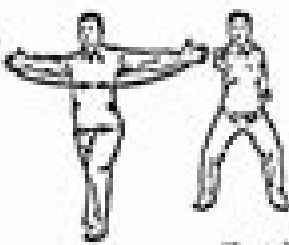
第12式：推波助瀾

意：似海潮向前推動。



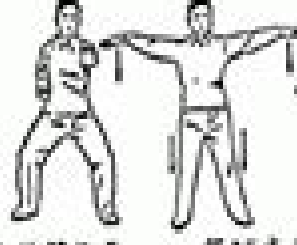
第13式：鹿鳴展翅

意：像鹿鳴展翅似的
吸收到新空氣。



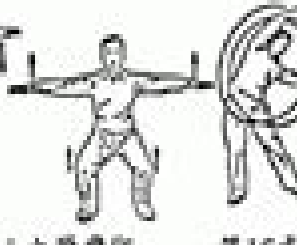
第14式：伸臂衝掌

意：武術衝掌
鍛鍊身體



第15式：大雁飛翔

意：似大雁在天空
自由飛翔



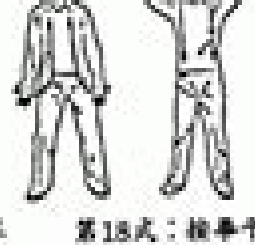
第16式：環轉旋輪

意：全身像大輪子似地
便便地轉動。



第17式：踏步拍球

意：輕鬆愉快
懂得喜悅之心。



第18式：按掌平氣

意：平心靜氣、心平氣和
心安理得地進行收功。

Taiji Qigong

Michael Hoelscher



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