

# Taiji Qigong 18 bevægelser

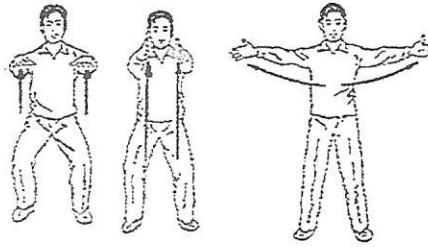
Wuji stilling



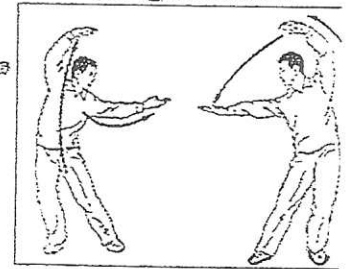
1. Startstilling



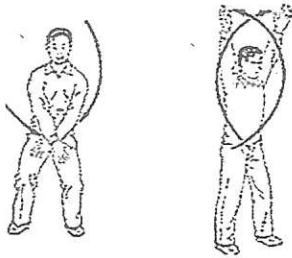
2. Åbner bryst



3. Regnbuedans



4. Skil skyerne



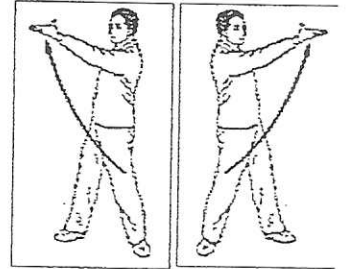
5. Rulle med armene



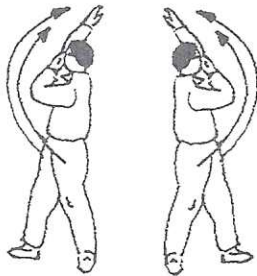
6. Ro båd



7. Løft bolden



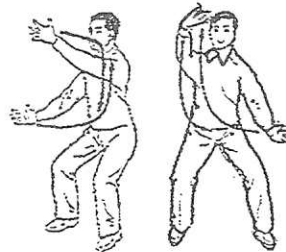
8. Se på månen



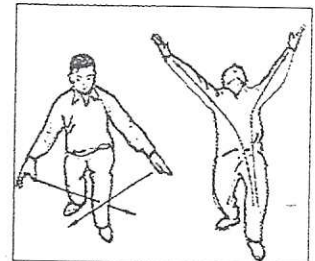
9. Skub med håndfladen



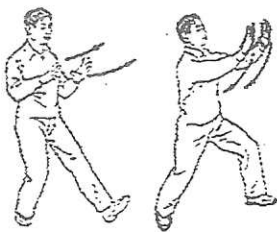
10. Dreje med arm



11. Se på Himlen



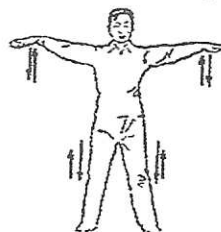
12. Skub til bølgerne



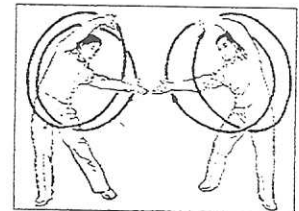
13. Slå med knytnæve



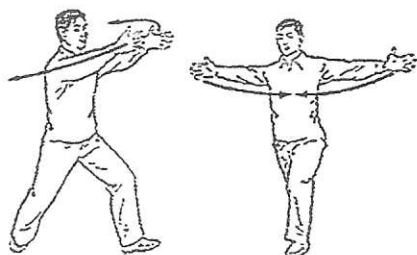
14. Flyvende vildgås



15. Dreje hjul



16. Flyvende due



17. Gå og spark til bolden



18. Qi i balance

