



### WARRIOR LOHAN QIQONG

1. Warrior Lohan in meditation
  2. Warrior Lohan in horse stance
  3. Serpent coils ring
  4. Chasing the seven stars
  5. Warrior Lohan scoops water
  6. Wild Horse drinks water
  7. Lotus in spiral
  8. Warrior Lohan opens gate
  9. Lohan palms focussing qi
  10. Dragon flexes the tail
  11. Warrior Lohan in meditation
  12. Close
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### BAFA WUBU

Bafa means "Eight Methods," and Wubu means "Five Steps" or "Five Footworks." Together, these Eight Methods and Five Steps form the *Tai Chi Shi San Shi* or "Thirteen Postures"

#### BAFA (Eight Methods)

1. Peng (Ward off)
2. Lu (roll back)
3. Ji (Press/Squeeze)
4. An (Push)
5. Cai (Pluck)
6. Lie (Split)
7. Zhou (Elbow strike)
8. Kao (Shoulder stride/shoulder ram)

#### WUBU (Five Footworks)

1. Qian Jin (Stepping Forward)
2. Hou Tui (Stepping Backward)
3. Zuo Gu (Stepping Left)
4. You Pan (Stepping Right)
5. Zhong Ding (Central Equilibrium)