
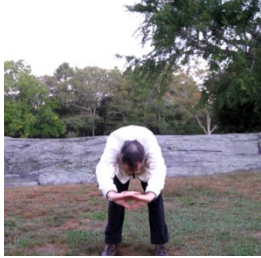


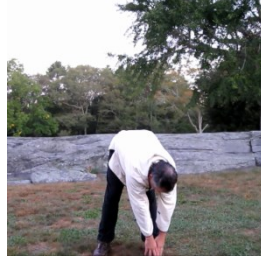









Four Seasons Chi Kung - Winter Set

Releasing Sound - **Winter Set** (Kidneys) - Chui (*ch-way*)

 <p>Open Form</p>	 <p>1. Two Hands Hold the Toes - Hands above head, fingers interlaced & bow</p>	 <p>1.p1. Two Hands Hold the Toes - touch toes</p>	 <p>1.p2. Two Hands Hold the Toes - Rock side to side</p>	 <p>1.p3. Two Hands Hold the Toes - twist to 1 side with both hands on 1 foot</p>	 <p>2. Phoenix Spreads Its Wings</p>	 <p>3. Turn the Head to See the Moon</p>
 <p>4. Large Bear Softens the Waist</p>	 <p>Massage techniques - Rooting Kidney Qi</p>	 <p>Close Form</p>				