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EIGHT PIECES OF BROCADE: STANDING SET (Ba Duan Jin)

Created by Marshal Yeuh Fei

1. Double Hands Hold up the Heavens
2. Bend the Bow Like Shooting a Hawk
3. Lift Singly
4. Turn Head to Look to Rear
5. Sway Head and Swing Tail
6. Two Hands Hold the Feet
7. Screw Fist with Fiery Eyes
8. Heels Up