



## **Muscle Tendon Changing Classic**

### **1. Beginning Posture (1 min)**

Circle, reverse circle, settle hands at dantien

### **2. Great Rod Form I, II, III (1m, 30s, 30s)**

Open, interlace, press chest (I)

Open, hands out at sides, heels together, lift up on toes (II)

Bring arms in, fingers together, raise arms over head, lift up on toes (III)

### **3. Pick the Stars & Exchange the Big Dipper (1m)**

Circle, two fists, wipe across body, arc up, follow with eyes, press behind with opposite hand

### **4. Drag Backwards Nine Ox Tails (1m)**

Circle, step to side, two fist, one fist forward (same as forward leg), one fist behind, bend knee

### **5. Reach Out Claws & Spread Wings (7x)**

Circle, coil, clap

### **6. Nine Ghosts Draw Horse Blades (30s)**

Circle, wrap arm over your head, look at elbow, press opposite hand behind

### **7. Three Plates Drop to the Ground (1m)**

Circle, Raise arms, bend at knees, raise arms bend at knees more, raise arms, knees together

### **8. Blue Dragon Stretches Claws (1m)**

Circle, two fists, make claw, claw across body, ear to claw

### **9. Hungry Tiger Snatches Food (1m)**

Circle, step to side, coil, claws, bend at waist, bend at knee

### **10. Bowing (30s)**

Circle, reverse circle, hands rest on head, chin to chest-stretch neck, raise head

Chin to chest, lower – stretch mid-back, raise up

Chin to chest, still lower – stretch lower back, raise up

### **11. Drop Tail (30s)**

Circle, Finger tips together, lift up on toes, push down – high, medium, low

### **12. Closing Posture**

Circle, reverse circle, fingers together above head, lower slowly, allowing palms to touch