



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