

- 1 Yin-Yang in One**
- 2 Getting Qi from Four Directions**
- 3 Dragon & Phoenix flying & dancing**
- 4 Rainbow dancing & shadow moving**
- 5 Embracing the moon**
- 6 Blue Dragon turning head back**
- 7 Phoenix spreading wings**
- 8 Double swallows gently brush butterfly**
- 9 Colored butterflies dancing in the air**
- 10 Qi sinking to dan tien**