

**Raise arms**

**Open chest**

**Painting rainbow**

**Separate clouds**

**Rolling arms**

**Rowing boat**

**Support a ball**

**Gazing at the moon**

**Turn waist push palm**

**Cloud hands**

**Scoop the sea**

**Push the waves**

**Flying dove spreads wings**

**Punching**

**Flying wild goose**

**Rotating fly wheel**

**Step and bounce ball**

**Balance chi**

**Standing zen & close**