

NAM HOA TEMPLE INTERNAL ARTS
NAM HOA LONGEVITY TREE



- 1 WU CHI
- 2 TREE OF LIFE
- 3 MOVEMENTS OF THE TREE
- 4 BRANCHES FOLLOW THE WIND (Right)
- 5 BRANCHES FOLLOW THE WIND (Left)
- 6 EMBRACE THE TREE
- 7 DRAGON COILED AT THE BASE
- 8 DRAGON FLYING IN CLOUDS AND SPACE
- 9 DRAGON RETURNS TO THE TREE
- 10 HEART MOVEMENT (Inner Smile)
- 11 YELLOW LEAVES FALLING, FOLLOWING THE WHIRLING WIND
- 12 TREE STANCE (Leaves on the tree, In the air, On the earth)
- 13 EMBRACE THE CLOUD
- 14 PUT THE CLOUD IN THE POCKET
- 15 THROW THE CLOUD AWAY
- 16 CLOUD FLOATING AROUND THE SKY (Left)
- 17 CLOUD FLOATING AROUND THE SKY (Right)
- 18 YELLOW LEAF FALLING TO THE EARTH
- 19 YELLOW LEAF FOLLOWING IN THE WIND
- 20 PUSHING UP THE SKY
- 21 GESTURES OF THE BEAUTIFUL PRINCESS
- 22 FISHERMAN PREPARES THE NET
- 23 FISHERMAN CASTS THE NET
- 24 EXPLORING THE HEAVENS
- 25 EXPLORING THE EARTH
- 26 RETURN TO THE TREE
- 27 DRAW THE BOW, FIND THE TIGER (Left)
- 28 DRAW THE BOW, FIND THE TIGER (Right)
- 29 DRAW THE BOW, FIND THE TIGER (Left)
- 30 DRAGON EXHALES THE UNIVERSE
- 31 EMBRACE THE UNIVERSE
- 32 GO WITHIN
- 33 LOTUS BLOOMS
- 34 OFFER THE TEACHING
- 35 RETURN TO THE SOURCE
- 36 WU CHI