

NAM HOA TEMPLE INTERNAL ARTS  
NAM HOA DRAGON



- 1 WU CHI
- 2 GREET THE HEAVENS
- 3 GATHERING CHI
- 4 TOUCH THE EARTH
- 5 COILING DRAGON
- 6 GRASP THE WIND
- 7 DANCING DRAGON
- 8 DRAGON FLIES TO THE MOUNTAIN (Left, Right)
- 9 THUNDER IN THE SKY
- 10 FAN BACK
- 11 DANCING DRAGON
- 12 DRAGON FLIES TO THE MOUNTIAN (Left, Right)
- 13 THUNDER IN THE SKY
- 14 FAN BACK
- 15 SPREAD WINGS TO FLY (Right, Left) and KICK (Left, Right)
- 16 RIDE THE WAVE
- 17 DRAGON FLIES TO THE MOUNTAIN (Left, Right)
- 18 THUNDER IN THE SKY
- 19 FAN BACK
- 20 EMBRACE THE MOON AND KICK (Right, Left)
- 21 RETREAT AND KICK
- 22 LEAD THE HORSE
- 23 PAT THE HORSE'S NECK
- 24 LEAD THE HORSE
- 25 RIDE THE WIND AND KICK (Left, Right)
- 26 CIRCLE THE MOUNTAIN
- 27 DRAGON EXTENDS ITS TONGUE (Picking Peach)
- 28 RETREAT
- 29 CENTER
- 30 COMPRESS THE CHI
- 31 COILING DRAGON AND KICK
- 32 TOUCH THE EARTH
- 33 PIERCE THE HEAVENS
- 34 GATHERING CHI
- 35 RETURN TO THE SOURCE
- 36 WU CHI

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