

NAM HOA TEMPLE INTERNAL ARTS
NAM HOA YANG ENERGY



- 1 WU CHI
- 2 OPENING (Unite energies of our self, the earth, and the heavens)
- 3 RAISING CHI, HOLDING THE MOON
- 4 PARTING THE WILD HORSE'S MANE (Left, Right, Left)
- 5 WHITE CRANE SPREADS WINGS
- 6 GREEN DRAGON OFFERS THE PEARL (Three)
- 7 PLAYING THE LUTE
- 8 BUTTERFLY (Right, Left)
- 9 WHITE CRANE FLYING (Four)
- 10 GRASP THE BIRD'S TAIL (Ward-Off, Roll Back, Press, Pull Down, Push)
- 11 BUTTERFLY (Right)
- 12 GRASP THE BIRD'S TAIL
- 13 SINGLE WHIP
- 14 CLOUD HANDS (Four)
- 15 SINGLE WHIP
- 16 SNAKE STICKS OUT ITS TONGUE
- 17 EAGLE FLYING, EAGLE LANDING
- 18 CHERRY TREE SPLIT (Right)
- 19 DOLPHIN EMERGES FROM THE SEA
- 20 LOTUS HANDS
- 21 BUTTERFLY (Right, Left)
- 22 CHERRY TREE SPLIT (Left)
- 23 LOTUS KICK (Left)
- 24 SNAKE MOVES DOWN, GOLDEN ROOSTER ON ONE LEG (Repeat)
- 25 CATCH AND PRESS (Left)
- 26 GREETING THE WIND (Right)
- 27 CATCH AND PRESS (Right)
- 28 GREETING THE WIND (Left)
- 29 NEEDLE TO THE SEA BOTTOM
- 30 PHOENIX RISES FROM ASHES AND SPREADS WINGS (Left, Right)
- 31 PULLING THE ROPE, LOTUS KICK (Right)
- 32 CIRCLE AND PUNCH
- 33 EMBRACE TIGER, RETURN TO MOUNTAIN
- 34 GATHERING CHI
- 35 RETURN TO THE SOURCE
- 36 WU CHI

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