

NAM HOA TEMPLE INTERNAL ARTS
NAM HOA YIN YANG



- 1 WU CHI
- 2 GREET THE HEAVENS
- 3 CIRCLE CHI TO EARTH (Jump)
- 4 CROSS STEP AND DOUBLE DRAW THE BOW
- 5 PARRY AND PUNCH
- 6 DOWNWARD STRIKE
- 7 DOUBLE LEAD THE HORSE AND KICK (Left Foot)
- 8 LEAD THE HORSE AND KICK (Left Foot)
- 9 DOWNWARD STRIKE
- 10 PARRY, TIGER PRESSES FORWARD AND KICK (Left)
- 11 OFFER PALMS THRUST
- 12 TIGER SPRINGS TO THE MOUNTAIN AND KICK (Right Foot)
- 13 DRAGON STROLLS THE HEAVENS
- 14 SWING KICK (Left Foot)
- 15 PARRY AND PUNCH
- 16 DOWNWARD STRIKE
- 17 PARRY, TIGER PRESSES FORWARD
- 18 TIGER SPRINGS TO THE MOUNTAIN AND KICK (Left Foot)
- 19 DRAGON STROLLS THE HEAVENS
- 20 SWING KICK (Right Foot)
- 21 BACKHAND STRIKE (Right) ELBOW STRIKE (Left)
- 22 WHITE CRANE SPREADS WINGS
- 23 TOUCH THE EARTH
- 24 PIERCE THE HEAVENS
- 25 GATHERING CHI
- 26 RETURN TO THE SOURCE
- 27 WU CHI

For further information:

www.namhoa-internal-arts.com
www.bloominglotustaichi.com/studenthandouts
jsbehrends@aol.com