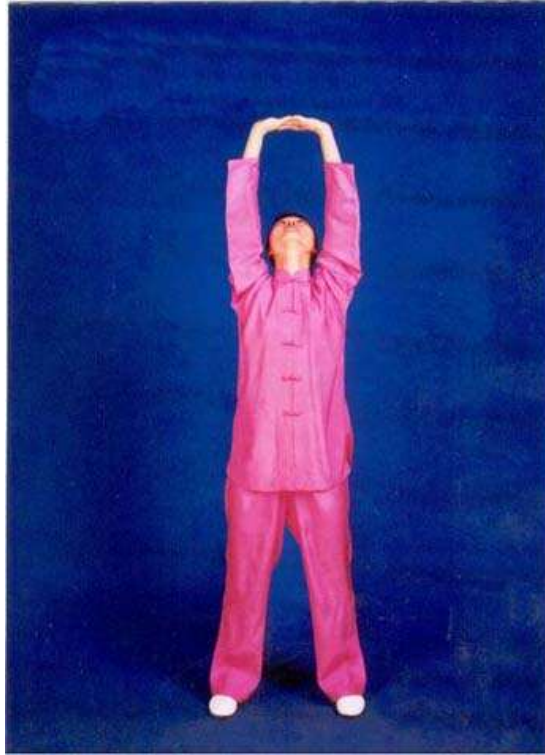


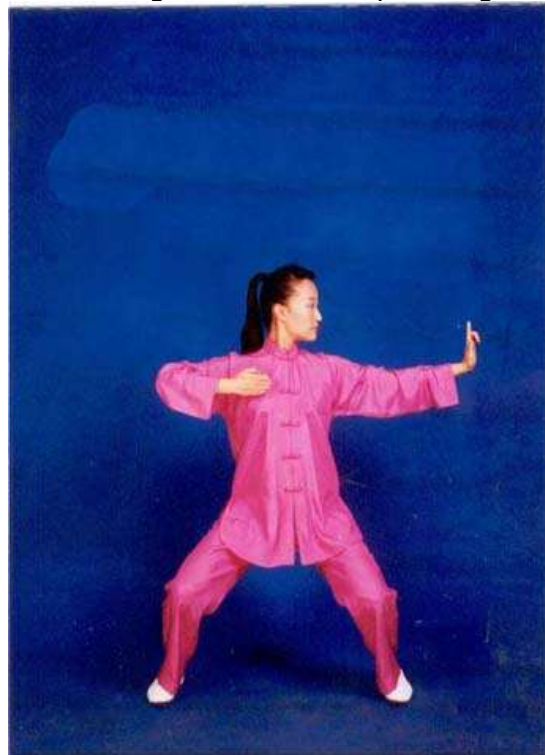


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Step-by-step Description of the Routine of Ba Duan Jin



Routine 1 Holding the Hands High with Palms Up to Regulate the Internal Organs



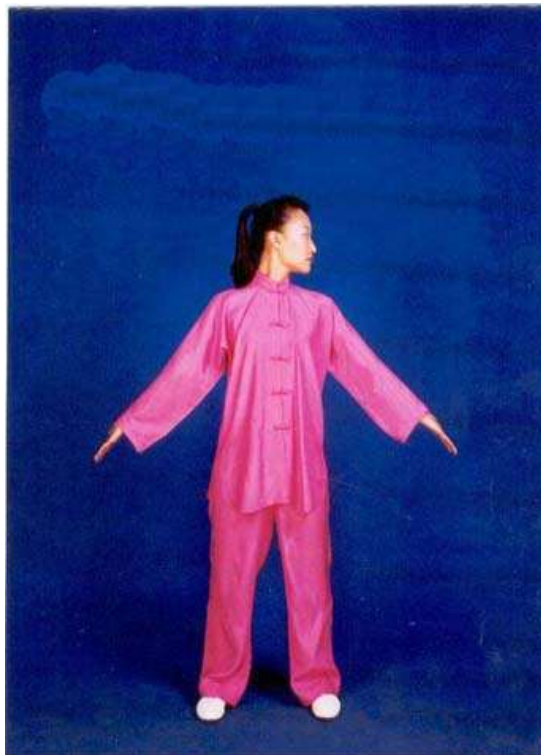
Routine 2 Posing as an Archer Shooting Both Left- and Right-Handed



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Routine 3 Holding One Arm Aloft to Regulate the Functions of the Spleen and Stomach



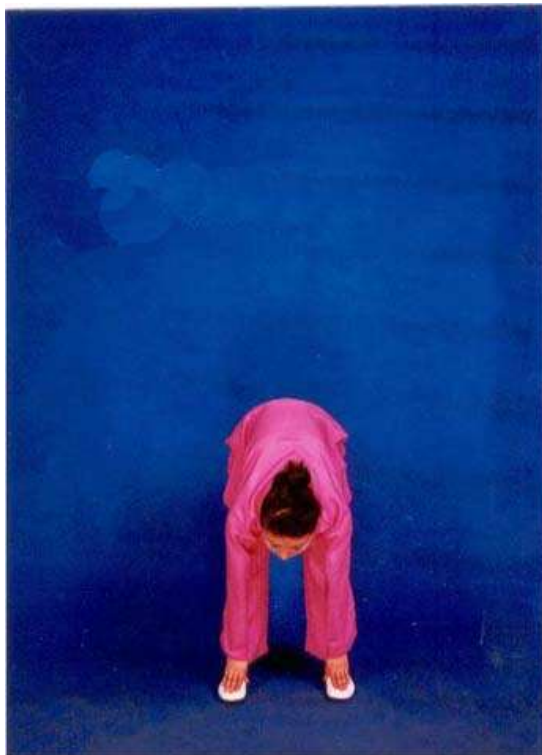
Routine 4 Looking Backwards to Prevent Sickness and Strain



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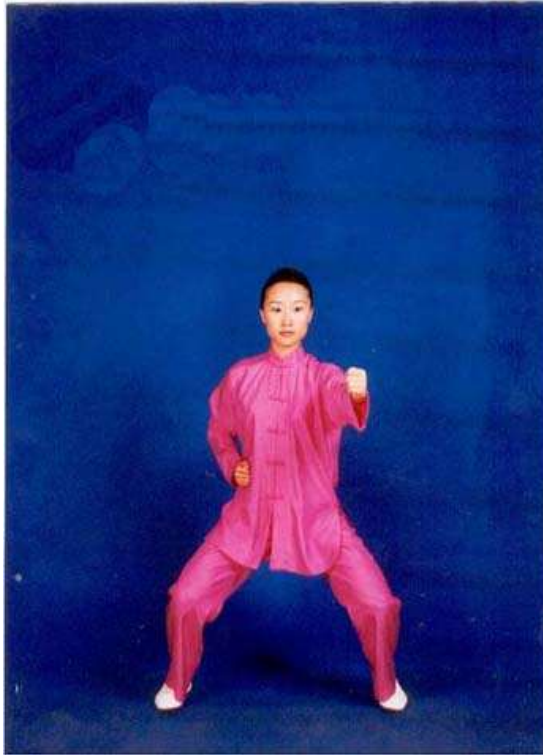
Routine 5 Swinging the Head and Lowering the Body to Relieve Stress



Routine 6 Moving the Hands down the Back and Legs and Touching the Feet to Strengthen the Kidneys



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Routine 7 Thrusting the Fists and Making the Eyes Glare to Enhance Strength



Routine 8 Raising and Lowering the Heels to Cure Diseases

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