



財団法人古武道連盟  
Zaidan Hojin Kobudo Renmei

Step-by-Step Description of the Routine of Yin Jin Jing



Routine 1 Wei Tuo Presenting the Pestle 1



[Routine 2 Wei Tuo Presenting the Pestle 2](#)



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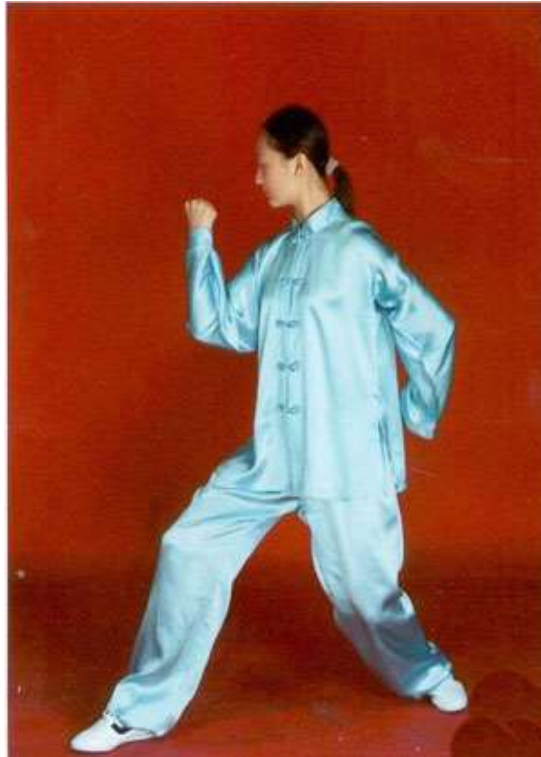
[Routine 3 Wei Tuo Presenting the Pestle 3](#)



[Routine 4 Plucking a Star and Exchanging a Star Cluster](#)



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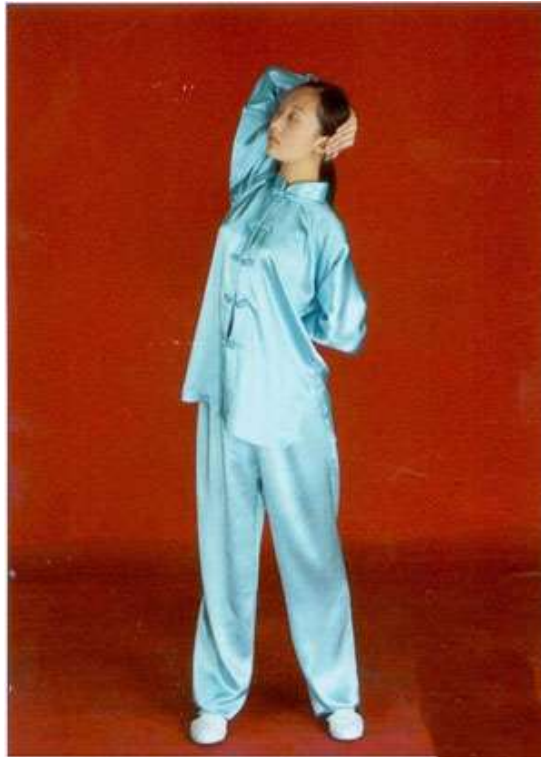
[Routine 5 Pulling Nine Cows by Their Tails](#)



[Routine 6 Displaying Paw-style Palms like a White Crane Spreading Its Wings](#)



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[Routine 7 Nine Ghosts Drawing Swords](#)



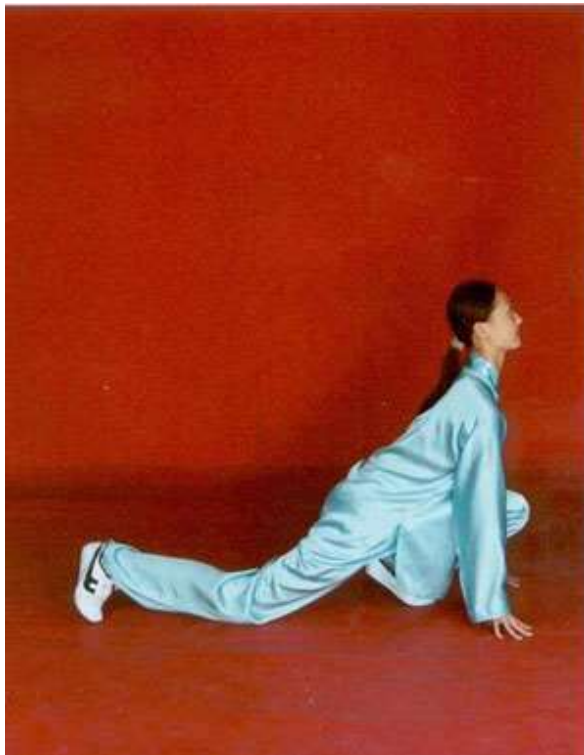
[Routine 8 three bodily squatting position](#)



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[Routine 9 Black Dragon Displaying Its Claws](#)



[Routine 10 Tiger Springing on Its Prey](#)





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[Routine 11 Bowing Down in Salutation](#)



[Routine 12 Swinging the Tail](#)