A: Preparation posture
B: Prop up the sky with hands to regulate the triple energizer
C: Draw a bow on both sides like shooting a vulture
D: Raise single arm to regulate the Spleen (Pi) and Stomach (Wei)
E: Look back to treat five strains and seven impairments

F: Sway head and buttocks to expel Heart (Xin)-fire
G: Pull toes with both hands to reinforce the Kidney (Shen) and waist
H: Clench fists and look with eyes wide open to enhance strength and stamina
I: Rise and fall on tiptoes to dispel all diseases
J: Ending posture