A: Preparation posture
B: Prop up the sky by two hands to improve tri-jiao
C: Draw a bow on both sides like shooting a vulture
D: Raise single arm up to regulate spleen (Pi) and stomach (Wei)
E: Look back to treat five strains and seven impairments
F: Shake the head and wag to expel Heart (Xin)-fire
G: Pull toes with both hands to reinforce the kidney
H: Clench one's fist and glare to increase strength
I: Rise and fall on tiptoe seven times to treat all diseases
J: Ending posture