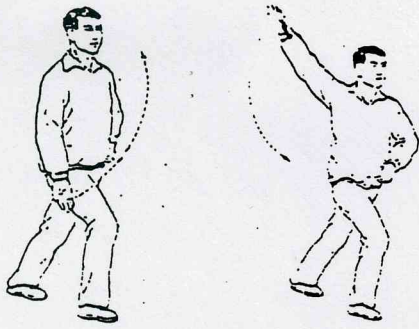
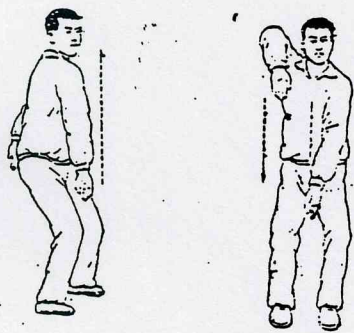


Reshenfa 热身法

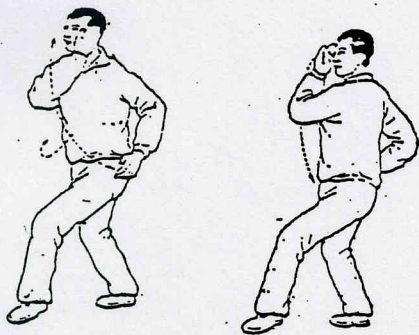
1. Dantian schütteln (Arme schwingen) 摇丹田 (摇膀子)



2. DANTIAN massieren (Sculter massieren) 摩丹田 (摩肩)



3. DANTIAN drehen (Die Katze wäscht sich) 转丹田 (猫洗脸)



4. DANTIAN pressen (Das nicht greifbare vom Himmel ziehen) 压丹田 (鹰爪恨天无环)

