

太極十五勢  
焦国瑞先生

**The 15 Taichi Postures Qigong**  
by Dr. Jiao Guorei

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|-----|------|--|
| 1   | 調息亭心 | <b>Rooting</b> - Slow breath, calm mind              |
| 2   | 分雲望月 | Part clouds, view moon                               |
| 3   | 左右托球 | Hold ball left & right                               |
| 4   | 双手推山 | Both hands push mountain                             |
| 5   | 左右雲手 | Cloud arms left & right                              |
| 6   | 大鵬展翻 | Phoenix spreads wings                                |
| 7   | 紅龍深爪 | Red dragon piercing claws                            |
| 8   | 水中托球 | Circle ball in water                                 |
| 9   | 左右揉球 | Roll ball left & right                               |
| 1 0 | 孔雀開展 | Peacock opens/closes feathers                        |
| 1 1 | 白鶴唳翻 | White crane spread wings ① 摩腎 <b>Rub kidneys</b>     |
| 1 2 | 野馬分鬃 | Wild horse parts mane ② 擦帶脈 <b>Rub body</b>          |
| 1 3 | 双環套月 | Two arms circles moon ③ 活勞宮 <b>Rub hands</b>         |
| 1 4 | 平臂起樽 | Level arms stand & squat ④ 廻丹田 <b>Circle Dantian</b> |
| 1 5 | 大象活腰 | <b>Big elephant moves waist</b> ⑤ 収功 <b>Closure</b>  |