

Inner Health Tai Chi – Swimming Dragon Set List

Part One

1. *The dragon awakens and stretches its claws*
2. *The sleeves of Lao Tse unfold*
3. *Power of the immeasurable god*
4. *White ape presents fruit*
5. *Golden pheasant fights a boa*
6. *Sending a bird into the forest*
7. *Dragonfly touches the water*
8. *Yellow dragon stirs up the waves*
9. *Weaver threads a shuttle*
10. *Rowing a boat through the lotus*
11. *Scooping the moon from the bottom of the sea*
12. *Golden cicada sheds it's skin*
13. *Daoist child tolls a bell*
14. *White snake twines around a body*
15. *Poling a boat with the current*
16. *Looking backwards into the future*
17. *Green dragon emerges from the sea*
18. *Bawang bends his bow*
19. *Dragon dives to the bottom of the sea*
20. *White ape presents fruit*

Part Two

1. *Swimming dragon plays in the water*
2. *Blowing out the lamp through the window*
3. *Fishing for a needle at sea bottom*
4. *Bawang raises an incense burner*
5. *Holding a stick of incense to the sky*
6. *Opening the heavy iron doors*
7. *Two dragons play with a ball*
8. *A boy takes a qin in his arms*
9. *Green dragon sticks up its tail*
10. *Smart monkey steals a peach*

Part Two(continued)

11. *Turning heaven and earth*
12. *Turning backwards to shoot an arrow*
13. *Open the window and look at the moon*
14. *Fairy crane stretches its leg*
15. *The starts run after the moon*
16. *Dragon coils and white tiger lies down*
17. *Heaven above and earth below*
18. *The flood dragon shifts its body*
19. *Black dragon swings its tail*
20. *White ape presents fruit*

Part Three

1. *All ideas become one*
2. *Piously turning one's face up to god*
3. *Worshipping the earth spirit, bowing the head*
4. *Spirit emerges and ascends into heaven*
5. *Gathering qi into the Dantien*
6. *Taking the dynastic shoes off upside down*
7. *Crown prince's golden hammer*
8. *Shooting an arrow from a standing position*
9. *Opening the door on an autumn scene*
10. *Power of the immeasurable god*
11. *Yellow dragon enters a hole*
12. *Swallows fly aslant*
13. *Green dragon emerges from the sea*
14. *Seeking treasures in the southern mountain*
15. *Eagle pounces on it's food*
16. *Golden pheasant stands on one leg*
17. *Whip up the horse and make a toast!*
18. *Daoist child tolls a bell*
19. *Daoist priest arranges his beard*
20. *Let the golden elixir return to the center*

