

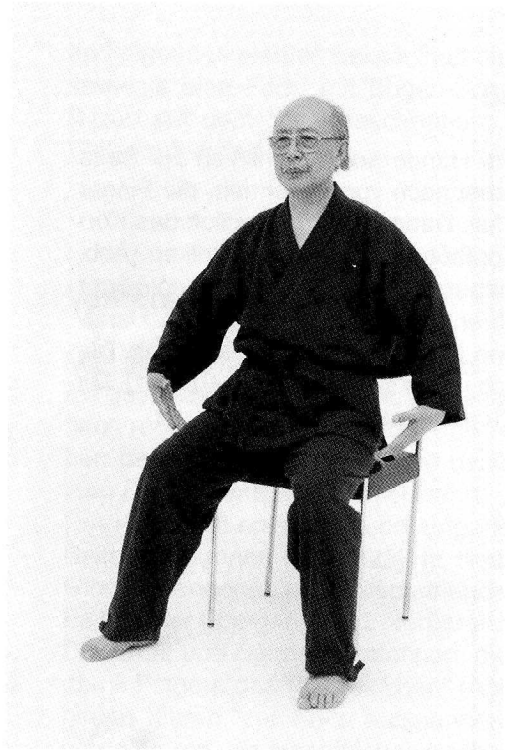


Abb. 422
1. Vorbereitungshaltung

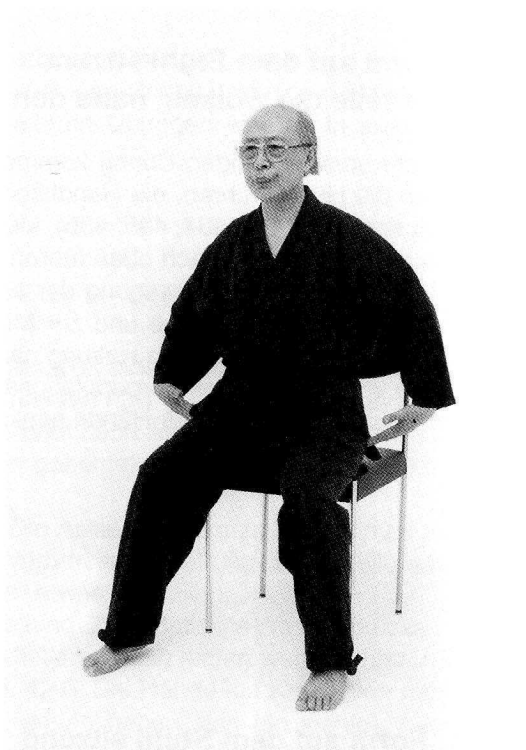


Abb. 423
Die 5 Finger zeichnen das Taijitu

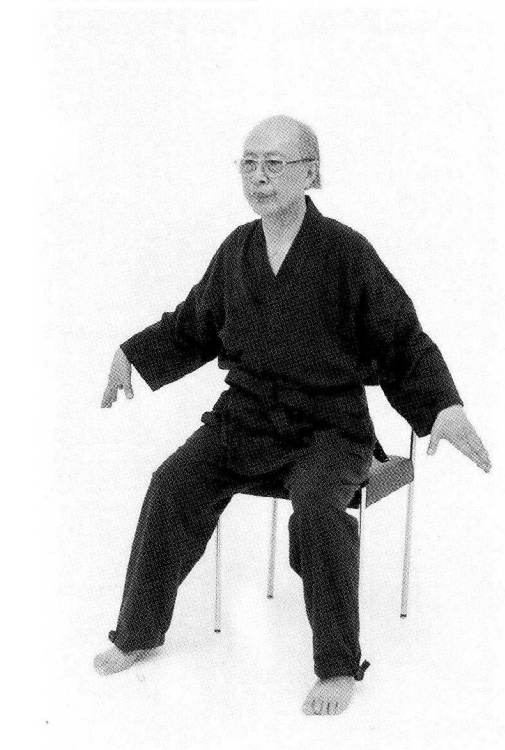


Abb. 424

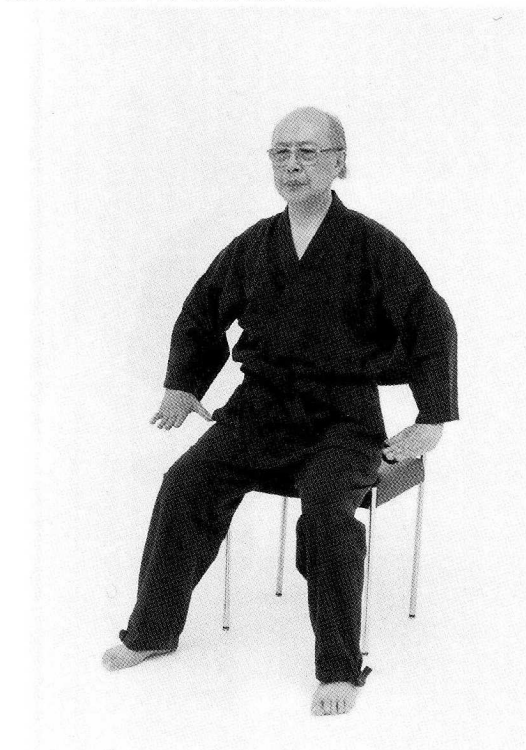


Abb. 425
2. Vorbereitungshaltung



Abb. 426
Die 5 Finger zeichnen das Taiji

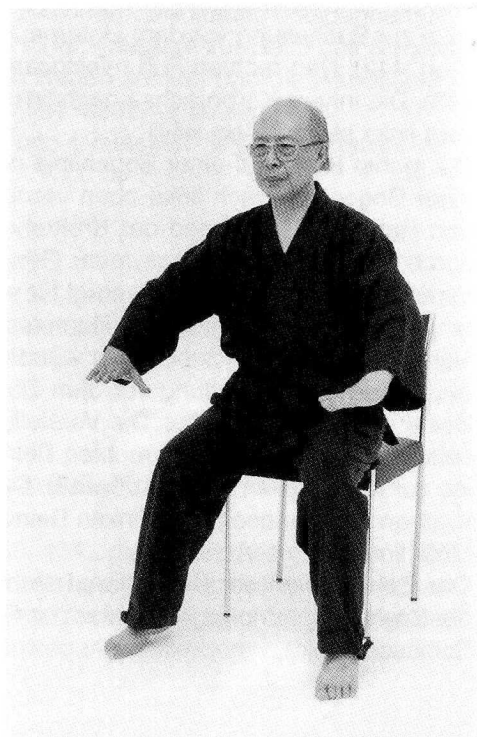


Abb. 427

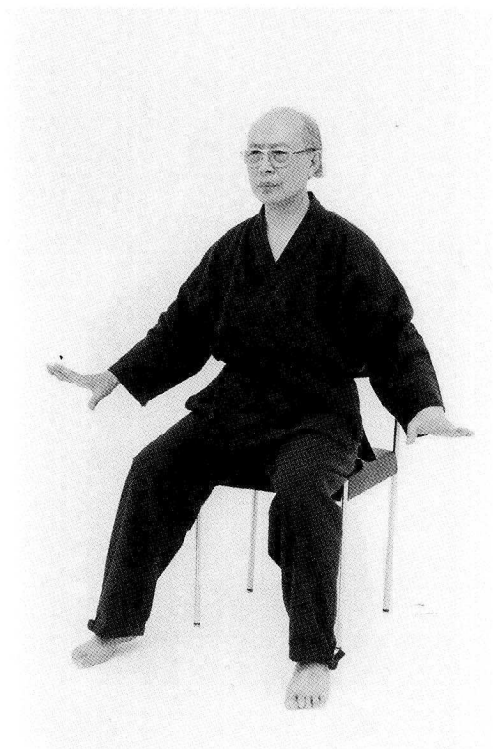


Abb. 428

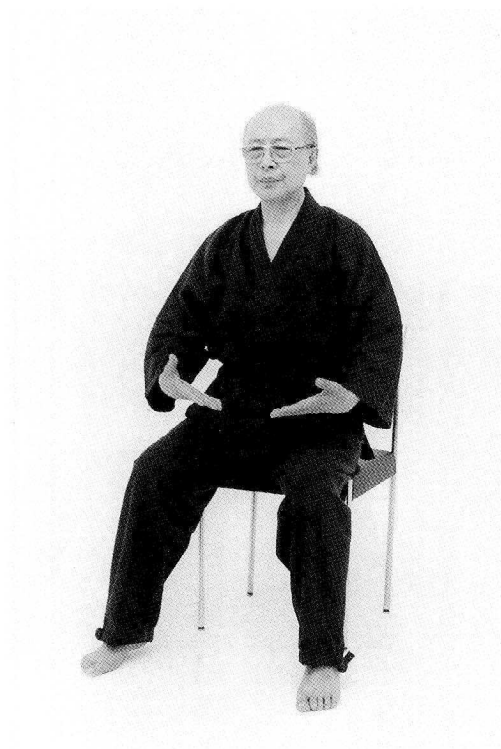


Abb. 429 Tragen und Umfassen



Abb. 430
1. Form: Reguliere den Atem, beruhige den Geist



Abb. 431



Abb. 432



Abb. 433



Abb. 434

2. Form: Zerteile die Wolken, halte den Mond

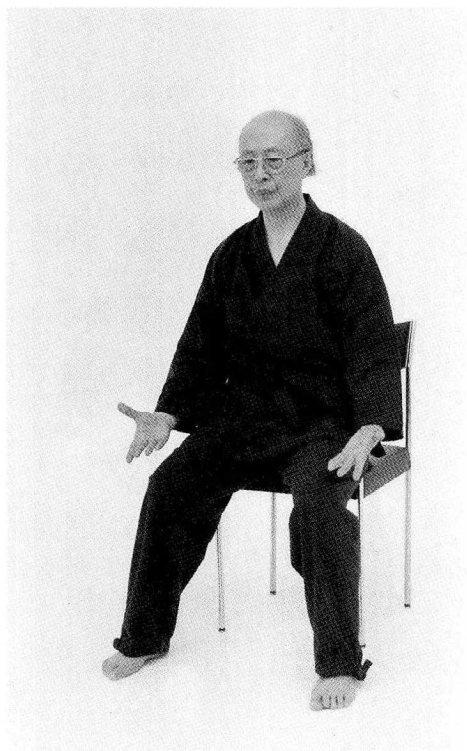


Abb. 435

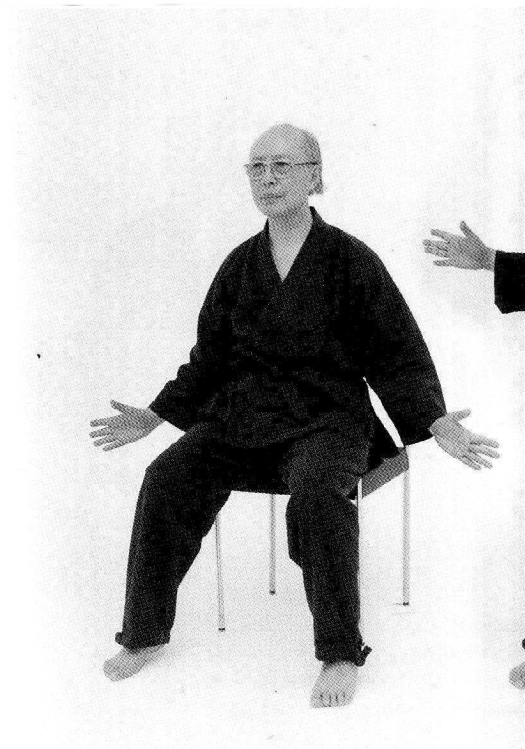


Abb. 436

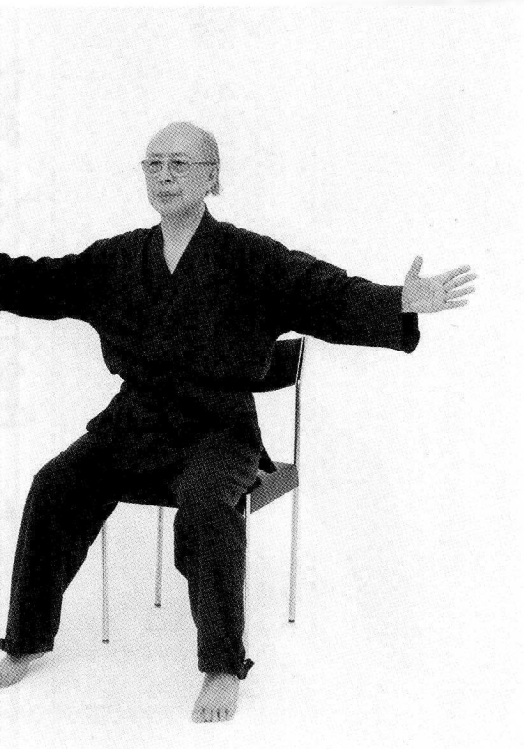


Abb. 437

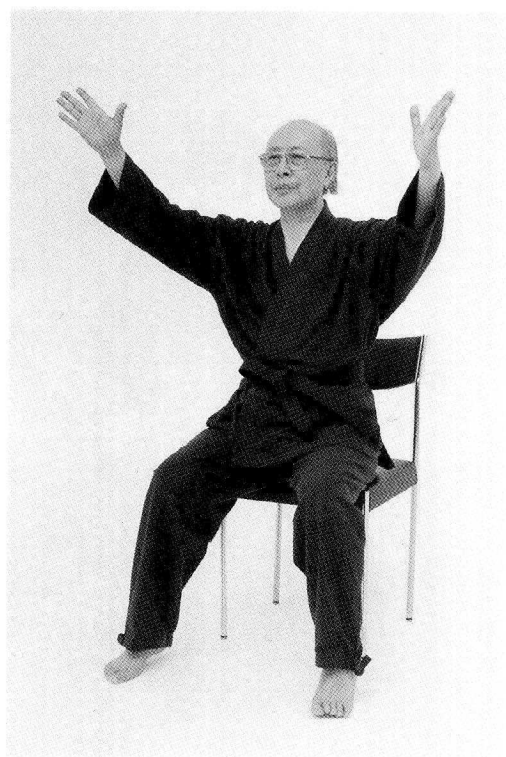


Abb. 438



Abb. 439

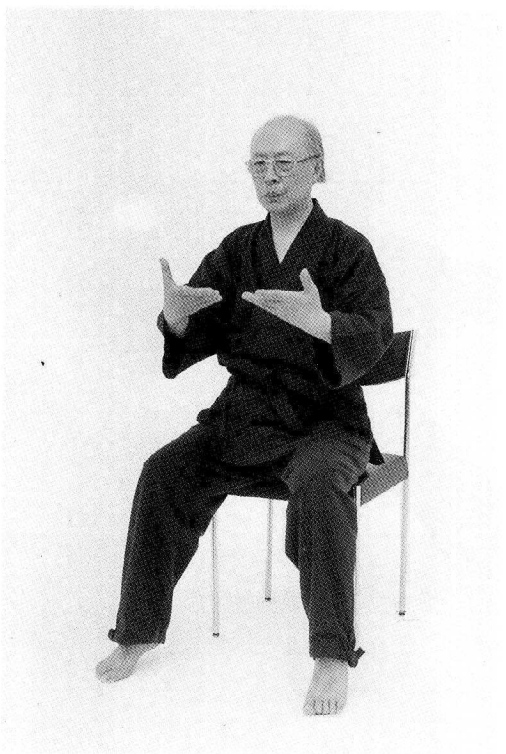


Abb. 440



Abb. 441

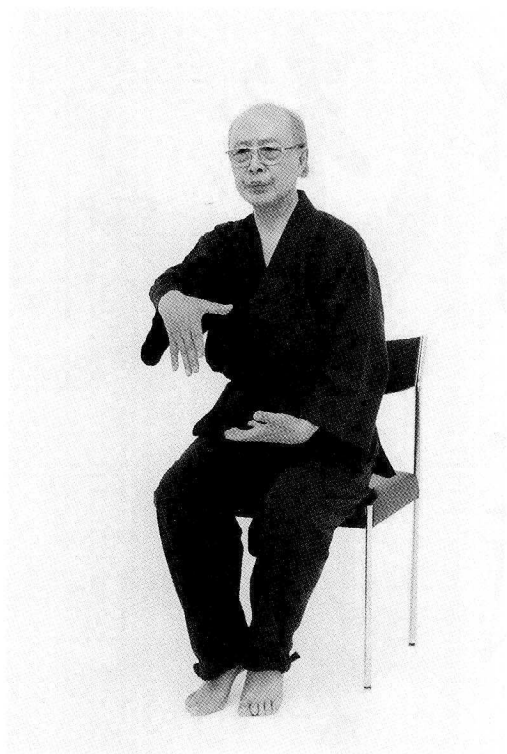


Abb. 442
3. Form: Trage den Ball nach links und rechts

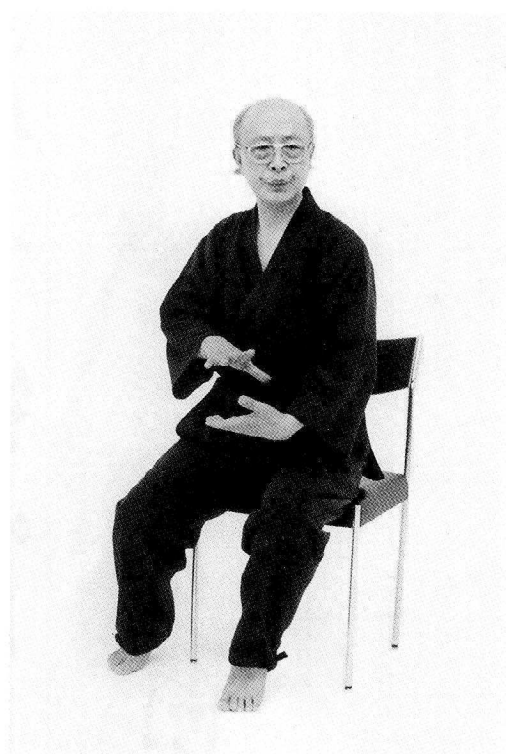


Abb. 443



Abb. 444

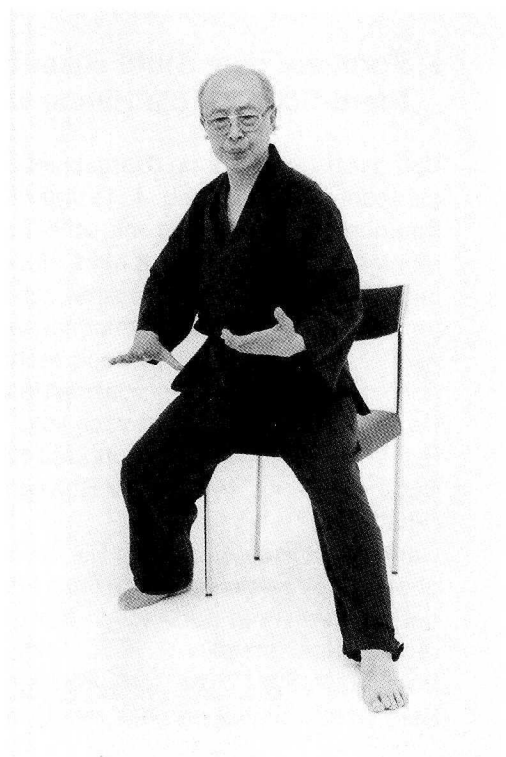


Abb. 445



Abb. 446



Abb. 447



Abb. 448

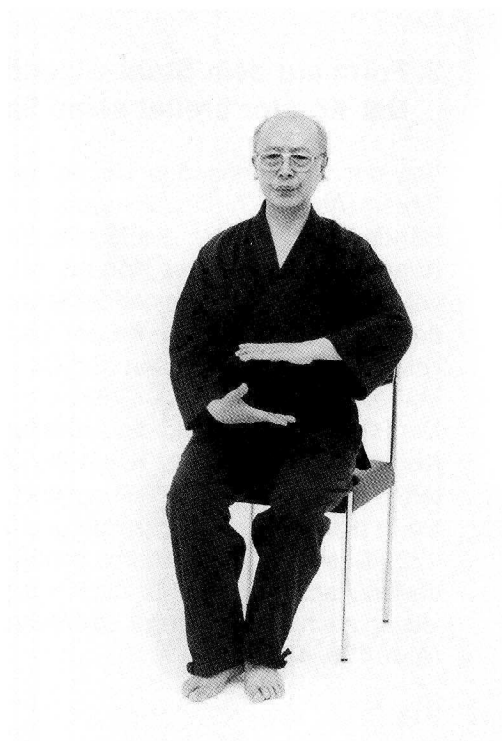


Abb. 449



Abb. 450
4. Form: Schiebe den Berg mit beiden Händen

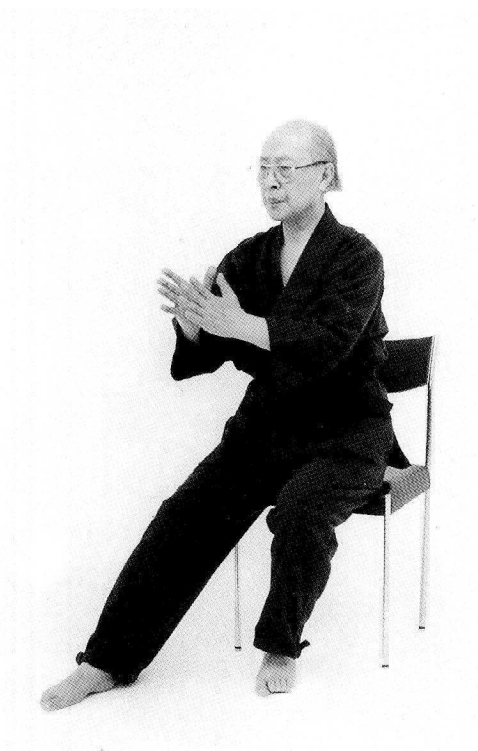


Abb. 451
Übergang zur 5. Form



Abb. 452



Abb. 453
5. Form: Pferd-Schritt, die Hände wie ziehende Wolken



Abb. 454

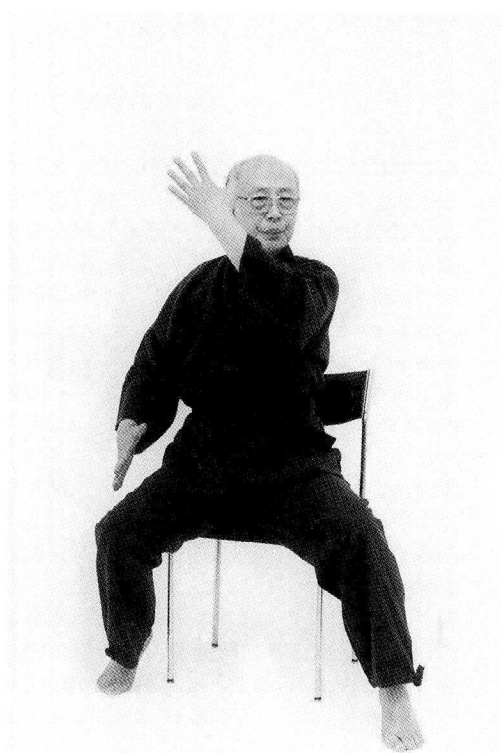


Abb. 455



Abb. 456



Abb. 457



Abb. 458

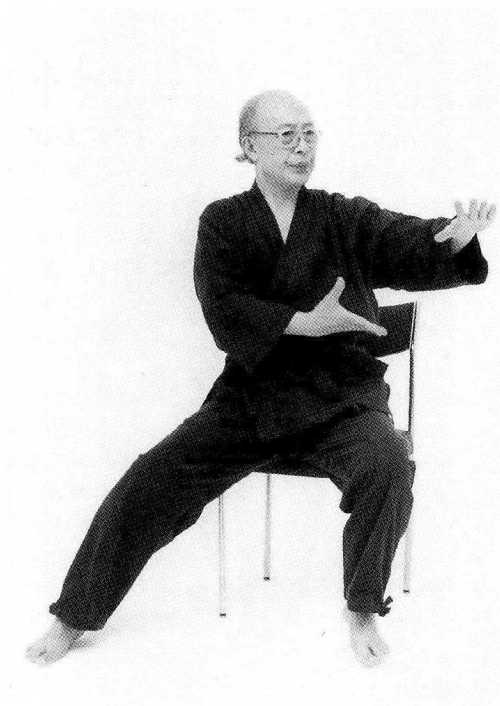


Abb. 459



Abb. 460

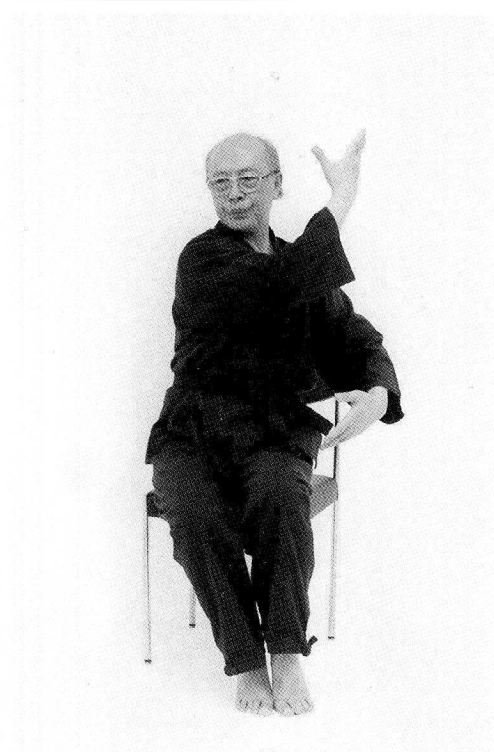


Abb. 461



Abb. 462



Abb. 463
Übergang zur 6. Form



Abb. 464

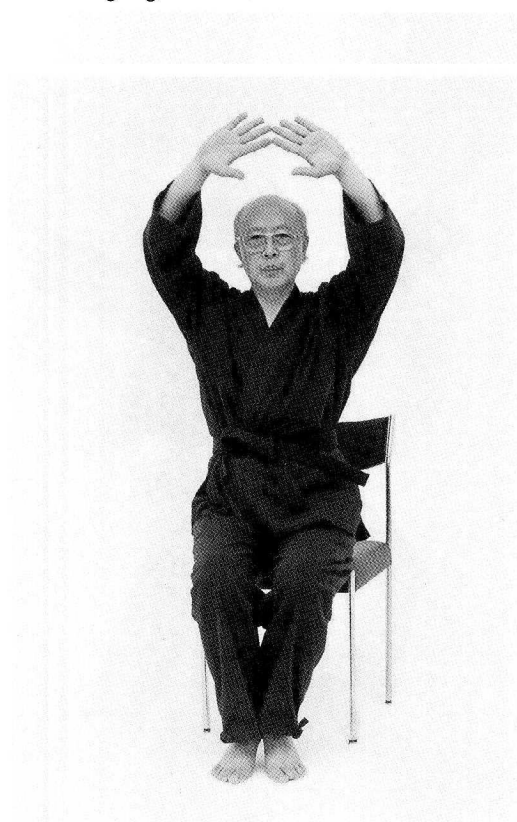


Abb. 465



Abb. 466
6. Form: Der Kondor breitet seine Schwingen aus



Abb. 467



Abb. 468

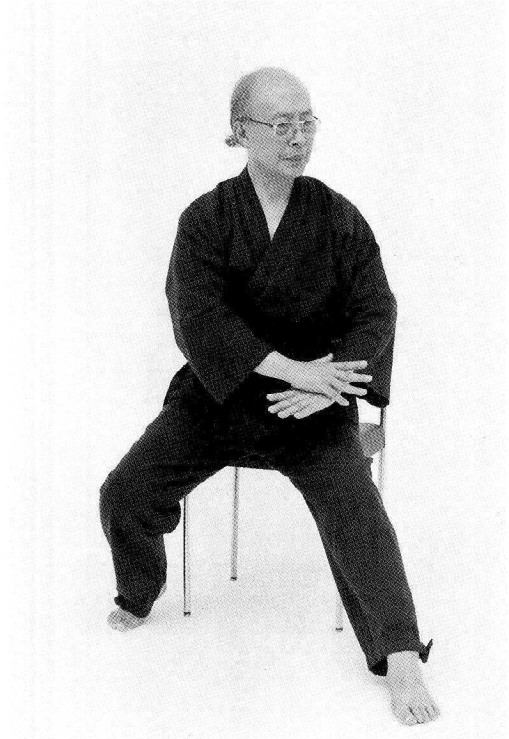


Abb. 469

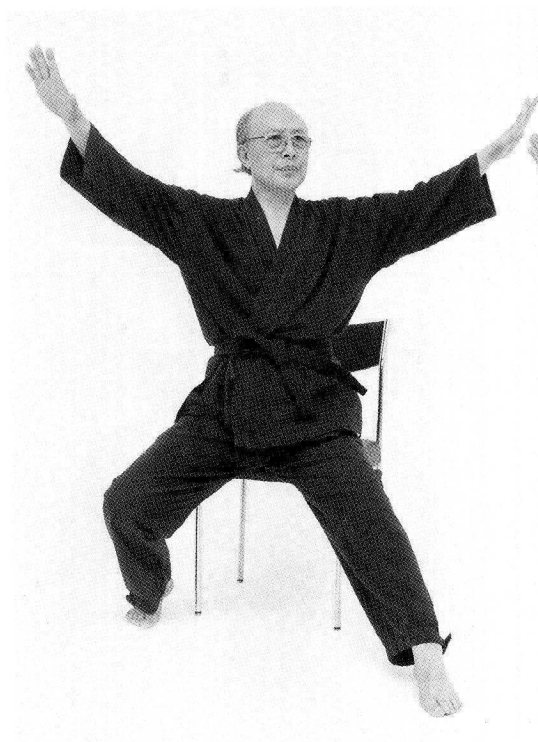


Abb. 470



Abb. 471

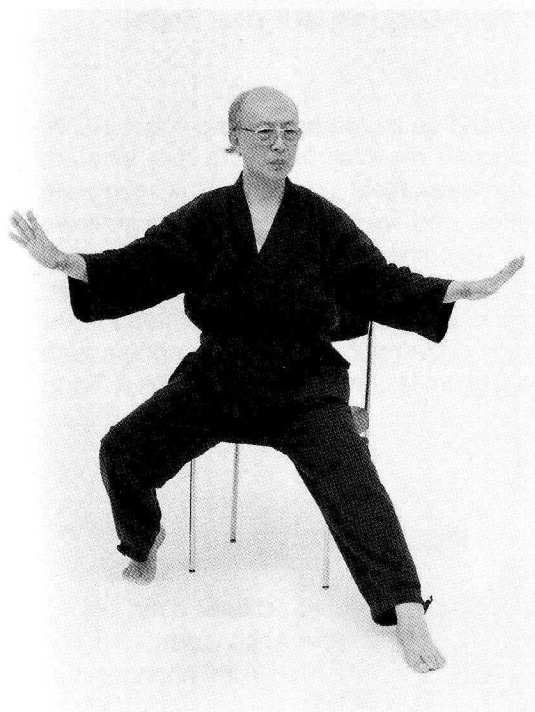


Abb. 472



Abb. 473

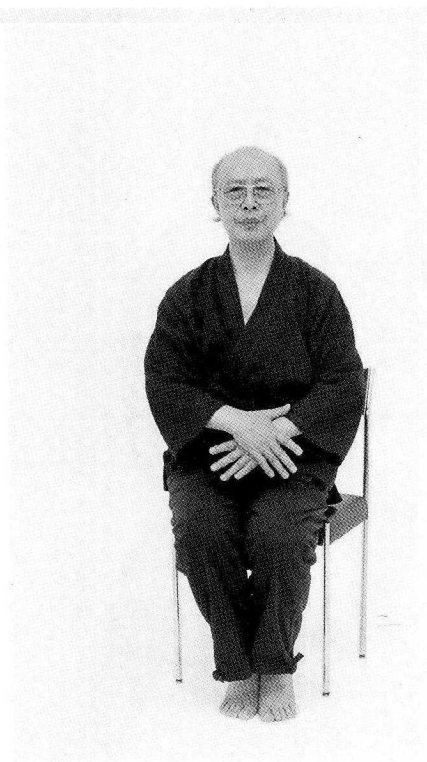


Abb. 474



Abb. 475



Abb. 476

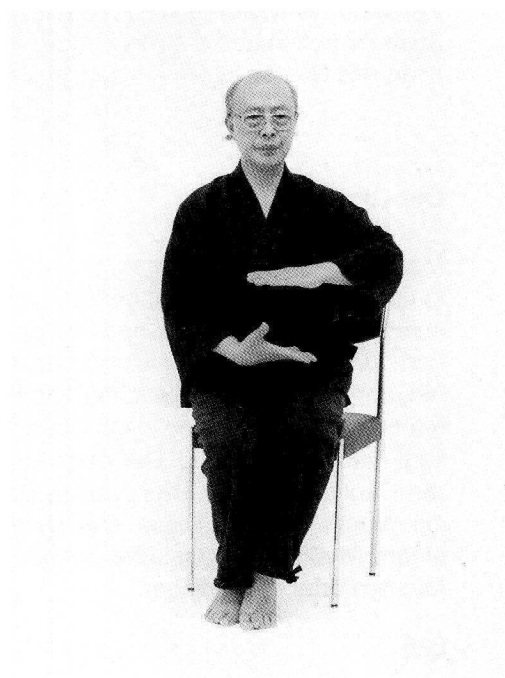


Abb. 477