

混元氣功 *Hùnyuán qìgōng* 'Mixed Origin Energy Exercises'

1. 降氣洗臟 <i>Jiàngqì xǐzàng</i> 'Lower energy & wash organs'
2. 三丹采氣 <i>Sāndān cǎiqì</i> 'Three elixir gather energy'
3. 雙掌擦球 <i>Shuāngzhǎng cāqiú</i> 'Two palms rub ball'
4. 三丹開合 <i>Sāndān kāihé</i> 'Three elixir open & close'
5. 日月旋轉 <i>Rìyuè xuánzhuǎn</i> 'Sun & Moon revolving'
6. 環形伸縮 <i>Huánxíng shēnsuō</i> 'Ring shape extending & contracting'
7. 帶脈磨盤 <i>Dàimài mòpán</i> 'Belt vessel grind millstone'
8. 乾坤開合 <i>Qiánkūn kāihé</i> 'Heaven & Earth open & close'
9. 單腿提降 <i>Dāntuǐ tíjiàng</i> 'Single leg raising & lowering'
10. 雙腿提降 <i>Shuāngtuǐ tíjiàng</i> 'Double leg raising & lowering'
11. 收氣歸丹 <i>Shōuqì guīdān</i> 'Collect energy return to elixir'
12. 保健 <i>Bǎojiàn</i> 'Health protection'