

AATC

SHIBASHI - II

1. PEACOCK UNFOLDS TAIL
2. SMALL HEAVENLY ROLL
3. NEEDLE AT SEA BOTTOM
4. WILLOWS FLUTTER IN THE BREEZE
5. FISHERMAN CASTS NET
6. FARMER GRINDS CORN
7. BUDDHA IN MEDITATION
8. DRAGON CIRCLES MOUNTAIN
9. LOHAN FOCUS CHI
10. HIT TIGER'S EARS
11. MONKEY OFFERS PEACH
12. WARRIOR DRAWS BOW
13. CRANE IN FLIGHT
14. MAIDEN WEAVES CLOTH
15. CROSS HANDS AND SEPARATE LEGS
16. CIRCULATE ENERGY IN TAN TIEN
17. EMBRACE MORNING SUN
18. STANDING ZEN

