1. TIAOXI TUNA (REGULATING THE BREATH)
- straighten arms on way up, cock wrists and drop elbows on way down
- co-ordinate arms with bending & straightening of legs
- do not lean forward or backward, but slightly shift weight forward when
  arms begin to rise.
- concentrate thought on Dantian or Laogong point
- Benefits the Heart, Stomach and Spleen
- Note change

2. SHUNSHUI TUIZHOU (PUSH THE BOAT DOWNSTREAM)
- keep the upper body vertical
- bend the back leg as you sit back
- Keep the elbows down
- keep the arms bent when pushing.
- concentrate thought on Laogong point
- Benefits Heart and Lungs

3. JIANDAN RIYUE (SHOULDER THE SUN AND MOON)
- ensure movement comes from the wrist & not the shoulder
- angle between upper arm & forearm is about 100 degrees
- hands are above shoulders & elbows below shoulders
- concentrate thought on Mingmen point
- Benefits the Kidneys, Bladder & Lungs

4. PENGNIAO ZHANCHI (A ROC SPREADS ITS WINGS)
- co-ordinate arms & legs
- on forward movements, stretch up as high as possible while keeping waist relaxed
- concentrate thought on Dantian point
- ensure there is a good space between the hands when raised
- to benefit the Triple Heater & Pericardium

5. LIBAN PANSHI (LIFT THE MILLSTONE)
- try to keep back upright throughout exercise
- when rising, try to "lift stone with the breath not with the muscles"
- concentrate thought on Dantian point
- Benefits the Stomach & Spleen

6. TUICHUANG WANGYUE (PUSH THE WINDOW TO LOOK AT THE MOON)
- at beginning of third movement turn back foot first
- when squatting, keep body straight, wind legs tightly
- concentrate thought on Laogong point
- to benefit the Gall Bladder, Liver, Heart, Lungs, Bladder & Kidneys

7. YINGFENG DANCHEN (BRUSH THE DUST AGAINST THE WIND)
- sweep arms wide
- don't cock wrists
- concentrate thought on Laogong point
- Benefits the Heart, Lungs, Large & Small Intestines

8. LAOWENG FURAN (THE GOD OF LONGEVITY STROKES HIS BEARD)
- "stroke beard" on each even numbered call
- when 'stroking beard" lift up Baihui point (centre of top of head)
  & give impression of radiating vigour
- concentrate thought on Dantian point during movements &
  be aware of Hegu point (area between thumb & forefinger)
  when stroking beard.
- comprehensive benefits
- Note change