

易筋经

Yi Jin Jing

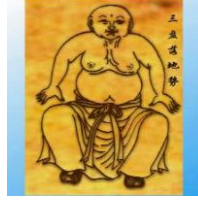
Muscle / Tendon Changing Classic

Yi = change or transform | Jin = muscle/tendons | Jing = classic/sutra

1, 2, 3 - Presenting the Pestle



8 - Placing Three Plates on the Floor



4 - Plucking the Stars on Both Sides



9 - Green Dragon Displaying Claws



5 - Pulling 9 Cows by Their Tails



10 - Tiger Catching its Prey



6 - Displaying Claws and Spreading Wings



11 - Bowing Down in Salutation



7 - Nine Ghosts Drawing Swords



12 - Wagging the Tail

