

易筋经

YiJin Jing (I-t'ing t'ing)



1. Weituo Xianchu Diyi Shi
(wej-tchuo siang-čchu ti-i š')



2. Weituo Xianchu Dier Shi
(wej-tchuo siang-čchu ti-er š')



3. Weituo Xianchu Disan Shi
(wej-tchuo siang-čchu ti-san š')



4. Zhaixing Huandou Shi
(čaj-sing chuan-tou š')



5. Daozhuai jiuniuwei Shi
(tao-čuai tiou-niou-wej š')



6. Chuzhao Liangchi Shi
(čchu-čao liang-č' š')



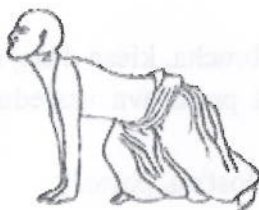
7. Liugui Bamadao Shi
(liou-kuei pa-ma-tao š')



8. Sanpan Luodi Shi
(san-pchan luo-ti š')



9. Qingling Tanzhao Shi
(čing-ling tchan-čao š')



10. Wuhu Pushi Shi
(wo-chu pchu-š' š')



11. Dagong Shi
(ta-kung š')



12. Diaowei Shi
(tiao-wej š')