



1. Lifting the Sky



2. Shooting Arrows



3. Plucking Stars



4. Turning Head



5. Thrust Punch



6. Merry-go-Round



7. Carrying the Moon



8. Nourishing Kidneys



9. Three Levels to Ground



10. Dancing Crane



11. Carrying Mountains



12. Drawing Knife



13. Presenting Claws



14. Pushing Mountains



15. Separating Water



16. Big Windmill



17. Deep Knee Bending



18. Rotating Knees