

# Kung Fu Show List

## 1 八段锦 90 秒

### Ba Duan Jin(Eight Section Brocade) (90 seconds)

One of the most common forms of Chinese Chi gong used as exercise.

Brief introduction to Ba Duan Jin:

Two Hands Hold up the Heavens	两手托天理三焦
Drawing the Bow to Shoot the Hawk (or Vulture)	左右开弓似射雕
Separate Heaven and Earth	调理脾胃须单举
Wise Owl Gazes Backwards or Look Back	五劳七伤往后瞧
Sway the Head and Shake the Tail	摇头摆尾去心火
Two Hands Hold the Feet to Strengthen the Kidneys and Waist	两手攀足固肾腰
Clench the Fists and Glare Fiercely (or Angrily)	攢拳怒目增气力
Bouncing on the Toes	背后七颠百病消

## 2 醉拳或者豹拳 45 秒 (按晚会当天运动员的状态选择其中一项进行表演)

### Drunken Boxing or Leopard Boxing

(suggested/tentative list of shows: decided by the masters based on the consumption of energy)

## 3 虎拳 30 秒

### Tiger Boxing (30 seconds)

## 4 双刀或者单刀 40 秒 (按晚会当天运动员的状态选择其中一项进行表演)

### Broad Sword Technique (40 seconds)

(suggested/tentative list of shows: decided by the masters based on the consumption of energy)

## 5 剑或者牧羊鞭 40 秒 (按晚会当天运动员的状态选择其中一项进行表演)

### Rainbow Sword Technique Or Shepherd' s whip (40 seconds)

(suggested/tentative list of shows: decided by the masters based on the consumption of energy)

## 6 少林铄 40 秒

### Shaolin Shuo (40 seconds)

## 7 气功: 头开钢板 45 秒

Chi gong: Break the steel bar with master' s head. (45 seconds). This is one of the 72 unique Shaolin techniques.

## 谢幕 15 秒

Answer a curtain call (15 seconds)