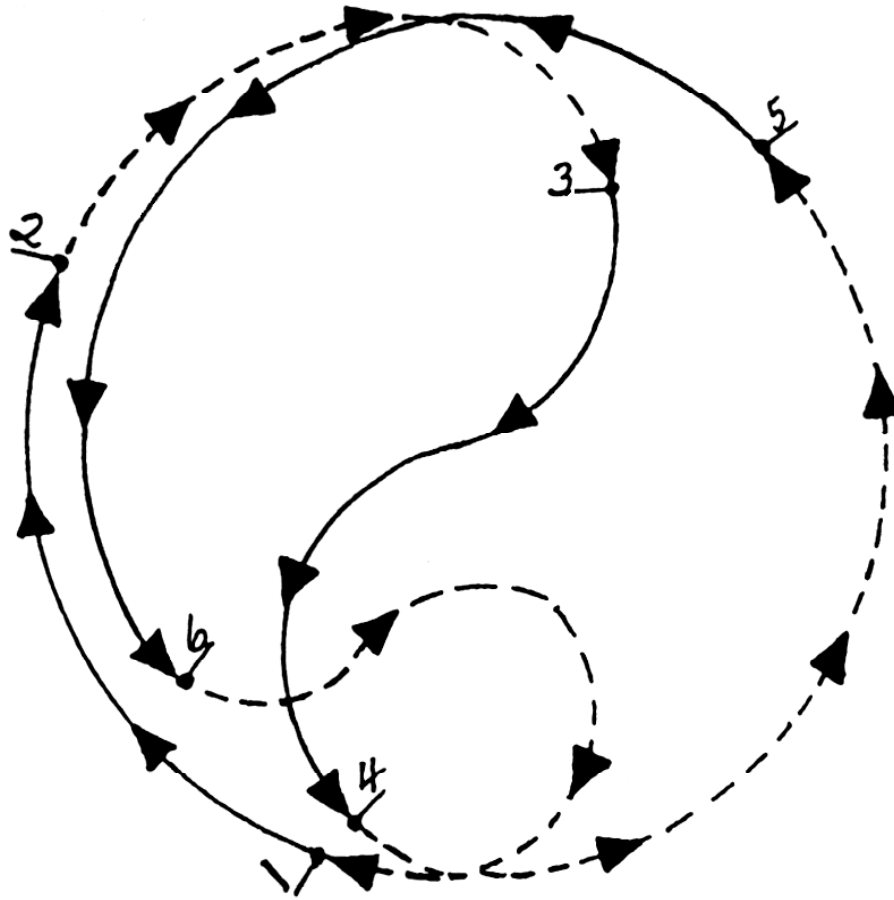


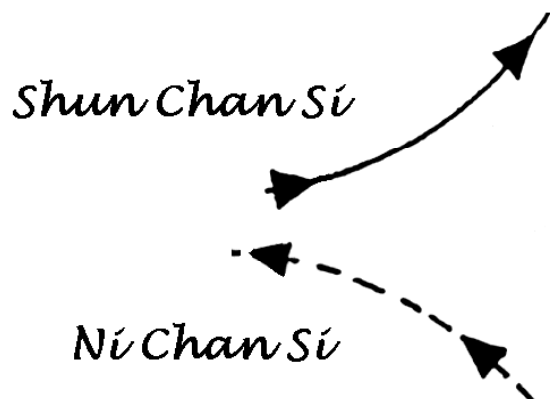
Left Hand



Right Hand

## Silk Reeling Exercises

Adapted from an article by Zhang Fuxing in T'AI CHI Magazine



legend

