

CHINESE GUNG FU FAN FORM - SONG LYRICS

Crouching is like a bow, and standing is like a pine.

Sitting still is like a bell, and walking is like a blast of wind.

Nanquan and Beitui are kungfu of Shaolin and Wudang.

Tai chi and eight-diagram linked palms are variations of professional kungfu in China.

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Sticks can sweep a vast tract of land, but guns can stir up a strip of line.

Bodies are as light as the swallows under the cloud, and heroism is rushing onto the sky.

Practice muscle bone and skin outside and practice breath inside.

We are the combinations of softness and hardness and unbowed, while we have the belief in our hearts.

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The sword named Qingfeng is in the hand and the two falchions are swinging.

When the kungfu master appears, he will know whether or not (someone has good kungfu).

Hands are like two doors and there is the same root under the feet.

The spirit of Chinese kungfu was cultivated by the whole land of China.

China is like a dragon and Chinese people are like heroes.

There is professional kungfu in vast territories of China.

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There is professional kungfu in China.

The name is Tai Chi Kung Fu Fan, created by Professor Li Deyin and performed at the opening of the Beijing Olympics - the instruction DVD and music is available from the Deyin Institute's own shop taichilink.co.uk. Professor Li Deyin's daughter Master Faye Li Yip told us that the song is a tribute to Martial Arts and Tai Chi practices - if you listen carefully you can here them list various types of practice.

<http://resources.echineselearning.com/teens/teens-chinese-435.html>