

The art of the Waiest Qigong Spirit Warrior Tao 道 walking staff Qi form.



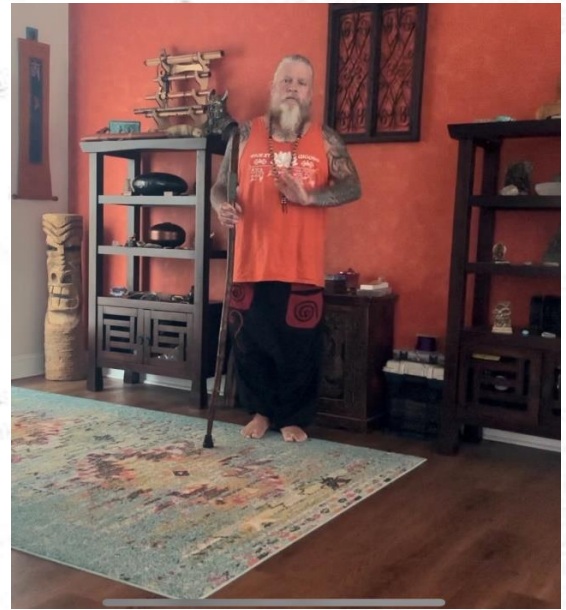
Flowing Qi



Flowing Qi



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Flowing Qi





Kick Strike



Kick Strike



Right Strike



Right Push Strike





Left Strike



Right Cross Strike



Step Back Strike



Step Forward Right Strike





Right Push Strike



Turn Around Right Strike



Right Push Strike

(Facing Back Same Moves As Front)



Left Strike





Right Cross Strike



Step Back Strike



Step Forward Right Strike



Right Push Strike





Turn Back To Front Left Hand Under Right Arm Strike



Step Forward Left Right Strike



Feet Together Left Under Right Strike



Flowing Qi





Flowing Qi



Flowing Qi



Flowing Qi



Flowing Qi

