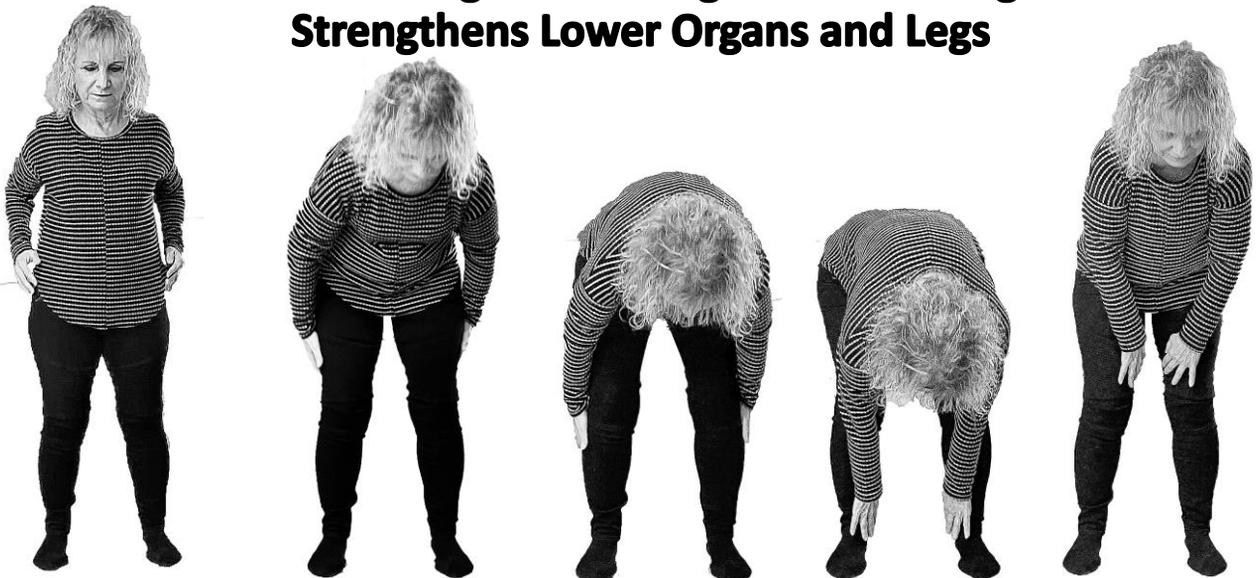


## 8. Single Leg Descending and Ascending Strengthens Stomach, Liver, Gallbladder, Kidneys and Legs



- Hands start out as if on a table; upper body twists to the left
- Hands go down the outside of the left leg, over the foot and up the inside to the Lower Dantian, **head forward, never down**
- Twist to the right and repeat back and forth, each leg **9 times**
- Lower the Qi 3 times, then move on to:

## Double Leg Descending and Ascending Strengthens Lower Organs and Legs



- Both hands go down both sides of each leg, around the feet, **head forward, never down**
- Then up the inner legs stopping at the Lower Dantian **9 times**