

# Bao Djian Tshou

# 健身球

## Chinese Health Balls

The 'Chinese Health Balls' basic exercises consist of the following:

1. Clockwise Together
2. Anticlockwise Together
3. Clockwise Apart
4. Anticlockwise Apart
5. Outside to Inside
6. Inside to Outside
7. Right to Left
8. Left to Right
9. Rhythmic Tapping
10. Constant Tapping

The 'Chinese Health Balls' advanced exercises consist of the following:

1. With one set in each hand - the same exercise in both
2. With one set in each hand - the opposite exercise in each
3. With one set in each hand - a different exercise in each
4. Different sizes, different types
5. Making a constant chime
6. Making no chime
7. 3 or more in the hand
8. 3 or more in each hand
9. While practicing Qigong or walking