

# 两手托天理三焦



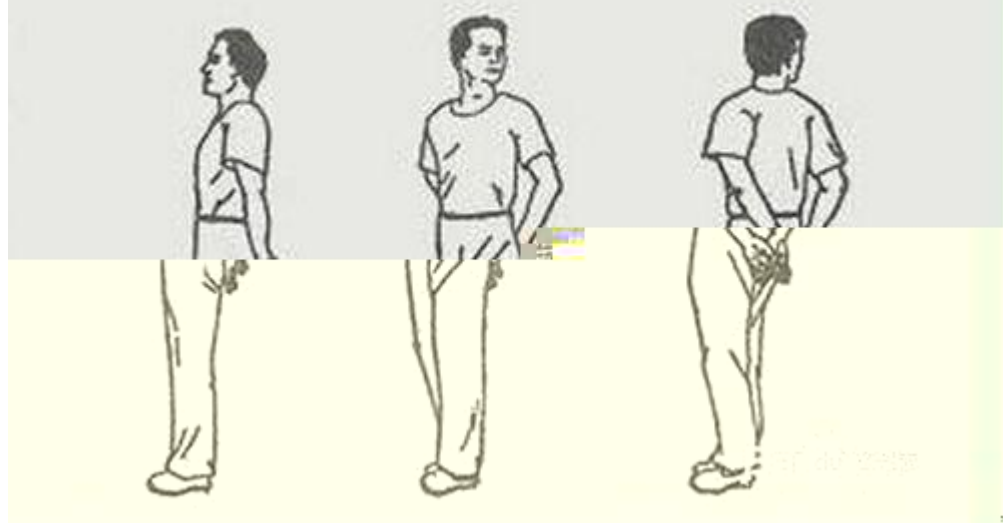
## 左右开弓似射雕



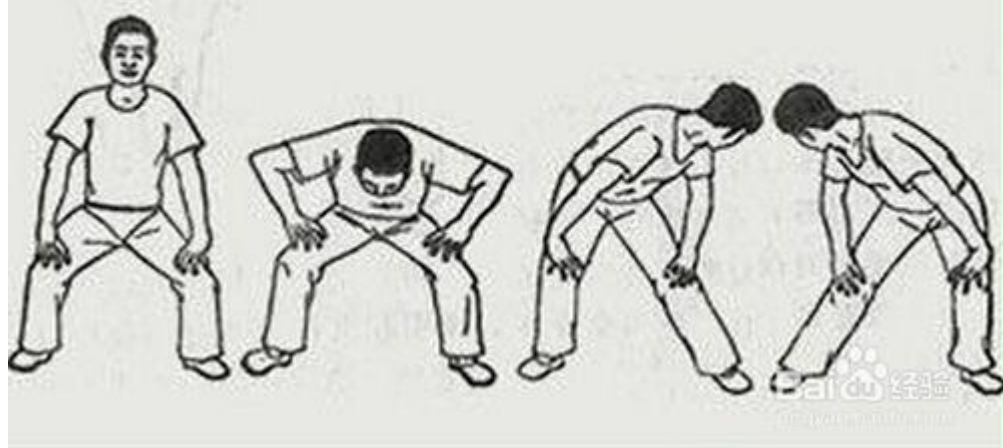
## 调理脾胃须单举



## 五劳七伤望后瞧



## 摇头摆尾去心火



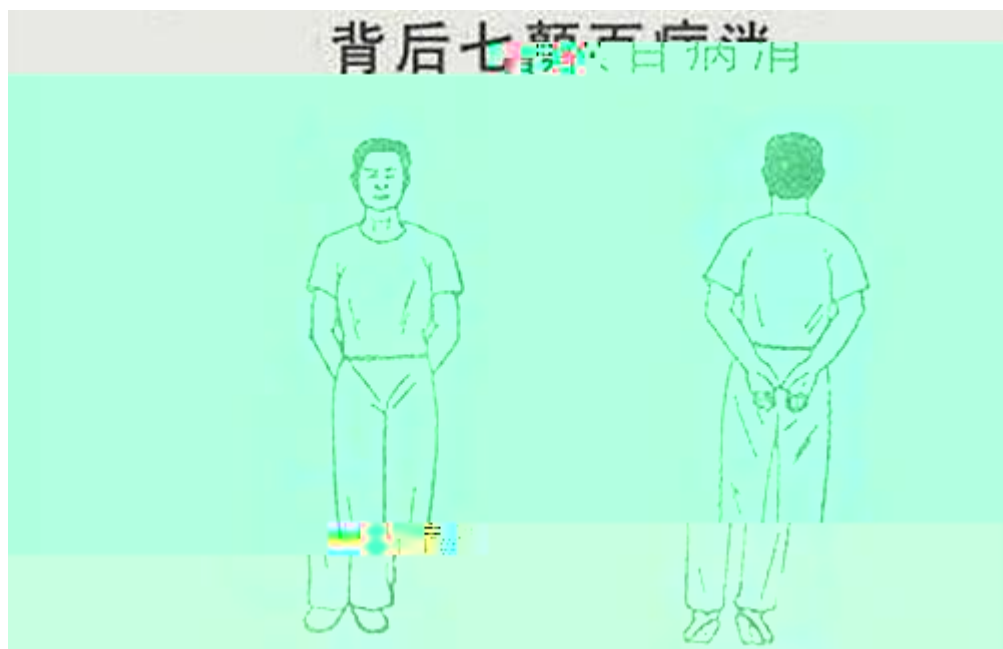
## 两手攀足固肾腰



## 攒拳怒目增气力



# 背脊七竅百病消



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