

Quote from students about this pattern:

"The last is the best change that we can have and go, and I would use this one to help others to get it right, to use to get rid of the pain, but also to help break through the bridge" - Student B (20)

Why you may choose to practice Reverse March, Bend Waist

Practice this pattern and you will be able to practice the other patterns in the book. It is a good pattern to practice with the other patterns in the book. It is a good pattern to practice with the other patterns in the book. It is a good pattern to practice with the other patterns in the book.

A good pattern to practice is the Reverse March, Bend Waist. It is a good pattern to practice with the other patterns in the book. It is a good pattern to practice with the other patterns in the book. It is a good pattern to practice with the other patterns in the book.

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Three Levels Down to Ground
三三落地



Also Known As: Three Levels to Earth

At A Glance

Strengthens the rear Spleen
Generates better Energy Flow
Increases Vitality

Sprzedajemy 

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Peter Chin Kean Choy



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