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Deer. It relates to the water element, the  
season of winter and therefore the kidneys  
and bladder. The kidneys emotion is fear and  
is often referred to as the 'root of life' as they  
store essence (jing)., Health Qigong   Wu  
Qin Xi is a kind of biomimetic conduction  
method integrating the movements, spiritual  
charm and natural disposition of  five  
animals  . Upon practice, in addition to  
proficient mastery of skill movements,  
exercisers also need to master the bearing of  
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(Five Animal Frolics): Chinese Health  
Qigong. Compiled by the Chinese Health  
Qigong Association. Beijing, China, Foreign  
Languages Press, 2007. 102 pages, includes  
an instructional DVD. ISBN: 9787119047799.  
VSCL., Qigong FIVE ANIMALS / WU QIN XI  
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Spontaneous Five Animals Play Qigong .  
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