

運動舞

春回大地

<https://www.youtube.com/watch?v=DpmLumOuGdo>

吉祥如意

<https://www.youtube.com/watch?v=F3a0Ob4P3jY>

九洲同春

<https://www.youtube.com/watch?v=EE0FMuABrlg>

瀟灑走一会

<https://www.youtube.com/watch?v=iZRkfeYS2BM>

健身操

<https://www.youtube.com/watch?v=6ZapH3wVikI>

五運亨通扇

<https://www.youtube.com/watch?v=pXpJPkm3MUU>

<https://www.youtube.com/watch?v=js1IIN-WWfw>

太極

太極功夫扇

<https://www.youtube.com/watch?v=TtVxbjbAoLY>

太極功夫扇 背面 慢速

https://www.youtube.com/watch?v=A-Zb_12u7-4

太極功夫扇教學 (上)

<https://www.youtube.com/watch?v=SGuYaDh28t8>

太極功夫扇教學 (下)

<https://www.youtube.com/watch?v=oGzBhO3G9Ec>