

Pronunciations of Recitation in “Pile-Stance” 站樁 Zhànzhūāng:

A 啊 (Exhale 呼 hū)

Xi 嘻 (Inhale 吸 xī)

Xu 嘘 (Exhale 呼 hū)

Chui 吹 (Inhale 吸 xī)