European SunDo Association

Jung Ki Dan Boub Jeon Pyen (1)
Posture Descriptions

1. Standing, feet shoulder width apart, palms together at chest height

2. Standing, feet shoulder width apart, thumbs joined at navel and index fingers touching to form a triangle – the Danjeon is in the centre of the triangle.

3. Standing, feet shoulder width apart, palms separated on the lower abdomen, touching the edge of the Danjeon.

4. Standing, feet shoulder width apart, palms separated on the lower abdomen, touching the edge of the Danjeon. Inhale, push into the Danjeon with the left hand; release the pressure on the exhale. Inhale, push in with right hand; release the pressure on the exhale. Repeat.

5. Standing, feet shoulder width apart, arms hang naturally at the sides with the fingers pointing down to the ground.

6. Standing, feet shoulder width apart, palms in the armpits, thumbs on chest.

7. Standing, feet shoulder width apart, hands clasped on back of neck. After 20 practices, press into neck on inhale, release pressure on exhale.

8. Standing, feet shoulder width apart, bend forward until upper body is parallel to the floor – arms hang naturally with fingers pointing down to the ground – head raised and facing straight ahead.

9. Standing, feet shoulder width apart, hands on the lower back with the fingers facing down, upper body leans back – head faces straight ahead.

10. Standing, feet shoulder width apart. Inhale, bend the upper body to the left with the left hand sliding down the side of the body, exhale return to the starting point, then inhale and bend to the right and then exhale and return to the starting point. Repeat.

11. Sitting with legs crossed, palms in the armpits, thumbs on chest.

12. Sitting with legs crossed, hands clasped on back of neck. After 20 practices, press into the neck on the inhale, release pressure on the exhale.

13. Sitting with the legs together, bend forward and hold the toes. Back is straight and head faces straight ahead.

14. Sitting with the legs together., hands behind on fingertips, the upper body leans back but head faces forward.

15. Sitting with legs spread wide, thumbs joined at naval and index fingers touching to form a triangle – the Danjeon is in the centre of the triangle.

16. Sitting with legs spread wide, bend forward slightly with the palms under the knees.

17. Sitting with legs spread wide, palms hold the ankles., keeping the spine straight. Head faces forward.

18. Sitting with the legs spread wide, left hand behind on fingertips, right palm on Danjeon, twist to the left. After 20 practices, press in with right palm on inhale; release pressure on exhale.

19. Opposite of #18.

20. Sitting with legs spread wide, palms touching the knees. Inhale, move the upper body forward and slide the palms to the ankles, exhale and return to the starting point, keeping the spine straight. Repeat.

21. Sitting with one leg on top of the other (alternate each practice), keeping both knees in the centre line. Thumbs touch the kidney point #1 , press during the inhale; release pressure during exhale.

22. Sitting on the knees, sitting on heels with toes tucked forward, arms hang naturally by the sides with fingers pointing down.

23. Sitting with the bottoms of the feet touching each other, palms touching the knees. Looking straight ahead.

24. Sitting with the legs and feet together, legs bent at knees, arms wrap around the thighs. Looking straight ahead.

25. Sitting with legs crossed (half or full-lotus if you can), thumbs joined at navel and index fingers touching to form a triangle – the Danjeon is in the centre of the triangle.