

Jung Ki Dan Boub Hoo Pyen (2)

Posture Descriptions

1. Standing, feet shoulder width apart, thumbs joined at navel and index fingers touching to form a triangle. Lean back slightly and look straight ahead,
2. Standing, feet shoulder width apart, thumbs joined at navel and index fingers touching to form a triangle. Lean forward slightly and look straight ahead.
3. Standing, feet shoulder width apart. Left palm on left hip, fingers pointing down, the right arm is relaxed and hanging down on the right side of the body. Tilt the upper body to the left. The head remains upright.
4. Opposite of posture #3.
5. Standing, feet shoulder width apart, arms hanging down naturally. Tilt the head to the left shoulder when inhaling, back to the middle when exhaling, then to the right shoulder when inhaling, back to the middle when exhaling
6. Standing with the feet together, arms hanging down naturally, come up onto your toes during inhale (rise gradually during the 5 sec in-breath). Heels on the ground during the exhale (drop gradually during the 5 sec out-breath).
7. Standing with the legs spread wide. Bend forward so the head rests on the floor. Keep your legs and spine straight. The back of the left hand is touching the lower back, the back of the right hand sits on top of the left palm.
8. Push up position, feet together, keep the back straight, resting on your fingertips.
9. Standing with the feet together, palms clasped behind the knees. Upper body parallel to the

floor. Lift your head up to look straight ahead.

10. Standing shoulder width apart, arms hanging down naturally with fingers pointing down.

Moving only the upper body., inhale and bend forward then return to the upright position while exhaling, then lean back while inhaling and return to a straight position while exhaling.

Looking straight ahead throughout the movement.

11. Standing, feet shoulder width apart. Lean back to push the Danjeon forward. Your arms are pulled back behind your torso with the fingers pointing straight down, palms facing each other.

12. Standing, feet shoulder width apart. Arms are raised vertically with fingers pointing up, palms facing each other.

13. Standing, feet shoulder width apart. Arms stretched out to the sides at shoulder height. Palms facing down.

14. Standing, feet shoulder width apart. Fists gently hit the Danjeon while inhaling, then rest them on the Danjeon while exhaling.

15. Standing shoulder width apart, hands clasped behind the neck. The upper body performs the following movements:

a/ Inhale, bend forward, exhale, return to the straight position. b/ Inhale, lean back, exhale, return to the straight position. c/ Inhale, tilt to the left, exhale, return to the straight position. d/ Inhale, tilt to the right, exhale, return to the straight position.

16. Sitting with legs crossed (half or full-lotus if you can), palms together at chest height

17. Sitting with legs crossed, thumbs joined at navel and index fingers touching to form a triangle.

18. Sitting with legs crossed, palms separated on the lower abdomen touching the edge of the Danjeon.

19. Sitting with legs crossed, palms separated on the lower abdomen touching the edge of the

Danjeon. Inhale, push into the Danjeon with the left hand; release pressure on the exhale. Inhale, push in with right hand; release pressure on the exhale. Repeat.

20. Sitting with legs crossed, palms resting on the knees. The upper body moves slightly forward and backward, the movement does not synchronize with your breathing rhythm.

21. Lying in the prone position, legs together with toes flat on the floor, the arms rest parallel with the body, palms are facing up, side of face rests on the ground (alternate sides each session).

22. Lying prone, the back of the left hand is touching the lower back, the back of the right hand sits on top of the left palm. Lift your legs and upper body off the floor. Look forward.

23. Lie on your back. Legs spread wide with the toes pointing up, arms out to the sides with the palms facing up.

24. Sitting straight, legs are together, lift them off the ground and grab your ankles, legs and arms are straight, only your buttocks touch the ground.

25. Sitting with legs crossed, thumbs joined at navel and index fingers touching to form a triangle.