European SunDo Association

Won Ki Dan Boub #10
Posture Descriptions

1. Feet shoulder width apart, palms placed over the kidneys, thumbs forward with fingers to the back. Lean back and look forward.
2. Feet wide apart, arms straight and extended between legs, fingertips on the ground, thumbs in front of fingers, keep spine straight, look forward (horizontal).
3. Postures #3 and #5 are opposites. Feet shoulder width apart, left arm extends up and back at 45 degrees, the palm faces up with the fingers extended, right palm is placed on left shoulder. Lean back and twist to the left. Look to the side.
4. Feet shoulder width apart, bend forward with arms straight and grab behind the ankles from the inside of the legs, keep the spine straight, look forward (horizontal). Microcosmic orbit.
5. Opposite of posture #3.
6. Sitting on your knees, toes tucked forward, lean back and rest on the tips of your fingers keeping the arms straight, head is straight and looking forward. 12 Circulation.
7. Sitting on your knees, keeping them together, toes tucked forward, bend forward and touch the forehead on the ground, palms are clasped together, lift arms vertically.
8. Postures #8 and #10 are opposites. Sitting with your legs spread wide apart, twist to the left keeping the spine straight the left arm is straight with the fingertips contacting the ground, the right palm touches the left hip.
9. Sitting with your legs spread apart, bend forward, extend your arms straight out in front and touch the ground with your fingertips. Keep the back as straight as possible, look forward. 14 Circulation.
10. Opposite of posture #8.
11. Lying on your back, legs apart, arms extended out to the sides, palms facing up. 365 Points Circulation
12. Lying on your back, legs shoulder width apart, palms facing down.

365 Points Circulation

On the breath hold, circle the energy once or twice in the Danjeon, then draw it to the coccyx, down the exterior of the left leg to the left foot, bring it back up the interior of the left leg through the spine and up to the 7th cervical vertebra, then through the interior of the right arm to the fingertips, bring it back up the exterior of the right arm to the 7th cervical vertebra and take it back down through the spine to the coccyx, then down the exterior of the right leg to the right foot and back up through the interior of the right leg through the spine and up to the 7th cervical vertebra, then through the interior of the left arm to the fingertips, bring it back up the exterior of the left arm to the 7th cervical vertebra, then over the head, like the Microcosmic Orbit, ending at the Danjeon.