European SunDo Association

Won Ki Dan Boub #12
Posture Descriptions

1. Feet shoulder width apart, arms stretched out to the side at shoulder height, palms facing down. Lean back and look forward.

2. Feet together with the legs straight, bend forward, keeping the back straight, palms are clasped together and arms point straight up, look forward.

3. Postures #3 and #5 are opposites. Feet shoulder width apart, left palm is placed behind the head, right palm is placed on the left shoulder. Lean back and twist body to the left.

4. Postures #4 and #6 are opposites. Standing on the toes of the right foot, bend forward and contact the ground with the fingertips, lift the left leg up as high as possible keeping it straight with the toes pointing up. Look forward.

5. Opposite of posture #3.

6. Opposite of posture #4.

7. Kneeling on the ground, knees shoulder width apart, toes are flat, lean back onto the ground, push the thumbs into the KI1 point as you inhale. Microcosmic orbit.

8. Sitting with your legs spread wide apart, bend torso forward so that the chest touches the floor, keep the back straight. Turn head to the side. Alternate the head twist, one practice to the left, the following practice to the right etc 12 Circulation.

9. Postures #9 and #11 are opposites. Lying on your right side, right leg is straight and resting on the ground, left leg is straight and is pointing up, left arm is straight with the left hand holding the left ankle, the right upper arm is in contact with the ground and the right palm supports the head, look straight.

10. Lying prone, palms grab the ankles, lift the upper and lower body off the ground, only the Danjeon area touches the ground. Look forward. 14 Circulation.

11. Opposite of posture #9.

12. Lotus posture, palms together at chest height.