

Won Ki Dan Boub #13

Posture Descriptions

1. Feet shoulder width apart, palms placed over the kidneys, fingers point down and thumbs forward, looking forward.
2. Feet slightly wider than shoulder width, legs straight, bend body forward, keeping the back straight, fingers touching the floor between the legs, thumbs forward, look forward.
3. Sitting on the ground. Bring the feet together and with straight legs lift the feet approx 45 degrees off the ground. Arms are extended straight back with fingertips touching the ground, keeping the torso at approx 45 degrees to the ground with the back straight. **Microcosmic orbit.**
4. Sitting with your legs spread wide apart, bend torso forward so that the chest touches the floor, keep the back straight, palms are clasped together and lifted perpendicular to the ground, look forward.
5. Push up position with feet together, elbows close to the body, lift up onto your fingertips with the thumbs forward, elbows are bent at 90 degrees, keep body straight, look forward.
6. Lying prone, feet together, arms beside the body with the palms facing down, chin touching the floor. **12 Circulation.**
7. Lying prone, legs are shoulder width apart, 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 the legs and upper body off the ground. Lift the upper and lower body off the ground. Look forward
8. Sitting on the ground. Bring feet together and with straight legs lift the feet off the ground at approx 90 degrees. Elbows contact the ground, place palms on your lower back and keep the upper body off the ground. Look forward.
9. Head bridge, feet shoulder width apart, heels touching the ground, knees directly above the ankles, palms on Danjeon, thumbs joined at navel and index fingers touching.
10. Lying on your back, feet together, arms straight beside the body, palms face down. **14 Circulation.**
11. Lying on your back, bring your legs over your head, toes touch the floor, keep the legs straight,

palms touching the lower back with elbows on the ground. **365 Points.**

12. Lying on your back, feet together, arms straight beside the body, palms face down.

