

Won Ki Dan Boub #2

Posture Descriptions

1. Feet shoulder width apart, palms on Danjeon, thumbs joined at naval and index fingers touching. Lean back, look forward.
2. Postures #2 and #4 are opposites. Feet shoulder width apart, right palm on left shoulder, left palm touching the right side of the lower back. Upper body parallel to floor, spine straight, then twist to the left.
3. Postures #3 and #5 are opposites. Feet shoulder width apart, palms over kidneys, lean back slightly and twist left. Look back
4. Opposite of #2.
5. Opposite of #3
6. Postures #6 and #7 are opposites. Knees together, sit on heels with toes tucked forward. Hands clasped behind the back of the head, spine straight, twist the body to the left.
7. Opposite of #7.
8. Sitting on heels, knees together, toes pointing backward, lean forward and rest forearms on the ground, arms are shoulder width apart, elbows at 90 degrees and palms rest on floor.. Look straight ahead (horizontal). **Microcosmic orbit.**
9. Sit on heels with toes tucked forward. Palms over kidneys, lean back and rest elbows on the floor. Keep the knees touching the ground. Look forward.
10. Sitting straight with the legs spread apart and off the ground, grab feet, arms and legs are straight.
11. Lying on your back, feet spread shoulder width apart, toes point up, fingers straight and palms facing up. **12 Channel Circulation**, *explained below.*
12. Sitting on the heels with toes tucked forwards. Palms together, fingertips at mouth height.

12 Channel Circulation

On the breath hold, circle the energy once or twice in the Danjeon, then draw it to the coccyx, then down to the feet, back up the legs into the spine through the coccyx, up to the 7th cervical vertebra, then out to the fingertips, back from the fingertips to the 7th cervical vertebra, then up to the crown of the head, to the third eye, back to the hypothalamus, down the throat and down the front of the body back to the Danjeon.

