

Won Ki Dan Boub #3

Posture Descriptions

1. Feet shoulder width apart, palms touching the chest with the thumbs in the armpits, Lean back.
2. Postures #2 and #4 are opposites. Feet shoulder width apart, right palm behind head, left palm touching the right side of the back underneath the shoulder. Lean forward so upper body is parallel to the ground then twist left. Keep the spine straight and the right elbow open.
3. Postures #3 and #5 are opposites. Feet shoulder width apart, arms are straight and held up above the head with the palms facing out. Lean back slightly then twist to the left.
4. Opposite of #2
5. Opposite of #3.
6. Sit with the legs spread wide, spine straight, toes up, hands underneath the knees. **Microcosmic orbit.**
7. Sitting with the legs spread wide, toes pointing up, hands back resting on the finger tips. **12 Circulation.**
8. Sitting with the legs spread wide, hands clasped together behind the back, lean forward as far as possible, raise hands so they face back. Look forward (horizontal).
9. Lie down on your back with feet together, palms over kidneys, body is supported on feet and elbows with the buttocks and legs off the ground. Look forward.
10. Lying on your back, bring your legs over your head, toes touch the floor, keep the legs straight, arms are straight with the palms resting flat on the ground.
11. Lying prone, feet together with toes flat, arms are parallel with the body, palms facing up. Turn head to the side. Alternate the head twist, one practice to the left, the following practice to the right etc.
12. Full lotus, hands on the knees with palms facing up.

