

Won Ki Dan Boub #4

Posture Descriptions

1. Feet shoulder width apart, fingers on shoulders, elbows to the sides, lean back and look forward.
 2. Feet shoulder width apart, body leans forward and is parallel to the ground. The arms extend out in a straight line from the torso and are shoulder width apart, extend the fingers, palms face each other, look straight ahead (horizontal).
 3. Full lotus, lean back with spine straight, fingertips on the floor, buttocks stay on the floor, look straight ahead.
 4. Full lotus, lean forward and touch the ground with the fingertips, spine is straight and look forward.
 5. Postures #5 and #7 are opposites. Full lotus, spine straight, arms straight up, palms facing toward each other. Twist left.
 6. Full lotus, back of hands resting on the floor under your thighs with palms facing up and fingers open, arms and spine are straight. **Microcosmic orbit.**
 7. Opposite of #5
 8. Full lotus, hands clasped together behind your back, bend forward and touch forehead to the ground, arms point straight up.
 9. Lying prone, lift upper and lower body off the floor, feet are touching naturally, only the Danjeon area touches the floor, arms are shoulder width apart with the palms facing each other.
 10. Lying prone, feet flat and arms stretched forward a shoulder width apart with the palms facing down. Turn head to the side, alternate, one practice to the left, the following practice to the right etc.
- 12 Circulation.**
11. Lift upper and lower body off the ground, only touching the floor with your buttocks, arms shoulder width apart with the palms facing each other, legs and arms at 45 degrees.
 12. Full lotus, palms together with fingertips at mouth height.

