

Won Ki Dan Boub #5 Posture Descriptions

1. Feet shoulder width apart, hands clasped behind back, lean back, keep arms straight and lifted up.
2. Feet shoulder width apart, bend forward keeping the spine straight, keep the legs and arms straight, and hold the ankles. Look forward (horizontal).
3. Postures #3 and #5 are opposites. Feet shoulder width apart, right palm on Danjeon, left palm is in contact with the right hip. Lean back and twist the body to the left. Look back.
4. Postures #4 and #6 are opposites. Feet shoulder width apart, bend forward until upper body is parallel to the floor, keep the spine and legs straight, hold left ankle with right palm, the left palm is in contact with the right hip. Twist the body to the left. Look up.
5. Opposite of #3.
6. Opposite of #4.
7. Sitting on the heels with the toes tucked forward, lean back and put fingertips on the floor, head looks forward (horizontal).
8. Sitting on the heels with the toes tucked forward, lean forward but keep back straight, left hand in a fist on the floor, right fist on top of the left fist, forehead rests on right fist. **Microcosmic orbit.**
9. Lying prone, feet together with feet flat, resting the hands and forearms on the floor, palms facing down, looking forward.
10. Lying on the back, legs spread apart, toes facing up, arms straight out to the sides, palms facing up.
12 Circulation.
11. Feet together, resting on the fingertips and heels, lift the body and legs off the floor, keep spine straight, head looks forward.
12. Full lotus, palms face up on the knees.

