Won Ki Dan Boub #6
Posture Descriptions

1. Feet shoulder width apart, arms crossed with the fingers tucked into the armpits, thumbs are on chest, lean back, head looks forward.
2. Postures #2 and #4 are opposites. Feet shoulder width apart, left hand holds right elbow and right hand holds left elbow, bend forward so upper body is parallel to the floor, then twist the upper body to the left. Look up.
3. Feet shoulder width apart, lean back and place palms over the back of the knees, look forward (horizontal). Microcosmic orbit.
4. Opposite of posture #2.
5. Postures #5 and #7 are opposites. Sit on heels with toes tucked forward, the right palm is behind the head, left palm behind resting on the fingertips, lean back and twist the upper body and the head to the left.
6. Postures #6 and #8 are opposites. Sit on heels with toes tucked forward, twist the upper body to the left, the left palm holds the right heel and the right palm holds the left heel. Look back.
7. Opposite of #5.
8. Opposite of #6.
9. Lying on your back, arms and legs stretched out shoulder width apart, toes pointing up, fingers stretching out with palms facing up. 12 Circulation.
10. Sitting on your buttocks, lift up legs, hold ankles, keep arms and legs straight, keep upper body as straight as possible. 14 Channels Circulation *explained below.*
11. Feet shoulder width apart, lie back and rest shoulders and head on the floor, keep knees directly above the feet, heels stay on the ground, lift back off the ground, arms are straight out to the sides with palms facing up.

12. Full lotus, palms facing up resting on the knees.

14 Channels Circulation

On the breath hold, circle the energy once or twice in the Danjeon, then draw the energy through the Microcosmic orbit, once your energy is back at the Danjeon continue drawing the energy through the 12 Channels Circulation back to the Danjeon to complete the 14 Channel Circulation.