Won Ki Dan Boub #8
Posture Descriptions

1. Feet shoulder width apart, arms straight up, fingers clasped together, palms facing up, lean back and look forward.
2. Postures #2 and #4 are opposites. Place feet shoulder width apart, then step forward with your left leg,, keep both legs straight, both feet point forward. Palms touching the lower back. Lean back and twist to the left.
3. Postures #3 and #5 are opposites. Feet together, bend forward, arms clasped around knees, palms on elbows, keep legs straight. Twist head to the left, then look backward.
4. Opposite of posture #2
5. Opposite of posture #3.
6. Postures #6 and #7 are opposites. Sit with legs forward, keep them together, keep spine straight, right hand underneath the left knee, left hand resting behind on finger tips, keep both arms straight, twist to the left.
7. Opposite of posture #6
8. Kneeling on the ground, knees shoulder width apart, toes face back, lean back, palms on the Danjeon, thumbs joined at navel and index fingers touching. Microcosmic orbit.
9. Lying prone, feet together, arms 45 degrees out to the sides, keeping the arms straight come up onto the fingertips, lift the chest off the floor, look forward. 12 Circulation.
10. Lying prone, legs shoulder width apart, the back of the left hand is touching the lower back, the back of the right hand sits on top of the left palm. Lift legs and upper body off the floor. Look forward. 14 Circulation.
11. Lying on your back, legs together, draw the legs over the torso and wrap the arms around back of knees, keep legs straight., lift head up to the knees, toes do not touch the floor.

12. Lying on your back, feet together and naturally stretched forward, palms beside the thighs facing down.