Won Ki Dan Boub #9
Posture Descriptions

1. Feet shoulder width apart, body leans forward and is parallel to the ground with the heels touching the ground. The arms hang straight down from the shoulders perpendicular to the body, palms face toward each other. Look straight ahead (horizontal).
2. Postures #2 and #4 are opposites. Feet shoulder width apart, palms clasped behind the back with the arms pulling straight down, the body leans backward. Twist to the left.
3. Postures #3 and #5 are opposites. Feet shoulder width apart, body leans forward and is parallel to the ground. The arms extend out in a straight line from the body, extend the fingers, palms face toward each other. Pivot the upper body to the left. Look to the left.
4. Opposite of #2
5. Opposite of #3
6. Full lotus, palms clasped behind the back, lean forward keeping back straight, arms pointing straight up. Look straight ahead (horizontal). Microcosmic orbit.
7. Postures #7 and #8 are opposites. Full lotus, spine straight, palms placed on the back of the neck. Twist to the left.
8. Opposite of #7
9. Full bridge, on the toes and the fingertips.
10. Lying prone, feet together with toes flat on the floor, arms straight and 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. Lying prone, lift upper and lower body off the floor, only the Danjeon area touches the floor, arms are shoulder width apart with the palms facing each other. 14 Circulation.
12. Full lotus, palms resting on the knees facing down.

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