

## **Won Ki Dan Boub #14**

### **Posture Descriptions**

1. Feet shoulder width apart, palms touching the chest with the thumbs in the armpits. Lean back and look forward.
2. Postures #2 and #4 are opposites. Feet shoulder width apart, bend forward until the left fingertips touch the ground, keep the back and the left arm straight, the heels are off the ground, the back of the right hand is in contact with the left hip, look forward.
3. Feet shoulder width apart, palms on the Danjeon, thumbs joined at navel and index fingers touching. Lean back and look forward. **Microcosmic orbit.**
4. Opposite of posture #2.
5. Postures #5 and #7 are opposites. Feet shoulder width apart, arms are straight and held up above the head with the palms facing toward each other, Lean back and twist to the left.
6. Postures #6 and #8 are opposites. Feet shoulder width apart, the torso bends forward and is parallel to the ground, arms behind the head with the fingers interlocked, keeping the elbows spread apart, pivot to the left.
7. Opposite of posture #5.
8. Opposite of posture #6.
9. Postures #9 and #11 are opposites. Lotus posture, right elbow is vertical with the right palm touching the left ear, left palm is touching the right side of the body just below the shoulder, turn the torso and the head to the left.
10. Sitting with your legs spread wide apart, bend the torso forward so that the chest touches the ground, keep the back straight, palms touching the ankles, the chin touches the ground, looking forward. **12 Circulation.**
11. Opposite of posture #9.
12. Lotus posture, palms resting on the knees facing down.

