

Won Ki Dan Boub #15

Posture Descriptions

1. Feet shoulder width apart, arms straight up, fingers clasped together, palms facing up. Lean back and look forward. **Microcosmic orbit.**
2. Standing with feet wide apart, legs straight, bend forward, keeping the back straight, palms are clasped together and arms lifted straight up, look forward.
3. Postures #3 and #5 are opposites. Feet shoulder width apart, palms clasped together behind the back with the arms pulling straight down, the body leans backward. Twist to the left.
4. Postures #4 and #6 are opposites. Feet wide apart, bend forward, the right arm is straight and extended back midway between your legs, contact the ground with your fingertips, the left arm is straight up, twist the body to the left, look straight up..
5. Opposite of posture #3.
6. Opposite of posture #4.
7. Sitting on your knees, shoulder width apart, sit between your legs, toes pointing back, lean back and contact the ground with your fingertips keeping the arms straight, chin is tucked down, looking forward. **12 Circulation.**
8. Sitting with your legs together, grab around your legs and bend forward, keeping the back straight, look straight ahead.
9. Feet shoulder width apart, hands behind on the fingertips, lift buttocks off the ground, body and legs form a straight line, look forward with chin the tucked in. **14 Circulation.**
10. Push up position with feet together, elbows close to the body, lift up onto your fingertips with the thumbs forward, elbows are bent at 90 degrees, keep body straight, look forward.
11. Head bridge, feet shoulder width apart on your toes, knees directly above the ankles, arms out to the side of the body and touching the ground with palms facing down. **365 Points.**
12. Lotus posture, palms together at chest height.

