# Keon Kon Dan Boub
# Posture Descriptions

1. Standing, feet shoulder width apart, palms together, fingertips at eye level.
2. Standing, feet shoulder width apart, hands clasped behind the back, lean back, keep arms straight and lifted up. Look forward. (horizontal)
3. Standing, feet together, bend forward until the back is straight and parallel to the ground, palms on the knees. Look forward .
4. Postures #4 and #5 are opposites. Standing, feet shoulder width apart, palms on the hips with fingers forward and the thumbs back. Lean back slightly and twist to the left.
5. Opposite of Posture #5.
6. Postures #6 and #7 are opposites. Standing, feet shoulder width apart, bend forward until the back is parallel to the ground, hands are clasped together and the arms are straight twist to the left.
7. Opposite of Posture #6
8. Standing, feet shoulder width apart, hands clasped together behind your neck.
9. Standing, feet together, bend forward and put fingertips on the ground a shoulder width apart, raise up onto your toes. Keep back straight and lift the head up.
10. Standing, feet shoulder width apart, arms hang naturally at the sides.
11. Standing, feet shoulder width apart, palms in the armpits with the thumbs on the chest. Lean back slightly and push the Danjeon out.
12. Headstand. Make a triangle between your head and your hands, touch the ground with your fingertips.
13. Sitting on the knees, sitting on the heels with the toes tucked forward, palms touching the thighs.
14. Sitting on the knees, sitting on the heels with the toes tucked forward. The left hand lightly pulls the

back of the right ear, the right hand pulls the left one.

15. Sitting with the legs together, bend forward and hold the toes. Back is straight and head faces straight ahead.
16. Sitting with legs spread wide apart, hands behind on the fingertips, the upper body leans back slightly and the head faces forward.
17. 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.
18. Lying prone, palms grab the ankles, lift the upper and lower body off the ground, only the Danjeon area touches the ground. Look forward.
19. Lying on the back, legs spread apart, toes facing up, arms straight out to the sides, palms facing up. Microcosmic orbit *explained below.* Stay in this posture for twice as long.
20. Sitting on the ground, the legs are together and lifted straight up, wrap the arms around the back of the knees.
21. Push up position, the feet are together, keep the back straight, resting on the fingertips. Look forward
22. Lying on your back, feet together, palms on Danjeon, thumbs joined at navel and index fingers touching.
23. Sitting with legs crossed (half or full-lotus if you can), palms together at chest height, keep the spine straight.

## Microcosmic Orbit

On the breath hold after the inhale, circle the energy once or twice in the Danjeon, then draw it down to the coccyx, up through the spine to the 7th cervical vertebra, then up to the crown of the head, to the third eye, back to the hypothalamus, down the throat and down the front of the body back to the Danjeon.