European SunDo Association

Won Ki Dan Boub #19
Posture Descriptions

1. Feet shoulder width apart, palms together at chin height, lean back, looking forward.
2. Feet shoulder width apart, bend body forward so that the fingertips touch the floor, keeping the back and arms straight, the heels are off the ground, look forward. Microcosmic orbit.
3. Postures #3 and #5 are opposites. Feet shoulder width apart, the right hand is behind the neck and the left palm touches the right hip, lean back and twist to the left.
4. Postures #4 and #6 are opposites. Feet shoulder width apart, bend forward and twist the upper body to the left, the right hand touches the left ankle, the fingers are on the outside of the ankle, the left palm touches the right hip, look to the side.
5. Opposite of posture #3.
6. Opposite of posture #4.
7. Sitting with your legs spread apart, lean back slightly and rest on the fingertips, keeping the upper body and arms straight, looking forward. 12 Circulation.
8. Sitting on your buttocks, keeping your legs shoulder width apart draw them up so they are vertical, draw your torso up so it is vertical, wrap your arms around the outsides of your legs and bring the hands behind your head, look forward.
9. Lie down on your back with feet shoulder width apart, palms over kidneys, body supported on the heels and elbows with the buttocks and legs off the ground, look forward. 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. Sitting on your buttocks, keeping your legs together, draw your upper body and legs up so they form a "V" and grab your ankles with your palms, keeping the arms straight, look forward. 365 Points.
12. Lotus posture, palms together at chest height.

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