European SunDo Association

Won Ki Dan Boub #20
Posture Descriptions

1. Feet shoulder width apart, arms straight out at chest height with palms facing up, lean back and look forward. Microcosmic orbit.
2. Feet wider than shoulder width apart, legs straight, bend body forward, the palms grab the outside of the ankles, keeping the back straight, look forward.
3. Full bridge on the toes and the fingertips. 12 Circulation.
4. Postures #4 and #6 are opposites. Sitting on the heels, with the toes tucked forward, the right hand grabs the lower left leg just above the ankle, place the left hand behind the neck, lean back and twist the upper body to the left, look to the side.
5. Postures #5 and #7 are opposites. Push up position, keep the back straight, resting on the fingertips, bend the right knee and place the right ankle behind the left knee, keep the the right knee pointing to the side, look forward.
6. Opposite of posture #4.
7. Opposite of posture #5.
8. Lying prone, with the legs spread wide, the back of the left hand is touching the lower back, the back of the right hand sits on top of the left palm, lift the upper body off the ground, look forward. 14 Circulation.
9. Place the palms on the ground with the thumb and index fingers touching, the forearms are on the ground, lift the body and head off the ground keeping it perpendicular to the ground, toes together.
10. Lying on your shoulders, with your hands supporting your lower back, lift your legs off the ground so that they are perpendicular to the ground, toes together and pointing up.
11. Lying prone, with the legs shoulder width apart, arms 45 degrees out to the sides, keeping the arms straight come up onto your fingertips, lift the chest off the ground, look forward. 365 Points.
12. Lying on your back, feet together and naturally stretched forward, palms beside the thighs facing down.

SUNDOCLUB.CZ