European SunDo Association

Won Ki Dan Boub #21
Posture Descriptions

1. Feet shoulder width apart, fingers on shoulders, elbows to the sides, lean back and look forward. Microcosmic orbit.
2. Feet shoulder width apart, with the legs straight bend the body forward, arms wrap around the outside of the knees, keeping the back straight.
3. Sitting with your legs spread wide apart, bend the torso forward so that the chest and chin touch the ground, keep the back straight, palms touching the ankles, look forward. 12 Circulation.
4. Feet spread wide apart, bend the upper body forward with the arms straight and extended between the legs, fingertips on the ground, thumbs in front of fingers, keep the back straight, look forward.
5. Sitting with your legs spread wide apart, keeping the buttocks in contact with the ground, sit straight and place the fingertips on the ground behind you, keep the arms straight, look forward.
6. Postures #6 and #8 are opposites. Lying prone, grab your right ankle with your left hand, lift the left leg off the ground, keeping your right arm straight lift it up and pull it back so it remains at the same angle as the left arm. Only the Danjeon area touches the ground, look forward.
7. Lying prone, feet together, arms beside the body with the palms facing down, turn head to the side, Alternate the head twist, one practice to the left, the following practice to the right etc. 14 Circulation.
8. Opposite of posture #6.
9. Lying on your shoulders, with your hands supporting your lower back, spread your legs wide and keep them parallel to the ground, toes pointing down.
10. Place the fingertips on the ground with the thumbs pointing forward, draw your legs up so that they are perpendicular to the ground, resting on your fingertips, keep the head off the ground and look forward.
11. Lying prone with the legs spread wide, with the toes pointing to the sides, arms 45 degrees out to the sides, come up onto the fingertips, lift the chest off the ground, look forward. 365 Points.

12. Lotus posture, palms together at chest height.