

## **Chapter IV**

# **Step-by-Step Descriptions of the Routines**



## Ready Position

Stand straight, with the feet parallel and shoulder-width apart, and the knees slightly bent. Keep the neck and head erect without straining. Pull in the chin slightly, and contract the chest. Stand straight, with the arms hanging loosely at the sides. Close the mouth, bringing the upper and lower teeth together. Keep the tongue flat, its tip touching lightly the upper palate. Look forward and down [Fig. 1] .



[[ Fig. 1 ]]

### **Key points**

- Breathe naturally through the nose.
- Keep the mind calm and the body relaxed, with a faint smile.

### **Common mistakes**

- Knees bent not enough or too much, making the hip and knee joints stiff.
- Thrusting the chest out and looking too far ahead

### **Corrections**

- Keep the knees slightly bent, with the joints relaxed.
- Pull in the chin, look forward and down, straighten the spine and slightly contract the shoulders.

### **Functions and effects**

- It helps to relax the body and calm the mind, and dredge such meridians as Renmai (or conception vessel extending along the anterior midline of the body) and Dumai (or governor vessel extending along the posterior midline of the body) to improve the circulation of the blood and vital energy.
- Keeps one centered so as to cultivate vital energy, puts the mind at ease and reduces stress.

## **Starting Position**

(Continue from the previous movement) Bend the elbows,

with the palms up and fingers pointing to each other. Slowly lift the palms to chest level, and look straight ahead [Figs. 2-3]



[[ Fig. 2 ]]



[[ Fig. 3 ]]

Turn the palms inward and downward, and slowly press them down to the level of the navel. Keep the eyes looking straight ahead [Figs. 4-5] .



[[ Fig. 4 ]]



[[ Fig. 5 ]]

Bend the knees slightly, and lower the buttocks. Turn the palms inward and then outward, and slowly push the arms out to form a circle in front of the waist 【Fig. 6】 .

Turn the palms inward 【Figs. 7 and 7A】 .



【 Fig. 6 Ⅱ】



【 Fig. 7 Ⅱ】



【 Fig. 7A Ⅱ】