

## **Chapter IV**

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



## Section 1

# Hand and Foot Forms

### Basic Hand Forms

#### Fist

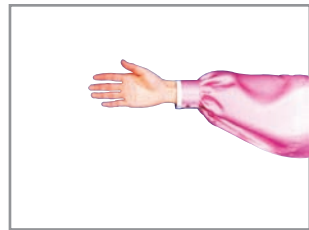
The thumb touches the root of the ring finger, and the other fingers are bent 【Fig. 1】 .



【 Fig. 1 】

#### Palm

**Palm form 1:** Slightly bend the fingers and keep them apart 【Fig. 2】 .



【 Fig. 2 】

**Palm form 2:** Straighten and keep apart the thumb and forefinger, and slightly bend the first and second knuckles of the three other fingers, to make a hollow hold 【Fig. 3】 .



【 Fig. 3】

### **Paw**

Keep the fingers together, with the first knuckle of the thumb and the first and second knuckles of the other four fingers tucked in and the wrist stretched out 【Fig. 4】



【 Fig. 4】

## Basic Stance

### **Horse stance**

Stand with the feet two to three foot lengths apart. Assume a half-squatting position, with the thighs slightly higher than level 【Fig. 5】 .



【 Fig. 5】

## Section 2

# The Exercises Illustrated

### Ready Position

1. Stand straight and be centered, with the feet together, arms hanging loosely at the sides. Look straight ahead [Fig. 6] .

2. Move the body weight onto the right foot, with the waist and hips relaxed. Take a step to the side with the left foot, with the toes facing



⌈ Fig. 6 ⌋

forward and shoulder-width apart. Look straight ahead [Fig. 7] .

3. Turn the arms inward. Swing the palms up level with the hips, facing backwards. Look straight ahead [Fig. 8] .

4. (Continue) Slightly bend the knees. Turn the arms outward, and hold them in a semicircle in front of the abdomen level with the navel, with the palms facing inward and 10 cm apart. Look straight ahead [Fig. 9] .



【 Fig. 7 】



【 Fig. 8 】



【 Fig. 9 】