

BOWL of RICE

Beginner level

Standing position:

Feet centerline, knees bent, pelvic tilt forward, shoulders down and relaxed, arms at your side, eyes on focal point centerline, feet rooted.

While inhaling rotate your right and left hand in and out to centerline while transferring your weight to your left foot and moving your right foot up and slightly across your left knee.

While exhaling rotate your right hand in and over your left hand pinching your right hand fingers together and pointing them to the center of your left palm. Inhale and exhale while holding your position.

While exhaling transfer your weight back to centerline, release and relax your hands and foot back to your starting position.

Repeat opposite side.

Intermediate level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes on focal point centerline, strong awareness of connection of trigger points (knees-hips-shoulders, feet rooted to mother earth).

While inhaling into your Hara rotate your right and left hand in and out to centerline gathering Chi with your pinky-ring-middle-index-thumb while transferring your weight to your left foot and gliding your right foot up and slightly across your left knee.

While exhaling rotate your right hand in and over your left hand pinching your right hand fingers together and pointing them to the center of your left palm. Inhale into your Hara and exhale while holding your position.

While exhaling transfer your weight back to centerline, release and relax your hands and foot back to your starting position.
Repeat opposite side.

Advanced level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes on centerline focal point and beyond, strong awareness of connection of trigger points (knees-hips-shoulders), steel cable connections to father universe front and rear from knees-hips-shoulders, steel cable connection from coccyx to mother earth, feet rooted heavily to mother earth at the heels.

While inhaling thru your nose deeply into your Hara rotate your right and left hand in and out to centerline gathering Chi with your pinky-ring-middle-index-thumb while transferring your weight to your left heel and gliding your right foot and leg up and slightly across your left knee as though moving thru sand or bricks, palms up and elbows centerline.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth rotate your right hand in and over your left hand pinching your right hand fingers together and pointing them to the center of your left hand palm which has taken the shape of a bowl.

While holding this position inhale thru your nose deep into your Hara and exhale slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth.

While exhaling slowly and controlled from deep in your Hara, up to your throat and out your mouth which is slightly open with the tip of your tongue touching the back of your upper front teeth transfer your weight back to centerline and release and relax your hands arms leg and foot back to your starting position as though moving thru sand or bricks.

Repeat opposite side.

