

DRAGON ROOT

Beginner level

Standing position:

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

While inhaling rotate your hands in, up, and out to centerline while bending your knees to lower your body to a sitting position.

While exhaling raise yourself to an upright position maintaining your arm and hand position.

Continue exhaling while bending backward from the waist maintaining your arm and hand position. As you approach maximum bend allow your head to drop back. Inhale.

While exhaling move your body along with your arms and hands to your starting position. Using a heel-toe movement spread your legs about three to four feet apart, feet centerline.

While inhaling rotate your hands in, up and out to centerline.

While exhaling rotate your hands so that your palms are facing down while bending your upper body down from the hips until your palms are resting on the ground.

While inhaling rotate your hands in, palms up.

While exhaling move your body, arms and hands to an upright position, then rotate your hands in and down to the side your legs just above your knees. Using a heel-toe movement bring your body to your starting/standing position.

Release and relax.

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 hands in, up, and out to centerline gathering Chi with your pinky, ring, middle, index, and thumb while pulling your Hara back to lower your body to a slightly below sitting position.

While exhaling push your Hara forward to raise yourself to an upright position maintaining your arm and hand position.

Continue exhaling while pushing your Hara forward creating a backward bend maintaining your arm and hand position. As you approach maximum bend allow your head to drop back. Inhale into your Hara.

While exhaling pull your Hara back which will move your body along with your arms and hands to your starting position. Using a heel-toe movement spread your legs about three to four feet apart, feet centerline.

While inhaling into your Hara rotate your hands in, up and out to centerline gathering with your pinky, ring, middle, index, and thumb.

While exhaling rotate your hands so that your palms are facing down while pushing your Hara back bending your upper body down from the hips until your palms are resting on the ground.

While inhaling into your Hara rotate your hands in gathering with your pinky, ring, middle, index, and thumb.

While exhaling push forward from your Hara moving your body to an upright position and your arms and hands up and out thru centerline, then rotate your hands in and down to the sides of your legs just above your knees. Using a heel-toe movement bring your body to your starting/standing position.

Release and relax.

Advanced level

Standing position:

Feet centerline, knees slightly bent, pelvic tilt forward and up, shoulders down and relaxed, arms at your side, eyes centerline on 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 deep into your Hara rotate your hands in, up, and out to centerline as though moving thru sand or bricks gathering Chi with your pinky, ring, middle, index, and thumb while pulling your Hara back and pushing your Foramen Notches forward and feeling the pull from your coccyx to mother earth lowering your body to a sitting position as low as possible.

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 push your Hara forward and up using an “S” motion to raise your body to an upright position maintaining your arm and hand position.

Continue 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 while continuing to push your Hara further forward using your coccyx steel cable connection to mother earth for balance creating a backward bend maintaining your arm and hand position.

As you approach maximum bend allow your head to drop back. Inhale thru your nose deep into your Hara.

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 pull your Hara back, keeping your Foramen Notches forward which will move your body along with your arms and hands to your starting position.

Your head is the last part to move into position. . Using a heel-toe movement spread your legs about three to four feet apart, feet centerline.

While inhaling thru your nose deep into your Hara rotate your hands in, up and out to centerline as though moving thru sand or bricks gathering Chi with your pinky, ring, middle, index, and thumb.

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 hands as though moving thru sand or bricks so that your palms are facing down while pushing your Hara back, Foramen Notches forward, bending your upper body from the hips down until your palms are resting on the ground.

While inhaling thru your nose deep into your Hara rotate your hands in gathering Chi as though moving thru sand or bricks with your pinky, ring, middle, index, and thumb.

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 push your Hara forward moving your body to an upright position and your arms and hands up and out thru centerline, then rotate your hands in and down as though moving thru sand or bricks to the sides of your legs just above your knees.

Using a heel-toe movement bring your body to your starting/standing position.

Release and relax.