

HEAVEN MOUNTAIN DRAGONTAIL

Beginner level

While inhaling rotate your right hand in and up to centerline, knuckles facing, palm out while shifting your weight to your left foot and gliding your right foot to your left foot.

While exhaling rotate your right hand and arm inside out and up thru centerline above your head while gliding your right foot behind and slightly left of your left foot.

While inhaling rotate your right hand and arm inside out down thru centerline while gliding your right foot and shifting your weight to centerline position.

While exhaling release and relax your right hand and arm to your starting position.

Repeat using opposite side.

Intermediate level

While inhaling into your Hara rotate your right hand and arm in and up to centerline gathering Chi with your pinky-ring-middle-index and thumb, knuckles facing in, palm out and elbow centerline while shifting your weight to your left side and gliding your right foot to your left foot. Right toe to left heel.

While exhaling rotate your right hand and arm inside out pushing up thru centerline from under your elbow above crown chakra while gliding your right foot behind and slightly left of your left foot.

While inhaling into your Hara rotate your right hand and arm inside out down thru centerline while gliding your right foot and shifting your weight to centerline position.

While exhaling release and relax your right hand and arm to your starting position.

Repeat using opposite side.

Advanced level

While inhaling thru your nose deep into your Hara rotate your right hand in and up to centerline gathering Chi with your pinky-ring-middle-index-thumb as though moving thru sand or bricks knuckles facing in, palm out and elbow centerline while shifting your root to your left heel and turning your right hip trigger in to slide your right foot to your left foot, right toe to left heel.

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 and arm inside out pushing up thru centerline from under your elbow to centerline above crown chakra, knuckles facing in, palm out, while bending your left knee deeper, sliding your right foot behind and slightly to the left of your left foot, as though moving thru sand or bricks.

Your right foot position is on it's blade, heel down, and facing to the left.

While inhaling thru your nose deep into your Hara rotate your right hand and arm inside out down thru centerline, knuckles facing in, palm out and elbow centerline while sliding your right foot back to centerline position.

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 release and relax your right hand and arm to starting position.

Repeat opposite side.