

IN WITH THE GOOD - OUT WITH THE BAD

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 right hand in and up to centerline. Knuckles facing in, palm out.

While exhaling rotate your right hand in, palm facing in and knuckles facing out, while pushing out thru centerline.

While inhaling rotate your right hand out, knuckles facing in and palm facing out while pulling in to centerline.

While exhaling rotate your right hand in, palm facing in and knuckles facing out, while pushing out at a 45* angle while rotating your right foot to a 45* angle. (use the inside outside-outside inside technique for lower body movement).

While inhaling rotate your right hand out, knuckles facing in and palm facing out while pulling in to centerline while rotating your right foot back to centerline. (use the inside-outside technique for lower body movement).

While exhaling rotate your right hand in, palm facing in and knuckles facing out, while pushing out at a 90* angle while rotating your right foot to a 90* angle. (use the inside outside-outside inside technique).

While inhaling rotate your right hand out, knuckles facing in and palm facing out while pulling in to centerline while rotating your right foot back to centerline. (use the inside-outside technique).

While exhaling rotate your right hand in, palm facing in and knuckles facing out, while pushing out at a 135* angle while rotating your right foot to a 135* angle. (use the inside outside-outside inside technique).

While inhaling rotate your right hand out, knuckles facing in and palm facing out while pulling in to centerline while rotating your right foot back to centerline. (use the inside-outside technique).

While exhaling rotate your right hand in, palm facing in and knuckles facing out, while pushing out at a 180* angle while rotating your right foot to a 180* angle. (use the inside outside-outside inside technique).

While inhaling rotate your right hand out, knuckles facing in and palm facing out while pulling in to centerline while rotating your right foot back to centerline. (use the inside-outside technique).

Release and relax right hand to starting position.

Repeat movement using your left 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 hand in and up to centerline gathering Chi with your pinky-ring-middle-index and thumb. Knuckles facing in, palm facing out and elbow centerline.

While exhaling rotate right hand and arm in, palm facing in and knuckles facing out, while pushing out thru centerline from your palm heel.

While inhaling into your Hara rotate your hand and arm out, palm facing out, knuckles facing in, while pulling back in to centerline gathering Chi with your pinky- ring- middle-index-thumb.

While exhaling rotate your hand and arm in, palm facing in knuckles facing out, while pushing out from your palm heel at a 45* angle while rotating your foot and leg to a 45* angle. (use the inside-outside/outside-inside technique).

While inhaling into your Hara rotate your hand and arm out, knuckles facing in, palm facing out while pulling back in to centerline gathering Chi with your pinky-ring-middle-index and thumb while rotating your foot and leg back to centerline. (use the inside-outside/outside-inside technique).

While exhaling rotate your hand and arm in, palm facing in knuckles facing out, while pushing out from your palm heel at a 90* angle while rotating your foot and leg to a 90* angle. (use the inside-outside/outside-inside technique).

While inhaling into your Hara rotate your hand and arm out, knuckles facing in, palm facing out while pulling back in to centerline gathering Chi with your pinky-ring-middle-index and thumb while rotating your foot and leg back to centerline. (use the inside-outside/outside-inside technique).

While exhaling rotate your hand and arm in, palm facing in knuckles facing out, while pushing out from your palm heel at a 135* angle while rotating your foot and leg to a 135* angle. (use the inside-outside/outside-inside technique).

While inhaling into your Hara rotate your hand and arm out, knuckles facing in, palm facing out while pulling back in to centerline gathering Chi with your pinky-ring-middle-index and thumb while rotating your foot and leg back to centerline. (use the inside-outside/outside-inside technique).

While exhaling rotate your hand and arm in, palm facing in knuckles facing out, while pushing out from your palm heel at a 180* angle while rotating your hips and shoulders 90* and your foot and leg to a 180* angle. (use the inside-outside/outside-inside technique).

While inhaling into your Hara rotate your hand and arm out, knuckles facing in, palm facing out while pulling back in to centerline gathering Chi with your pinky-ring-middle-index and thumb while rotating your foot, leg and hips back to centerline. (use the inside-outside/outside-inside technique).

Release and relax your hand and arm to your starting position.

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 deeply into your Hara rotate your right hand in and up to centerline gathering Chi with your pinky-ring-middle-index and thumb as though moving thru sand or bricks. Knuckles facing in, palm facing out and elbow 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 and arm in, palm facing in and knuckles facing out while pushing out from your palm heel as though moving thru sand or bricks.

While inhaling thru your nose deep into your Hara rotate your right hand and arm out, knuckles facing in, palm facing out while pulling back in to centerline 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 right hand and arm in, palm facing in and knuckles facing out while pushing out from your palm heel at a 45* angle while rotating your right foot and leg from your hip trigger to a 45* angle as though moving thru sand or bricks. (use the inside-outside/outside-inside technique for lower body movement).

While inhaling thru your nose deep into your Hara rotate your right hand and arm out, knuckle facing in, palm out, while pulling back in to centerline gathering Chi with your pinky-ring-middle-index and thumb while rotating your foot and leg from the hip trigger back to centerline as though moving thru sand or bricks. (use the inside-outside/outside-inside technique for lower body movement).

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 in, palm facing in and knuckles facing out while pushing out from your palm heel at a 90* angle while rotating your right foot and leg from your hip trigger to a 90* angle as though moving thru sand or bricks. (use the inside-outside/outside-inside technique for lower body movement).

While inhaling thru your nose deep into your Hara rotate your right hand and arm out, knuckle facing in, palm out, while pulling back in to centerline gathering Chi with your pinky-ring-middle-index and thumb while rotating your foot and leg from the hip trigger back to centerline as though moving thru sand or bricks. (use the inside-outside/outside-inside technique for lower body movement).

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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 in, palm facing in and knuckles facing out while pushing out from your palm heel at a 180* angle while rotating your hips 90* and your right foot and leg from your hip trigger to a 180* angle as though moving thru sand or bricks. (use the inside-outside/outside-inside technique for lower body movement).

While inhaling thru your nose deep into your Hara rotate your right hand and arm out, knuckle facing in, palm out, while pulling back in to centerline gathering Chi with your pinky-ring-middle-index and thumb while rotating your hips, foot and leg from the hip trigger back to centerline as though moving thru sand or bricks. (use the inside-outside/outside-inside technique for lower body movement).

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

Repeat movements using your left side.