

# **INTERNAL HEAVEN and EARTH SEPARATION**

## **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 and exhaling Dragon Root rotating your hands and arms in and up to centerline while moving your Hara back lowering your body to a sitting position 18” from the ground.

Then move your Hara forward raising your body to an upright position, arms extended to centerline.

Continue moving your Hara forward bringing your body to a backbend position, then move your Hara back bringing your body to an upright position rotating your hands and arms to your side to your starting 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 and exhaling, Dragon Root rotating your hands and arms in and up to centerline gathering Chi with your pinky, ring, middle, index, and thumb while moving your Hara back lowering your body to a sitting position 12” from the ground.

Then move your Hara forward and up using your “S” motion raising your body to an upright position and continuing beyond to a backbend position, then move your Hara back, bringing your body to an upright position rotating your hands and arms to your side to your starting 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 deeply into your Hara and 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 behind your upper front teeth.

Dragon Root, rotating your hands and arms as though moving thru sand or bricks in and up to centerline gathering Chi with your pinky, ring, middle, index and thumb while moving your Hara back, Foramen Notches forward, lowering your body to a sitting position 6” from the ground.

(To go lower push your Hara further back. Do not bend from the knees or waist).

Then move your Hara forward and up using your “S” motion and heavy breath expulsion raising your body to an upright position and continuing beyond to an extreme backbend position.

(To continue moving back push your Hara further forward).

Then move your Hara back using your “S” motion bringing your body to an upright position while pulling Chi rotating your hands and arms to your side as though moving thru sand or bricks.

Separate your feet 12 to 18 inches beyond your shoulder width using your heel/ball rotation movement.

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

Rotate palms down feeling the Chi pull from Father Universe to Mother Earth.

While exhaling from deep in your Hara up to your throat and out your mouth with your tongue behind your upper front teeth move your Hara back bending at the hip triggers.

Continue to move your Hara back while maintaining Foramen Notches forward until your palms are touching flat on the ground.

While inhaling thru your nose deeply into your Hara rotate your hands and arms in and up to centerline as though moving thru sand or bricks gathering Chi with your pinky, ring, middle, index and thumb while moving your Hara forward and up using your “S” motion to an upright position.

While exhaling from deep in your Hara up to your throat and out your mouth with it slightly open with the tip of your tongue touching the back of your upper front teeth rotate your palms in and down to your sides feeling the Chi pull from Father Universe to Mother Earth.

Using your heel/ball rotation movement bring your feet back to your starting position.

Release and relax.