

UNIVERSAL MOTHER EARTH MOUNTAINSIDE DRAGONTAIL

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 both right and left hands and arms in and up and across your body, left side under, palm facing up and right side top palm facing down.

While exhaling transfer your weight to your left foot and rotate your right hand over your left and your left hand under your right extending your right hand and arm out to centerline while gliding your right foot behind and slightly left of your left foot keeping your right foot above the ground.

While inhaling rotate your hands and arms back to top and bottom position while gliding your right foot and shifting your weight back to your starting position.

While exhaling release and relax your hands and arms to your starting position.

Repeat using 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 gathering Chi with your pinky-ring-middle-index-thumb rotate both right and left hands and arms in and up and across your body left side under, palm facing up and right side top palm facing down.

While exhaling transfer your weight to your left foot and rotate your right hand over your left and your left hand under your right gathering Chi with your pinky-ring-middle-index-thumb extending your right hand and arm out to centerline while gliding your right foot behind and slightly left of your left foot keeping your right foot above the ground.

While inhaling in to your Hara rotate your hands and arms back to top and bottom position while gliding your right foot and transferring your weight back to your starting position.

While exhaling release and relax your hands and arms to your starting position.

Repeat using 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 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 gathering Chi with your pinky-ring-middle-index-thumb rotate both your right and left hands and arms in and up to centerline then across your body left side under palm facing up and right side top palm facing down as though moving thru sand or bricks.

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 root to your left heel and rotate your right hand over your left and your left hand under your right gathering Chi with your pinky-ring-middle-index-thumb and extending your right hand and arm out to centerline, your left hand and arm down at your left side palm facing back while turning your right hip trigger in slide your right foot to your left foot, right toe to left heel, foot slightly above the ground.

While bending your left knee deeper continue gliding your right foot behind and slightly left of your left foot keeping your right foot above the ground.

All movements as though moving thru sand or bricks.

While inhaling thru your nose deep into your Hara rotate your hands and arms back to top and bottom position while transferring your root and gliding your right foot back to 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 release and relax your hands and arms to starting position as though moving thru sand or bricks.

Repeat using opposite positions.

