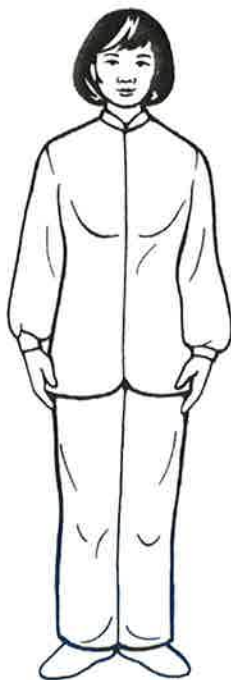


THE 6 BASIC MOVEMENTS

All positions represented as mirror image.



Starting Position

Stand with your body upright but relaxed: feet slightly apart, knees loose, eyes looking forward, chin tucked in, shoulders relaxed. Cleanse your mind.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

1. Commencing Movement



a.
Breathing in, lift both arms to the front.



b.
Breathing out, lower the arms, bringing the hands to below the waist. Bend the knees slightly.



c.
Lift the arms, (elbows bent). Step forward with left heel.



d.
Pushing hands forward, bring the right foot in line with the left foot.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

2. Opening and Closing Hands



a.
Bring hands in
to front of chest.
(hands should
be about head
width apart)



b.
Breathe in, open
hands.
(hands should
be about shoul-
der width apart).



c.
Breathing out,
push hands in
toward each
other.
(hands should
be about head
width apart)

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

3. Single Whip



a.
Step to the right
and slightly for-
ward with the
right heel.



b.
Shifting your
weight onto the
right leg, push
the palms for-
ward.



c.
Turn the palms
to face forward
and extend the
arms outwards,
while watching
the left hand.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

4. Waving Hands in the Cloud



a.
Bring the right hand toward the left elbow, right foot in line with the left.



b.
Stepping side-ways with the right foot, move the right hand upwards, and the left hand downwards.



c.
Bringing the left foot closer to the right foot, turn the upper body and arms to the right.



d.
Move the right hand down, and the left hand up.



e.
Turn the upper body and arms to the left.

Improve Your Life

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

Second Waving Hands



a. _____
Stepping out with the right foot, move the right hand upwards, and the left hand downwards.



b. _____
Bringing the left foot in, turn the upper body and arms to the right.



c. _____
Move the right hand down and the left hand up.



d. _____
Turn the upper body and arms to the left.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

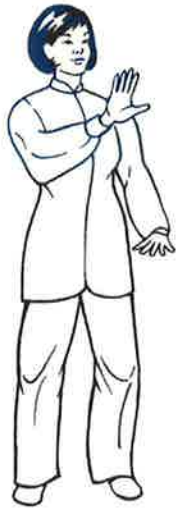
Third Waving Hands



a. _____
Stepping out with the right foot, move the right hand upwards, and the left hand downwards.



b. _____
Bring the left foot in, and turn the upper body and arms to the right.



c. _____
Move the right hand down and the left hand up.



d. _____
Turn the upper body and arms to the left.