

Pal Dan Gum (repeat each movement 2-3 times)

Upholding the heavens



Inhale, interlace palms, raise up over head, raise up on toes, stretch toward the sky, look up.

Opening the bow



Knees bent, extend left index finger imagine holding a bow, pull bow string with right hand, turn head left. Turn and repeat on other side.

Touching heaven and earth



Extend left arm above the head, palm up. Lower your right hand behind back, palm down, look up, stretch. Repeat on other side.

Looking behind you



Pull your arms to the side and back, turn head left looking back, arch chest out, palms facing the earth. Repeat looking right.

Swing the trunk and head



Knees relaxes, hands on hips, bend upper body to the left stretching in waist circles. Repeat in opposite directions

Stretch backwards



Place palms on lower back , fingers downward, carefully bend knees and arch backwards, head and eyes upward.

Stretch legs standing on toes



Knees relaxed, hands palm down at your sides, wrists flexed upward, raise up on your toes.

Punch with fists and Roar like a lion



Knees bent, fists up at waist, punch your left then right fist forward turning them over to face down as you extend your arms, utter a loud "ho" and retract fists. Repeat on right and then on the left. Repeat 3 times. Pull arms forward, fingers like claws, bending forward with a ferocious roar. To complete, bend forward from waist and relax entire body.