

ENERGY WORKOUT



Section One- The Breath

- 1.Hands up the front
- 2.Arms up the side
- 3.Alternating left and right
- 4.Spread chest
- 5.Power breaths

Section Two - The Joints

- 1.Turn neck
- 2.Draw bow
- 3.Reaching to the sky
- 4.Turn wrists
- 5.Tiger glances at the moon
- 6.Hip Circles
- 7.Hip circles in squat position
- 8.Foot extension and ankle circles
- 9.Up and down on the balls of the feet

Section Three- The Energy

- 1.Side to Side swing
- 2.Reverse swing
- 3.The Master swing
- 4.The Big swing
- 5.Forward and Back swing

Section Four- Integration

- 1.Ride the Horse
- 2.Standing Bear
- 3.Cloud Hands

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www.namhoa-internal-arts.com

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