



Level I Program:

Fix the body

- Loosening and stretching exercises, approximately 5 minutes;
- Acupressure (Dō-in) and massage on the joints with the Aikidō levers, approximately 5 minutes;
- Nishi exercises, approximately 5 minutes;

Adjust your breathing

- Morning breaths (from Nakamura Tempu), approximately 10 minutes;
- Settle your mind and heart.
- Rudiments of Tai Sabaki: Irimi tenkan, Kaiten, Shihogiri, Torifune, etc. 5 minutes approximately;
- Roll on the spot, about 2-5 minutes;
- Walking on the spot, visualization exercises
- Final breaths, approximately 2-5 minutes.

At the beginning, and between one series and another, shaking of the hands to circulate the ki. This exercise, extremely easy to perform, allows you to achieve complete relaxation of the body and a state of maximum stability at the same time. It is performed in an upright position, feet placed shoulder width apart, bringing the thought to the center of the body on the ki point, a fist under the navel, the arms hanging relaxed at the sides. Remaining concentrated on the point of ki (the natural center of gravity of the human being: lower tan t'ien, in Chinese; hara or tanden in Japanese), shake the wrists and fingers as quickly as possible, until the whole body vibrates: this it is only possible if you do not put force into the movement. Thus, all the tensions in the body are released, with positive effects also on the nervous system, the endocrine system and the lymphatic system.

Level II Program:

Added to this are the breathings taught in Kinoremna by Master Tada, which come from Raja Yoga¹ and concentration and breathing exercises of Taijiquan and Qigong, such as Ba Duan Jin (8 Pieces of Brocade), taught by Master Xu Xin. The Eight Pieces of Brocade are exercises as precious as the fabric from which they take their name: they activate the main "Meridians" of the body, relax the tendons and joints. They promote balance and concentration, strengthen bones. They can be learned in a short time and constant practice brings longevity, health and clarity of mind.

Since the exercises are very numerous, over 140, these two proposals are only indicative. The Trainers themselves will establish, in relation to the concrete situations in which they will find themselves operating, the most appropriate exercises on a case-by-case basis.

We would like to point out two important positive results that can be achieved through the practice of the Katsura System: the refinement of motor coordination and the improvement of proprioceptive ability.

Motor coordination is the ability to execute the mental idea of a movement, whether simple or complex, with maximum effectiveness and the least expenditure of energy. Coordination, in fact, means connecting multiple muscle contractions and relaxations in order to achieve a harmonious final movement that is as balanced as possible. The exercises proposed by the Katsura System are particularly suitable for achieving an optimal level of motor coordination.

Proprioception is divided into two components: the conscious component, called "proprioception", and an unconscious one called "archaeoproprioception".

Conscious proprioception includes:

1- the sensation of joint position: this warns of the position in which a limb is located. For example, when you hold an arm raised, still above your head, even if you are not looking at it, the body senses that it is in that position.

2- The sensation of joint movement (kinesthesia): if you move your arm, you feel its movement in space.

Unconscious archaeoproprioception is the basis of the reflexes that make the body stable. It is an automatic system that does not involve consciousness.

Riva: "... that flow of signals which involves, together with the peripheral receptors, the most primitive structures of the nervous system: spinal cord, brainstem and primordial part of the cerebellum, common not only to lower mammals but also to other invertebrates. These structures are defined as subcortical, as they do not enter the dominion of consciousness."²

The proprioceptive ability is a particular sensitivity, thanks to which the organism has the perception of itself in relation to the external world. In fact, it is not only sight, hearing or touch that inform how the body is positioned in reality, but the proprioceptive sensitivity which allows you to feel the movement of an arm or a leg even when the eyes are closed and allows the body to move at its best.

Unifying mind and body is the best and safest way to refine motor coordination and evolve proprioception.

1. Un recente studio scientifico, che ha utilizzato la risonanza magnetica su persone che praticavano la meditazione Rajayoga, ha evidenziato notevoli effetti sul volume del cervello nonché sul 'pensiero positivo'. Ramesh Babu M G, Rajagopal Kadavigere, Prakashini Koteshwara, Brijesh Sathian & Kiranmai S. Rai, *Rajyoga Meditation Experience Induces Enhanced Positive Thoughts and Alters Gray Matter Volume of Brain Regions: A Cross-sectional Study*. Published: 08 May 2021 <https://link.springer.com/article/10.1007/s12671-021-01630-8>.

2. Dario Riva, *Archeoproprioception, Sport & Medicina*, Numero 2, Ed. Ermes, 2000, pp. 49-56. https://www.researchgate.net/publication/280775488_Archeoproprioception

Card for level I trainers

First level exercises - KS

Body

standing

- 1 Shake your hands
- 2 Rotate the central axis
- 3 Rotate your torso with the imaginary sphere
- 4 Rotate your arms and shoulders
- 5 Clean the mirror
- 6 Kaiten, ikkyō and shihōnage
- 7 Rotate hands at the level of the solar plexus
- 8 Circumduction of the hips
- 9 Circles with knees with feet apart
- 10 Circles with knees with feet together
- 11 Untie your wrists and ankles
- 12 Spinal stretching
- 13 Lateral spinal stretch
- 14 Crossed spine stretch
- 15 Go on your knees left and right
- 16 Stretch the Achilles tendon
- 17 Squat down and hug your legs

to the ground

- 18 Yōdōhō
- 19 Rotation of knees, shoulders and feet
- 20 Stretching and rotation of hands and feet
- 21 Bend your knees to the right and left
- 22 One foot on the knee, spinal stretching
- 23 Putting and taking away strength throughout the body
- 24 Bring your hands to your feet
- 25 Loosen and open your hips
- 26 Circular movement of the legs
- 27 Bring your hands to your feet (seen in profile)

on his knees (seiza)

- 28 Doin

Nishi System

- 29 Raise and lower your shoulders
- 30 'Hifuku undo' left and right
- 31 'Hifuku undo' in small circles
- 32 Loosen the neck muscles
- 33 Nishi system 'kingyo undo'
- 34 'Kingyo undo' (golden fish)
- 35 'Gasshō gasseki undo' hands and feet together
- 36 'Mokan undo' shaking hands and feet

Breath

- 1 Vocalizzare: A I U E O M
 - 2 Aun kokyū
 - 3 Kokyū awase
 - 4 Gasshō
 - 5 Gasshō visto di profilo
- Nakamura Tempu System**
- 6 Kokyū sōren: on tiptoe
 - 7 Clenched fists near the shoulders,
 - 8 Make whole body vibrate closing the fists
 - 9 Gently tap the chest
 - 10 Gently tap the chest while inhale
 - 11 Hands rise up from hips to the chest
 - 12 Open the chest
 - 13 Close in a walnut
 - 14 Clean the lungs exhaling
 - 15 Kiaii profilo)

Mind-Heart

- 1 Shihogiri hidari hanmi
- 2 Shihogiri migi hanmi
- 3 Ashi sabaki nr 1 (okuri ashi)
- 4 Ashi sabaki nr 2 (tsugi ashi)
- 5 Laughter Yoga: A I U E O M
- 6 Breathing heaven earth man
- 7 Descend into Seiza
- 8 Descending into Seiza seen in profile
- 9 Seiza seen from behind

Body

chōshin, 調身 (子) – put the body in order

Standing

body 01:

Ensure a stable position with your feet parallel, stay soft on your knees, relax your shoulders, shake hands up and down

Benefits:

Loosen the joints (necks, elbows and shoulders)

Relax the muscles

Activate the circulation

Repetitions:

Series 12 for type 1 to 4 times

<https://youtu.be/hNhGt84ij4I>

body 02:

rotate the central axis of the body with relaxed arms. First with a small movement, then increasingly larger, moving the weight from one foot to the other.

Ensure a stable position with feet parallel, keep the axis of the body vertical leaving the shoulders and arms completely relaxed, remain soft on the knees.

Benefits:

Loosening of joints (shoulders, arms and hips)

Relax your muscles

Increase body stability

Increase the torsional elasticity of the spine

Increase balance

Increase awareness of the axis of your body

Repetitions:

Serie 20 per tipo da 1 a 4 volte

<https://youtu.be/blK1WeyWQgo>

body 03:

softly rotate the torso with the hands holding an imaginary sphere, describing large clockwise and anti-clockwise spirals starting from waist height up to above the head and returning to waist height

Benefits:

Stretching of the back and hip muscles

Tone abdominal, back and arm muscles

Increase body stability

Increase balance

Increase the openness and perception of the surrounding space

Repetitions:

Series 8 alternating clockwise and counterclockwise (1 to 3)

BODY

01



02



03

BODY

04**body 04:**

Rotate your shoulders and arms by drawing wide circles first forward then backward. Keep your arms and hands outstret. Find a stable position on the feet apart (shoulder width), keep the body axis vertical and fix the gaze at a distance of 2 meters on the floor

Benefits:

Dissolve the shoulder joints

Toning the muscles of the shoulders and arms

Toning the dorsal and abdominal muscles

Increase stability.

Increase the balance

Increase concentration and concentration

Repetitions:

Series of 12 in both directions (series 1 to 4)

05**body 05:**

Rotate your shoulders and arms imagining to clean a mirror with wide movements. Find a stable position on the feet apart (shoulder width), keep the vertical body axis and stare at you as if looking at yourself in the mirror

Benefits:

Dissolve the joints (shoulders and elbows)

Toning the shoulder muscles

Toning the pectoral muscles

Toning the upper back muscles

Repetitions:

Series of 12 in one direction and the other (series 1 to 4)

06**body 06:**

Rotate the body axis (kaiten) to the left - rotation arms and shoulders (movement of ikkyō and shihōnage); then kaiten to right - rotation shoulders (movement of ikkyō and shihōnage). Find a stable position in hanmi (half-body posture), look at the horizon in the direction of the front foot, stay soft on your knees, perform rotations with arms and fingers well stretched out clockwise and counterclockwise.

Benefits:

Dissolve the shoulder joints

Tone the musculature of the arms of the shoulders, pectoral and dorsal arms

Increase the stability of the body

Increase the ability to concentrate

Repetitions:

12 series in both directions (series 1 to 4)

BODY

07**body 07:**

Rotate your hands and forearms in front of the solar plexus, in one direction and the other. Open and close your hands vigorously forward. Find a stable position on the feet apart (shoulder width), keep the vertical body axis, keep your wrists and hands relaxed

Benefits:

Dissolve the joints of the elbow and wrist

Increase the musculature of the shoulders

Increase the musculature of the cervical and dorsal muscles

Increase body coordination.

Increase the ability to concentrate

Repetitions:

Starting from 1 to 5 minutes (series 1 to 3)

body 08:

Circumduction of the pelvis clockwise and counterclockwise.

Find a stable position on your feet apart (shoulder width), bring your hands to your waist, keep your knees soft and fix your gaze at the horizon.

Benefits:

Dissolve the joints of the hips

Dissolve the lumbar muscles.

Increase stability.

Increase the balance

Become aware of the central axis of the body and internal tensions

Repetitions:

10 clockwise and 10 counterclockwise

<https://youtu.be/mxqKzLFRPmc>

body 09:

circumduction of knees with legs apart.

Find a stable position on the feet apart (slightly wider than the shoulders width), rest your hands on your knees for more control of movement. Keep your gaze at 1.5 m on the floor

Benefits:

Dissolve the knee joints.

Feeding tendons and cartilage of the knees

Dissolve the joints of the hips and ankles

Stretching the lumbar musculature

Increase the balance

Increase awareness of internal tensions

Repetitions:

Series of 10 in one direction and in the other (from 1 to 3)

0809

BODY

10**body 10:**

circumduction knees with joined legs.

Find a stable position on your feet together, rest your hands on your knees for more control of movement. Keep your gaze at 1.5 m on the floor

Benefits:

Dissolve the knee joints.

Feeding tendons and cartilage of the knees

Dissolve the joints of the hips and ankles

Stretching the lumbar musculature

Increase the balance

Increase awareness of internal tensions

Repetitions:

Series of 10 in one direction and in the other (from 1 to 3)

https://youtu.be/w_99ntv3Mmg

body 11:

loosen wrists and ankles.

Cross the fingers in front of the solar plexus and make rotations first in one direction and then in the other, at the same time carry the weight first on one foot and then on the other and rotate, on the fingers of the other foot, the ankle.

Benefits:

Dissolve the joints of the wrists

Dissolve the finger joints of the hands

Dissolve the ankle joints

Dissolve the joints of the toes

Increase the balance

Increase the ability to coordinate hands and feet

Increase awareness of internal tensions

Repetitions:

20 on one foot and 20 on the other (series 1 to 3)

<https://youtu.be/AjziZh6tmbM>

body 12:

stretch your back forward (stretching the spine) until you touch the ground with your hands; then relax and drop vertebra by vertebra. First walk together and then apart. Find a stable position on your feet, carry the weight on your heels, imagine getting into the floor with your heels and stretching your torso and arms as if you wanted to touch the ceiling with your fingertips. Bring your torso and arms forward while keeping the weight on your heels with the idea of stretching. Then go down with your hands and torso to the ground and let go of any tension from your neck and shoulders. Ideally, also drop worries and thoughts.

Benefits:

Stretching of the tendons of the legs

Elongation of the back muscles

Dissolve cervical and dorsal contractures

Emptying the mind of negative thoughts

Increase the stability of the body

Repetitions:

2 to 4 times to walk together and apart

1211

BODY

13**body 13:**

Find a stable position on the feet apart, slightly wider than the shoulders, stretch one arm upwards as you touch the ceiling then tilt your torso in the opposite direction laterally, then relax by dropping your head sideways until you return to the center. First on one side then on the other.

Benefits:

Stretching of the tendons of the legs

Elongation of the lateral musculature of the back

Dissolve cervical and dorsal contractures

Emptying the mind of negative thoughts

Increase the stability of the body

Repetitions:

2 to 4 times

body 14:

Stretch your back (side-stretching of the spine) to the right and left by crossing your torso.

Find a stable position on your feet, carry the weight on your heels, imagine getting into the floor with your heels and stretching your torso and arms as if you wanted to touch the ceiling with your fingertips. Bring your left hand to touch your right foot looking at the other hand facing the ceiling then relax by dropping your head until you return to the center. Then run with your right hand.

Benefits:

Stretching of the tendons of the legs and hips

Elongation of the back muscles

Dissolve cervical and dorsal contractures

Emptying the mind of negative thoughts

Increase the stability of the body

Repetitions:

2 to 4 times

body 15:

Get down to your knees and get up by rotating the axis of the body to the right and left.

Find a stable position on your feet with the weight on the front of the foot, rotate the body axis first in one direction and bring the back knee to the floor and then get up run to the other side.

Benefits:

Dissolution of the ankle joints

Dissolution of the knee joints

Dissolution of hip joints

Increased tone of the muscles of the legs, thighs and buttocks

Increase the stability of the body

Refine the sense of balance

Repetitions:

2 repetitions per side (1 to 3 sets)

1415

body 16:

Stretch your Achilles tendons then go down to your knees and stretch your back upwards with your hands crossed - then rest your hands on the ground and stretch your legs.

Find a stable position on the feet with the weight on the front of the foot, rotate the body axis first in one direction and bring the back knee to the floor; stretch your back and hands with fingers crossed upwards, rest your hands on the ground and raising your pelvis stretch your legs. Then get up and run on the other side.

Benefits:

Elongation of the Achilles tendon
 Dissolution of the ankle joints
 Dissolution of the knee joints
 Dissolution of hip joints
 Increased tone of the muscles of the legs, thighs and buttocks
 Increase the stability of the body
 Refine the sense of balance

Repetitions:

2 repetitions per side (1 to 3 sets)

body 17:

Parallel feet go down crouching and extend your arms forward.
 Find a stable position on the parallel feet slightly apart, squat and stretch forward and slightly upwards the arms with the fingers intertwined, but the index fingers stretched stretching the spine but causing the sacrum to fall to the ground

Benefits:

Dissolution of the joints of the knee ankles and also
 Stretching of the muscles of the legs and buttocks
 Back muscle stretching (lombo-sacral area)
 Increase in equilibrium

Repetitions:

series of two (1 to 3)

A terra:**body 18:**

yōdōhō: Move pelvis to the right and left
 Lying with your back to the ground, keeping your arms relaxed along your hips, move your pelvis left and right while keeping your body relaxed.

Benefits:

Dissolution of internal bodily tensions
 Dissolution of internal non-corporeal tensions
 General relaxation
 Sensitization of the center of the body

Repetitions:

1 to 3 minutes (1 to 3 times)

<https://youtu.be/VbM2JPtn-vI>

body 19:

Lying on the ground on your back, raise your knees and place your right hand on your right knee, your left hand on your left knee. Rotate the knees by drawing circles with them in the opposite direction (right clockwise, left counterclockwise), first in one direction then in the other. Involve in the movement also and shoulders.

Benefits:

Dissolution of hip joints
 Dissolution of the shoulder joints
 Dissolution of the groin
 Coordination of movement arms shoulders – legs also

Repetitions:

Series of 12 movements in one direction and 12 in the other (1 to 3 series)

<https://youtu.be/LYnR08SCe5kb>

body 20:

Stretching and rotation hands and feet
 Lying with your back to the ground, lift your feet up and grab your big toes with your index finger and thumb of your hands, stretch your knees. Then leave the grip and rotate so wrists and ankles first in one direction then in the other (first, foot and right hand turns clockwise and at the same time foot and left hand turns counterclockwise; then the reverse)

Benefits:

Stretching of the thigh and leg muscles
 Stretching of lumbar and gluteal muscles
 Dissolution of wrist and ankle joints
 Increased coordination.
 Release of internal tensions

Repetitions:

Stretching for about ten seconds, rotation of wrists and ankles from 1 to 3 minutes (1 to 3 sets)



BODY

21**body 21:**

Bend your knees left and right Lying with your back to the ground raise your knees and keep your feet in contact with the floor; bring your knees to the ground by holding your feet in place, first on one side then on the other. Take care to bring the knee that touches internally also forward

Benefits:

Dissolution of the femur-acetabul joint
Stretching of the thigh muscles

Repetitions: 4 Series (1 to 4 Series)

22**body 22:**

With one foot on the thigh bring your knees to the ground and turn your head to the opposite side (stretching the spine). Right and left.

Lying with your back to the ground with the soles of your feet on the floor and your knees raised, bring your right foot above your left knee and bend your knees sideways to the left to the ground, helping yourself with your left hand on your right thigh. At the same time, gently turn your head to the right, taking care not to lift your shoulders off the ground. Then, reversing everything, perform the exercise in the opposite direction

Benefits:

Stretching della colonna vertebrale grazie alla torsione
Stretching of the spine thanks to twisting
Release of muscle tension and more
Muscle toning arms shoulders

Repetitions: Series 1 to 3 on both sides (1 to 3 series)

23

body 23: Put strength throughout the body (contract and then relax).

Lying with your back on the ground and your arms along your hips, first contract all your muscles by inhaling and then relax by exhaling.

Benefits:

Energizing the whole body
Increase the ability to relax
Dissolve internal tensions
Increase the concentration

Repetitions: Series of 2 (1 to 4 series)

24

body 24: Sitting with his legs out stretched forward. Stretch your arms up and bring your hands to your feet by stretching your spine

You stretch your arms, and with them your back, at the top by inhaling; you bring your hands to your feet by exhaling.

Benefits:

Nourishment of the muscles of the back, gluteal shoulders and legs
Elongation of the spine
Set-up of posture

Repetitions: Series 1 to 3 (1 to 3 series)

BODY

25**body 25:**

Sitting with the feet with a united plan collected in the groin and held by the hands. Move your knees up then to the ground like the wings of a butterfly. First together, then alternating right and left knee

Benefits:

Melt the hips.
Increase the breadth of hip mobility
Dissolve the femur joint acetabul
Increase the elasticity of the inquine

Repetitions:

1 to 3 minute sets (1 to 3 sets)

body 26:

From sitting make circular movement in the opposite direction of the legs to draw large circles on the ground with the feet, first in one direction then in the other. Help yourself with the palms of your hands resting on the ground on the side behind the buttocks

Benefits:

Dissolution of the groin muscles
Dissolution articulation of the hips
Increased coordination.
Increased endurance

Repetitions:

Series of 12 on one side and on the other (from 1 to 3 series)

26**body 27:**

Sitting with his legs out stretched forward. Stretch your arms up and bring your hands to your feet by stretching your spine

You stretch your arms, and with them your back, high by inhaling; you bring your hands to your feet by exhaling. (as a body 24 exercise, but seen in profile)

Benefits:

Nourishment of the muscles of the back, gluteal shoulders and legs
Elongation of the spine
Set-up of posture

Repetitions:

Series 1 to 3 (1 to 3 series)

27

BODY

28**From seiza:**

body 28: Self-massage fingers hands arms shoulders hips
Sitting in Seiza massage the palm, fingers and back of the hand with the thumb of the other hand; then tap with the fists along hands forearms arms shoulders chest hips and also; first on one side then on the other

Benefits:

Improved blood circulation
Relaxation of internal contractures
Rebalancing of energy flow
General energization and tonification

Repetitions:

1 time on one side and on the other (1 to 3 times)

[-https://youtu.be/vuVDCGKS4Ls](https://youtu.be/vuVDCGKS4Ls)

**Nishi System:****body 29:**

Nishi system raise and lower your shoulders quickly
From sitting position in Seiza move your shoulders up and down

Benefits:

Relaxing your shoulders
Relax and tone the trapezoid
Preventing paralysis of the upper limbs
Prevent stiffening of the shoulders

Repetitions:

1 to 2 minute series (1 to 2 series)

<https://youtu.be/EwkkrdLrzLY>

body 30:

Nishi system 'hifuku undo' pendulum left and right vigorous with torso From sitting position in Seiza swing the body to the right and left using the coccyx as the fulcrum

Benefits:

Stimulate the sympathetic system and the vagus nerve
Balance their functionality
Controlling the dangerous dilation of cerebral circulation
Preventing intestinal stasis

Repetitions:

From 1 to 10 minutes

body 31: *Nishi system 'hifuku undo'* small circles with bust, timetables and counterclockies From sitting position in Seiza swing the body in hourly and counterclockly circles using the coccyx as the fulcrum.

Benefits:

Stimulate the sympathetic system and the vagus nerve
Balance their functionality
Controlling the dangerous dilation of cerebral circulation
Preventing intestinal stasis

Repetitions:

From 1 to 10 minutes

body 32: *Nishi system* smelting of the neck muscles

Standing or sitting, bend your head left and right, then back and forth; turn your head left and right; turn your head clockwise and counterclockwise

Benefits:

Relaxing the muscles of the neck
Stimulate important blood vessels
Stimulate the sympathetic system and the vagal nervous system
Preventing diseases of the spine

Repetitions: Each movement repeated 10 times

BODY

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BODY

33**Back to the ground:****body 33:***Nishi system 'kingyo undo' sinusoidal*

Stretch out with your back to the ground, bend back towards the body as much as possible with your toes together, place your hands behind your neck between the fourth and fifth cervical; from this position swing your body like a swimming goldfish does.

Benefits:

Adjustment of the spine.
Preventing scoliosis
Fix deviated vertebrae
Relaxing unnecessary tension of the spinal nerves
Improve blood circulation
Additional benefits to the sympathetic, nervous, circulatory system

Repetitions:

1 to 2 minutes (1 to 2 times)

body 34:*Nishi system 'kingyo undo' (golden fish movement)*

From the lying position with your back to the ground, bend back towards the body as much as possible the fingers together, place your hands behind the neck between the fourth and fifth cervical; from this position swing the body as a swimming goldfish does.

Benefits:

Adjustment of the spine.
Preventing scoliosis
Fix deviated vertebrae
Relaxing unnecessary tension of the spinal nerves
Improve blood circulation
Additional benefits to the sympathetic, nervous, circulatory system

Repetitions:

1 to 2 minutes (1 to 2 times)

<https://youtu.be/iak5YeGE7kw>

35**body 35:**

Nishi system 'Gasshō gasseki undo' hands joined and feet joined from collected position stretch horizontally and then vertically

Benefits:

Mobilization of hips and shoulders
Elasticity of the joints
Coordination
Resistanc

Repetitions:

12 times horizontally, 12 times vertically



BODY

36**body 36:***mokan undo: shake hands and feet vertically*

Lying on your back raise your head slightly, straighten your legs and arms towards the ceiling holding the soles of your feet parallel to the floor and from this position give your legs and arms a vibratory movement

Benefits:

Increases capillarity
Improves the blood circulatory system
Improves the lymphatic system
Increases resistance to pests and microorganisms
Activates several internal organs

Repetitions:

1 to 2 minutes (1 to 2 times)

<https://youtu.be/BFNn8RlgkWs>



BREATH

01



Breath: *chōsoku* - 調息 - (get your breathing in order)

breath 01:

Exhale by vocalizing the 6 sounds: A-I-U-E-O-M to better perceive the vibration of the breath. Help yourself with your imagination. 'A' with voice, half with voice and half without voice, without voice. Ensure a stable position with your parallel feet slightly apart, raise your hands above your head by inhaling, lower your hands up to the seika tanden by exhaling. A form of meditation

Benefits:

Regulate respiratory capacity
Relax but at the same time energize the whole body
Increase proprioception
Raise awareness of the central axis

Repetitions:

Three for each sound

<https://youtu.be/WkPC2STfVdE>

02

breath 02:

Inhale by imagining to pronounce the vowel 'A' and exhale by imagining to emit the sound 'M' (Aun kokyū)

Ensure a stable position with your parallel feet slightly apart, raise your hands above your head inhaling imagining the 'A' sound, lower your hands with circular motion to the sides of the body up to the seika tanden exhaling imagining 'M'. A form of meditation

Benefits:

Regulate respiratory capacity
Relax but at the same time energize the whole body
Increase proprioception
Increase awareness of the central axis and the surrounding space

Repetitions:

From 4 to 12

03

**breath 03:**

Inhale and exhale by shifting weight from foot to foot in sync with the circular movement of the arms (*kokyū awase*)

In a position of hanmi (half body, the front foot facing forward, the rear placed at 90 degrees to form an ideal triangle with the front foot as the vertex and the rear as the base) perform these movements synchronized to breathing

Benefits:

Relaxation of the upper body
Consolidation of the bottom
Rooting
Deepening of breathing

Repetitions:

12 to 36 movements on both sides (1 to 3 series)

<https://youtu.be/iVZWooQDXG0>

BREATH

04

breath 04:*Gasshō*

Hands clasped in front of the chest, feet joined with the ends slightly apart, back straight and chin slightly retracted so as to stretch the cervical. With grateful attitude thank and take Ki of the Universe. Breathe in and exhale relaxed

Benefits:

Improved posture
Nourishment of the whole body
Relaxation
Dissolution of internal voltages

Repetitions:

4 to 12 breaths

breath 05:*Gasshō visto di profilo*

Mani giunte davanti al petto, piedi uniti con le punte leggermente divaricate, schiena dritta e mento leggermente ritratto in modo da allungare le cervicali. Con atteggiamento riconoscente ringraziare e prendere Ki dell'Universo. Inspirare ed espirare rilassati

Benefits:

Miglioramento della postura
Nutrimento dell'intero corpo
Rilassamento
Scioglimento tensioni interne

Repetitions:

4 to 12 breaths

05

06

Nakamura Tempu:

breath 06:

Kokyū sōren Nakamura Tempu): Inhale by getting up on your toes and exhale down (column breathing)

With heels together, tips slightly spread apart, keeping the knees stiff, looking in front of him, slowly lift the heels inhaling stretching the cervicals as if a thread from the top of the head pulled us towards the ceiling. Stay like this a little while feeling the breath. Then slowly go down exhaling

Benefits:

Tone the muscles of the legs
Increase the sense of balance
Increase the concentration
Increased vital energy

Repetitions:

At least 3 times

breath 07:

Kokyū sōren (Nakamura Tempu): Large inhalation and closure with the fists closed near the shoulders, hold the breath a little vibrating, then open the fists one finger at a time (from the little finger to the thumb) and raise the arms up; exhale bringing the arms down. (To stimulate the central nervous system)

Benefits:

Toning the muscles of the arms and hands
Increase respiratory capacity
Stimulate the central nervous system
Improved nerve activity.

Repetitions:

1 to 3 times

breath 08:

Kokyū sōren (Nakamura Tempu): Ibuki – With the feet parallel to the width of the shoulders inhale deeply; closing the thumbs inside the fists at the height of the hips put tension throughout the body making it vibrate and emit a great exhalation. (To increase vital energy and courage)

Benefits:

Toning the body in general
Improve respiratory capacity
Increase vital energy and courage

Repetitions:

1 to 3 times

07

08

09

breath 09:

Kokyū sōren Nakamura Tempu): Large inhalation, hold your breath and massage the area of the lungs, then drum your chest gently with your fingertips, then bring your arms up and only then exhale by lowering your arms sideways.

Benefits:

Stimulate the alveoli
Increase the capacity of the lungs

Repetitions:

1 to 3 times

breath 10:

Kokyū sōren (Nakamura Tempu): Great inhalation by drumming your chest, hold your breath and hit your chest three times with your palm of your hands, then bring your arms up and only then exhale. (To increase the capacity of the lungs)

Benefits:

Stimulate the alveoli
Increase the capacity of the lungs

Repetitions:

1 to 3 times

breath 11:

Kokyū sōren (Nakamura Tempu): Great inspiration by raising your hands from your hips to your chest and being very careful to keep your fingertips up and your elbows down; once in your chest open your shoulder blades and try to bring your hands down in front of your body. Exhale only when your hands melt.

Benefits:

Increase the elasticity of intercostal muscles
Increase respiratory capacity
Improving lung well-being
Make the diaphragm elastic

Repetitions:

1 to 3 times

breath 12:

Kokyū sōren (Nakamura Tempu): With great inspiration bring your arms forward, bring your shoulders back, your thumbs inside your fists. Open your arms by opening your chest three times. Only at the end exhale. (To open your chest)

Benefits:

Increase the elasticity of the upper part of the bust
Increase lung capacity
To shrug your shoulders

Repetitions:

1 to 3 times

10

11

12

BREATH

13**breath 13:**

Kokyū sōren (Nakamura Tempu): Great inhalation by bringing your hands and feet closer together to close like a walnut putting all the force in the belly. Keep this condition for a few seconds and only release it exhale.

Benefits:

Improve blood circulation
Improving lung capacity
Deepen your breathing
Stimulate the seika tanden

Repetitions:

1 to 3 times

14**breath 14:**

Kokyū sōren (Nakamura Tempu): Great inhalation then empty the lungs by emitting the breath in jerks until the last.

Benefits:

Clean your lungs and thoughts

Repetitions:

1 to 3 times

15**breath 15:**

Kokyū sōren (Nakamura Tempu): Great inhalation then exhaling forcefully emitting a sound starting from the belly (kiai)

Benefits:

Increase the concentration
Reinforce vital energy

Repetitions:

1 to 3 times

16**breath 16:**

Kokyū sōren (Nakamura Tempu): Great inspiration then imagine exhaling forcefully emitting a sound starting from the belly (kiai without sound).

Benefits:

Increase the concentration
Reinforce vital energy
Clean the voice

Repetitions:

1 to 3 times

MIND-HEART

Mind-Heart

chōshin, 調心 – mettere in ordine lo spirito

01**mind-heart 01:**

shihogiri hidari hanmi – PStarting with your left foot forward, raise your arms by inhaling by stepping forward (north), turn 180 degrees on the front of your feet and lower your arms by exhaling; repeat the sequence (south). Now go with your right foot at 270 degrees (west) and repeat the sequence until you complete the exercise also in the east

Benefits:

Deepening of breathing
Increased perception of space
Improvement of balance
Improved concentration

Repetitions:

1 to 4 times (*ad libitum*)

<https://youtu.be/iVZW0QDXG0>

02**mind-heart 02:**

shihogiri migi hanmi – Starting with your right foot forward, lift your arms inhaling by stepping forward (north), turn 180 degrees on the front of your feet and lower your arms by exhaling; repeat the sequence (south). Now go with your left foot at 270 degrees (east) and repeat the sequence until you complete the exercise also in the west

Benefits:

Deepening of breathing
Increased perception of space
Improvement of balance
Improved concentration

Repetitions:

1 to 4 times (*ad libitum*)

<https://youtu.be/iVZW0QDXG0>



03

mind-heart 03:*ashi sabaki* nr 1 (*okuri ashi*) – Tada Hiroshi

Imagine having your feet on a straight line. Keep your knees slightly bent. Try to keep your head at the same height all the time: don't get up and down. With the feet parallel to the width of the shoulders a) move the left foot to the left (1) with the right foot following it (2); then (b) move the right foot to the right (1) with the left foot following it (2). We went back to the center, now repeat the sequence to the right then back to the center. At the end of movements 1 and 2 check that the distance between the feet is the same (shoulder width). Perform the same procedure in *hidari hanmi* and then in *migi hanmi* always on the same imaginary line.

Benefits:

Tone the muscles of the legs
 Increase stability and balance
 Increase the perception of Seika Tanden
 Increase the concentration

Repetitions:

4 to 12 (1 to 4 series)

04

mind-heart 04:*ashi sabaki* nr 2 (*tsugi ashi*) – Tada Hiroshi

Exactly like the previous one but the sequence (1) (2) is inverted: it moves the foot opposite the direction of the step first.

Benefits:

Tone the muscles of the legs
 Increase stability and balance
 Increase the perception of Seika Tanden
 Increase the concentration

Repetitions:

4 to 12 (1 to 4 series)

05

mind-heart 05:

Yoga of laughter. Laughing loudly vocalizing A I U E O M.
 Breathe in deeply. Laugh HA HA HA until the exhalation is over, then HI HI HI etc.

Benefits:

Improve lung abilities.
 Clean your lungs and thoughts
 Increase a positive attitude

Repetitions:

1 to 3 times

06

mind-heart 06:

Breathing sky earth man

From a stable position with your feet at shoulder width inhale by widening your arms to the height of the *jo tanden* (upper center), exhale bringing your hands in front of you; then perform the same breathing at the height of the *ka tanden* (lower center) and finally at the height of the *chu tanden* (solar plexus)

Benefits:

Energy increase
 Increased concentration
 Relaxation

Repetitions:

1 to 3 times

mind-heart 07:

Get off in Seiza

From a stable position, walk together, squat while keeping your back straight. Place one knee on the ground and then the other. Bring the back of your feet into contact with the floor and then sit on your heel

Benefits:

Tone the muscles of the legs
 Dissolve the ankle and toe joint
 Improve posture and rebalance the spine
 Increase the balance
 Stimulate a condition of serenity

Repetitions:

4 to 12 times

mind-heart 08:

Get off in Seiza (profile view)

From a stable position, walk together, squat while keeping your back straight. Place one knee on the ground and then the other. Bring the back of your feet into contact with the floor and then sit on your heels.

Benefits:

Tone the muscles of the legs
 Dissolve the ankle and toe joint
 Improve posture and rebalance the spine
 Increase the balance
 Stimulate a condition of serenity

Repetitions:

4 to 12 times

07

08

MIND-HEART

09

mind-heart 09

Get off in Seiza (seen from behind)

From a stable position, walk together, squat while keeping your back straight. Place one knee on the ground and then the other. Bring the back of your feet into contact with the floor and then sit on your heels.

Benefits:

Tone the muscles of the legs

Dissolve the ankle and toe joint

Improve posture and rebalance the spine

Increase the balance

Stimulate a condition of serenity

Repetitions:

4 to 12 times

Card for level II trainers

Card for level II trainers

First level exercises - KS

Body

standing

- 1 get down on one knee and get up
- 2 bend one knee and extend the other
- 3 bend one knee and extend the other +
- 4 from Gasshō to Sonkyo to Seiza:

to the ground

- 5 sun salutation
- 6 ushiro ukemi in two variations

on his knees (seiza)

- 7 kotegaeshi nikyō and sankyō
- 8 gyaku sankyō and shihōnage
- 9 seiza kiza then seiza kiza sonkyo behind
- 10 seiza kiza then seiza kiza sonkyo front
- 11 seiza kiza sonkyo standing and back

Breath

- 1 Torifune

Mind-Heart

- 1 eight pieces of precious brocade: nr. 1
- 2 eight pieces of precious brocade: nr. 2
- 3 eight pieces of precious brocade: nr. 3
- 4 eight pieces of precious brocade: nr. 4
- 5 eight pieces of precious brocade: nr. 5
- 6 eight pieces of precious brocade: nr. 6
- 7 eight pieces of precious brocade: nr. 7
- 8 eight pieces of precious brocade: nr. 8
- 9 draw the Tao with your arms

Body

chōshin, 調身 (子) – put the body in order

Standing

body II 01:

Go down on one knee and get up by rotating the body axis to the right and left and maintaining a low position.

Benefits:

Strengthen your legs
Dissolve the joints of the hips, knees and ankles
Increase balance and stability

Increase the concentration

Sharpen the perception of the central axis

Repetitions:

10 times left and right (1 to 3 sets)

body II 02:

from a low position bend one knee and stretch the other to the right and left.

Benefits:

Strengthen your legs
Dissolve the joints of the knees and ankles
Leg stretching.

Increase balance and stability

Increase the concentration

Sharpen the perception of the central axis

Repetitions:

10 times left and right (1 to 3 sets)

body II 03:

from a low position bend one knee and stretch the other to the right and left more markedly. Like the previous one but accentuating the movement

Benefits:

Strengthen your legs
Dissolve the joints of the knees and ankles
Leg stretching.

Increase balance and stability

Increase the concentration

Sharpen the perception of the central axis

Repetitions:

10 times left and right (1 to 3 sets)

BODY

01

02

03

BODY

04**body II 04:**

from *Gasshō* to *Sonkyo* to *Seiza*: get off and get up.

From *Gasshō* squatting on the front of the feet keeping his back straight, his hands resting on his thighs near his knees (*Sonkyo*); then resting first one knee then the other on the ground keeping his feet pointed (*Kiza*); finally adhering with the back of his foot to the ground (*Seiza*).

Follow the reverse process to go back up

Benefits:

Toning the muscles of the legs and buttocks

Dissolve the joints of the hips of the knees and ankles

Increase the balance

Raise awareness of the vertical axis

Increase the concentration

Repetitions:

2 to 10 times

To the ground:05**body II 05:**

preparatory to the greeting to the sun and *ushiro ukemi* in two variants.

From *Seiza* lie on her belly down forward and leaning on her hands, arms outstretched, bring her head up looking at the ceiling; then go back with her hips to sit on her heels holding her hands in place thus stretching her arms and back; then lift her hips to form a triangle; with a jump bring her feet closer to her hands and gird her legs. Then roll on your back until you have your feet up keeping your head raised from the ground and return to position taking advantage of the body's inertia (*ushiro ukemi*). Get in tune with the movement of the body.

Benefits:

Leg stretching.

Stretching the spine

Tone the entire musculature

Increase strength and elasticity.

Repetitions:

2 to 4 times per side - sun salutation

From 12 to 24 - *ushiro ukemi*

06**body II 06:**

ushiro ukemi in two variants. Perform swings on your back first simply, taking care to alternate your legs; then lifting on your knees.

Benefits:

Toning the abdominal musculature

Massage the back musculature

Increase the balance

Increase the perception of space and become familiar with the earth

Repetitions:

12 to 24 (1 to 4 sets)

BODY

on his knees (seiza):**body II 07:**

Kotegaeshi, *nikyō* and *sankyō*

Joint levers of wrist, elbow, shoulders

Benefits:

Joint disband of the wrist of the elbow and shoulder

Energy stimulation connected to different meridians

Strengthen the character (have wrist)

Repetitions:

8 repetitions per technique

<https://youtu.be/KVGXIKPtW3M>

body II 08:

gyaku sankyō and *shihōnage*

Lever of joint fingers, wrist, elbows and shoulders.

Benefits:

Joint disbandment of the fingers, wrist, elbow and shoulder

Energy stimulation

Repetitions:

8 repetitions per technique

<https://youtu.be/HJ76asFwNPA>

body II 09:

Seiza - *Kiza* then *Seiza* - *Kiza* - *Sonkyo* (seen from behind)

First exercise: From *Seiza* point your feet (*Kiza*), then return to *Seiza*.

Second exercise: from *Seiza* pass to *Kiza* then lift first one knee then the other (*Sonkyo*) and return to the starting position.

Benefits:

Dissolve the joints of the toes

Dissolve the ankle joints

Mobilize the hips

Increase the balance

Rectify the posture

Repetitions:

1 to 4 (Series 1 to 4)

070809

10**body II 10:**

Seiza - Kiza then Seiza – Kiza – Sonkyo (seen from the front)

First exercise: From Seiza point your feet (Kiza), then return to Seiza.

Second exercise: from Seiza pass to Kiza then lift first one knee then the other (Sonkyo) and return to the starting position.

Benefits:

Dissolve the joints of the toes

Dissolve the ankle joints

Mobilize the hips

Increase the balance

Rectify the posture

Repetitions:

1 to 4 (Series 1 to 4)

11**body II 11:**

Seiza – Kiza – Sonkyo – seen from the front.

First exercise: From Seiza point your feet (Kiza), then return to Seiza.

Second exercise: from Seiza pass to Kiza then lift first one knee then the other (Sonkyo) and return to the starting position.

Benefits:

Dissolve the joints of the toes

Dissolve the ankle joints

Mobilize the hips

Increase the balance

Rectify the posture

Repetitions:

1 to 4 (Series 1 to 4)

12**body II 12:**

allungare la schiena in avanti (stretching della colonna) fino a toccare terra con le mani; poi rilassare e lasciar cadere vertebra per vertebra. Prima a piedi uniti e poi divaricati. Trovare una posizione stabile sui piedi, portare il peso sui talloni, immaginare di entrare coi talloni nel pavimento e allungare busto e braccia come a toccare il soffitto con la punta delle dita. Portare il busto e le braccia in avanti mantenendo il peso sui talloni con l'idea di allungamento. Poi scendere con le mani e il busto verso terra e lasciar andare ogni tensione dal collo e dalle spalle. Lasciar cadere idealmente anche preoccupazioni e pensieri.

Benefits:

Stretching dei tendini delle gambe

Allungamento della muscolatura della schiena

Sciogliere contratture cervicali e dorsali

Svuotare la mente dei pensieri negativi

Aumentare la stabilità del corpo

Repetitions:

da 2 a 4 volte a piedi uniti e divaricati

Breath: *chōsoku* - 調息 - (get your breathing in order)

01**breath II 01:**

From a position of hanmi (half body) with the front foot straight in the direction in which you look and the rear foot angled at 90° while the navel looks at 45°, weight shifts are made back and forth, first on one leg then on the other. When you place the weight forward you bend your front knee slightly by stretching your back leg well without raising your heel, vice versa when the weight is brought back, you straighten your front leg without raising your toe. At the same time you lift your arms, moving forward with weight, and pull by shifting the weight on your back leg as if to imitating the movement of the oarist. The kiai "hei-ho" and "hei-sa" and "hei-ho" are used. The exercise is carried out first with the left foot forward (hidari hanmi) then with the right forward (migi hanmi) and finally again with the left. Between one series and the other you bring your hands in front of the tanden (two fingers under the navel), with the right supporting and the left closing and a shaking is carried out that involves the entire body to bring the accumulated energy into each cell. (Torifune)

Benefits:

Tone the muscles of the legs

Increase the elasticity of the hips

Increase stability and rooting

Energize the entire muscle nervous system

Repetitions:

12 times (3 sets)

Mind-Heart

chōshin, 調心 – put the spirit in order

01

mind-heart II 01:

Eight pieces of precious brocade: nr. 1 - Liang Shen Qin Tian Li San Jiao (With my hands I support Heaven to rebalance the triple heater) - you have to feel the whole body stretching. In an upright position with the heels possibly together or with the legs open shoulder-width apart and with the arms stretched out in a natural way along the axis of the body, open the arms laterally and, inhaling, bring them over the head crossing the fingers. Continuing the inhalation, turn the hands placing them with the back facing the head and, keeping the fingers crossed, extend the arms upwards, standing up on the heels and relaxing imagining touching the sky. The hands are separated from each other while exhaling they are brought down laterally to the body by lowering the heels until the feet rest entirely on the ground.

Benefits:

Activate the flow of liquids
Toning the trunk
Improve the tone of the upper limbs
Prevents heaviness in the legs with swollen ankles and water retention
Improves the swollen belly from poor fluid circulation.

Repetitions: 8 times

<https://youtu.be/A0BM1qZ17EM>

mind-heart II 02:

eight pieces of precious brocade: nr. 2- (Hold the bow to the left and right to hit the birds). serves to stretch the upper part of the body, the chest line. The starting position is with feet together, then that of the horse is taken. The gaze is directed in front of your body which is held in an upright position. From this position, bring the hands in front of the body crossing the arms as they move to shoulder height, placing the left arm inside. At this point the inhalation begins by extending the left arm as if holding a bow, keeping the hand open and opening the thumb and forefinger. The right arm simultaneously moves to the right at shoulder height with the fist clenched as if pulling the bowstring. The arm should move close to the chest, and should remain straight in line with the body. The head will slowly turn to the left accompanying the movement. During the exercise you must visualize aiming at a very distant target and shooting the arrow with the bow. When the extension phase has been completed and the inhalation is finished, the exhalation phase begins slowly, with an effort that gradually decreases, during which the position is reached with the arms crossed in front of the body in which both hands are stretch again along the body. Then the exercise is repeated on the opposite side.

Benefits:

Improve the circulation of upper body fluids
Useful for all respiratory problems:
Emphysema,
Chronic bronchitis,
Allergic asthma,
Exertional dyspnea.

Repetitions: 8 times

<https://youtu.be/QoVWy-er1P8>

03

mind-heart II 03:

Eight pieces of precious brocade: nr. 3 - Tiao Li Pi Wei Bi Dan Jü
(I get up with one hand to balance my stomach and spleen)

With the heels together if possible and the body straight with the arms extended along its axis, while inhaling, slowly raise the left arm and bring it, with the palm of the hand facing upwards above the head, fingers facing inward. At the same time, the right hand will lower, keeping sideways to the body with the palm of the hand facing downwards and the fingers forward. During this phase the inhalation begins in a natural way, and continues by extending the arms, one upwards as if to lift the sky, and one downwards as if pushing the earth downwards. The heels must remain firmly on the ground. Exhaling slowly, the left arm descends to the height of the solar plexus and at the same time the right hand rises.

Benefits:

Toning the organs of digestion, spleen and stomach

Repetitions: 8 times

<https://youtu.be/KPoNfxUoUEc>

mind-heart II 04:

Eight pieces of precious brocade: nr. 4 - Wu Liao Qi Shang Xiang Hou Qiao

- The 5 problems concern Muscles, tendons, Chi (Ki), bones and blood; but also the 5 internal organs - The 7 problems concern the 7 emotions You have to remain erect and, inhaling very slowly, bring the axis of the body to rotate and finally also the head. Exhaling the axis is brought back to the frontal position. During the movement you have to imagine that you are a stork and that you rotate your head completely so that you can look behind your neck. The exercise must be performed by rotating both to the left and to the right.

Benefits:

Indicated for cervical problems
Typically indicated for all chronic diseases because it sets in motion and activates the yang of the hinge

Repetitions: 8 times

<https://youtu.be/Uqi7uI48XfQ>

mind-heart II 05:

Eight pieces of precious brocade: nr. 5 - Yao Tou Bai Tuen Qü Xin Hou

It starts in the rider's position: our hands are resting on our thighs, with our thumbs facing outwards and the other fingers inward. The torso is kept tilted forward and moves sideways to the left making circles first in one direction and then in the other. Subsequently, this movement is repeated on the other side.

Benefits:

It calms "the yang of the heart and liver", that is, it acts on agitation and anxiety.

Repetitions: 8 times

<https://youtu.be/P0zmTWOWz-k>

04

08

06

**mind-heart II 06:***Eight pieces of precious brocade: nr. 6 - Shaun Shen Pan Zu Gu Shen Yao*

(With two hands I take my feet to strengthen the kidneys and lumbar)

With the heels possibly together and the arms stretched out along the longitudinal axis of the body, the exhalation accompanies the downward movement which is done not only by the arms but also by the trunk, until the hands come close to the feet or touch them, if it is possible, take the toes and pull them upwards concluding the exhalation. Inhaling, lift the body and, bringing the hands on the lumbar area, arch slightly backwards.

Benefits:

Toning the Kidneys
Toning the urinary tract
To meow the libido
Strengthen the lower back.

Repetitions: 8 times<https://youtu.be/P0zmTWOWz-k>

07

**mind-heart II 07:***Eight pieces of precious brocade: nr. 7 - Zuan Quan Nu Mu Zen Qi Li*

(Squench your fists while keeping your evil eyes to strengthen Chi (Ki))

The starting posture is that of the horse and the hands with clenched fists are both at the sides. From this position, exhaling, bring the fist forward, rotating it as if to strike, looking with determination at a point in front of you. N.B. During its execution it is advisable to avoid looking at the red color because in this case instead of increasing strength, irritability and irascibility increase.

Benefits:

To increase the strength
Calm "the liver", that is, the tendency to irritability
Improve adaptability to stress.

Repetitions: 8 times<https://youtu.be/R31921veD3Q>

08

**mind-heart II 08:***Eight pieces of precious brocade: nr. 8 -*

(Vibrations of the body to cure many diseases)

With your feet together, stand up on your toes inhaling and exhaling falling on your heels making the whole body vibrate. You should feel the vibration rising from the legs to the thighs and then up the spine along the spine

Benefits:

Relaxing the body
Put into circulation the energy produced within the sequence.

Repetitions: 8 times<https://youtu.be/WyPWc-Pa2Bs>

09

**mind-heart II 09:***draw the Tao with your arms.*

(I get up with one hand to balance my stomach and spleen)

Find a stable position with your right foot advanced; imagine the tao symbol in front of you, start the movement from the center of the body and with your right arm and fingers walk through the lines of the imaginary drawing. To do this we will proceed for the first semicircle to go up by rotating the arm from the inside until it reaches the palm up as long as possible, then we will go down into the double central curve by going down; continuing the drawing we will try to trace the semicircle to the right, always with constant twisting of the arm and you will return to the initial position by ret The same sequence will have to be repeated in a specular way with the left arm and the left foot advanced. Once you understand the movement well, it can be performed with both arms simultaneously on an equal footing.

Benefits:

Coordinate the movement of the center of the body with the extremities
Dissolve the joints of the shoulders, elbows, wrists
Dissolve the hips
Increase concentration and concentration
Increase display capacity

Repetitions:

4 repetitions with the right arm; 4 with the left arm; 4 with both arms

<https://youtu.be/R31921veD3Q>

BODY

BREATH

MIND-HEART



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