

Chull Sa Chung

6. Point 6 – Take thumb from bottom of wrist while breathing in move to fingers, release breath 3 times
7. Point 7 – Grab wrist and wring out – 5 times
8. Point 8 – Right hand - Akido position thumb down pull towards you, left hand thumb in palm – 10 times. Switch to other hand
9. Point 9 – Right hand – Akido position thumb up, pull towards you, left hand thumb on back of hand – 10 times. Switch to other hand
10. Point 10 – Pressure in circular motion around top knuckle (closest) to fingernail. 3 times, then move fingers to fingernail and pop
11. Take hands bring down to stomach, turn palm upwards towards face, curl finger tips upwards, raise right hand up, and bring down on left hand, repeat with left hand – 10 times
12. Wind hands around shoulders and clap – 10 times
13. Front fugal position the foot that is back wind hand in circle position forward - 5 times. Step forward switch to other side, wind hand in circle position forward - 15 times.
14. Step forward switch to other side, wind hand in circle position backwards -15 times. Step forward switch to other side, wind hand in circle position backwards - 15 times.
15. Pee Speed form – 15 times
16. Pee Speed Form in front fugal position. Raise back leg, together both arms upwards, bring arms down past back leg which comes down. – 10 times. Repeat on other side
17. Eye exercise – don't move head. Move eyes to left then right 15 times. Move eyes up and down 15 times.

Things to remember when practicing:

1. Eyes follow hand
2. Breath in, tongue tip of roof of mouth when hand is going up
3. Breath out, tongue tip flat around teeth when hand is coming down
4. Slow pace
5. Apply herb before and after practice