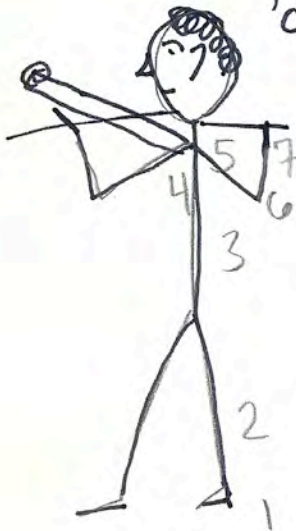


- 1- feet shoulder width apart (rht. foot a little forward for Rht. handed)
- 2- Knees flexible (bent)
- 3- feel weight and balance of shoulders on the hips (center of gravity)
- 4- spine in line w/neck (chin in) to keep relaxed stomach and breathing
- 5- shoulders down

Left side

- A- forearm, passive
- B- wrist bent inward to relieve carpal tunnel (open)
- C- completely relaxed and supple bicep no use of pectoral



Rht. side

- A- feel stroke starting from back muscle around shoulder blade
- B- pect free, dislocation (freedom) of shoulder ball joint
- C- Elbow above wrist !!
- D- Involve supple wrist w/ action of knuckles

φ φ @ @

↳ coordination symbols