

Perform this exercise throughout the day as you transition from one activity to the next. It helps consolidate your energy by connecting your Tanden to Gaia. You are the center of the universe.

0. Warm up with arm swings
  - a. First swing both arms forward and back, simultaneously and parallel. Generate the motion by lifting the heels to propel the arms forward, and drop the heels to pull them backwards. Swing arms together 10 or more times. Then reverse the direction, lifting heels to swing the arms to the back, and dropping the heels to pull them forward.
    - i. This, like everything, models the relationship of Yin and Yang. As the arms swing out, expand to the edge of the universe; as the arms swing down, concentrate at your Tanden (center of the universe).
    - ii. Dropping your heels should very gently send slight shock waves through your skeleton. Do this *without* injuring yourself; your structure must be properly aligned – start softly and gently to find that structure. It should not hurt even a little bit.
  - b. (*Nanba* walk) Then alternate, lifting the knee ipsilateral to the arm swinging forward so the knee and arm lift simultaneously. Swing each arm at least 10x. This will also develop the coordination to walk ipsilaterally, a beneficial movement of martial arts.
1. Gasho w/ A-O-M
  - a. A – opens - send energy to the heavens; arms raise straight above your head. As you reach the edge of the universe Yin and Yang meet: cross one thumb over the other. Bring your hands down your center – O - concentrates.
  - b. Finish with Shaking Hands - M – initiates/activates – “A- Ta Ka Ma Ha Ra Na Ya Sa -Wa”
2. Shoulder Rolls (open/close; wood/fire)
  - a. Begin by flexing your thoracic spine forwards and backwards. The scapulae should draw away from each other with forward flexion, but maintain an open chest. The scapulae draw close to each other with back extension. Do this several times. You will maintain this basic movement when you link your hands for the next movement.
  - b. Link your Oshide and Sashide: touch thumb to forefinger of each hand, interlocking them to form a linked infinity symbol
  - c. Bring hands to about sternum height, held several inches from the body or against the body, and roll shoulders back 10 times, and then forward 10 times
    - i. Roll shoulders so that elbows roll above shoulder height at the crest of the roll
    - ii. To allow the elbows to draw a complete circle, the back must flex slightly to allow them that movement while the fingers are interlocked. Allow the movement to create a wave motion in your spine
    - iii. Backward roll flexes the spine and draws scapula back
    - iv. Forward roll pulls the scapula away from each other, forward, and down
3. 3<sup>rd</sup> Eye Squeeze and Drop
  - a. Lift heels off ground, raise shoulders to the sky
  - b. Scrunch at glabella while squeezing energy at Yin Tang
  - c. Clench teeth and pulldown the corners of the mouth. Hold to the count of 5-10
  - d. This posture prompts the stress response
  - e. Drop your heels, drop shoulders, unlink hands and let them fall relaxed to your side
    - i. The image is dropping to the center of the earth and further – to the center of the universe
  - f. Relax at glabella; open at Yin Tang (*Indo*) – feel your 3<sup>rd</sup> eye smile. The sound in your mind is “liliii”
  - g. Use just the muscles at the cheekbone to lift the corners of the mouth into a smile. The sound in your mind is “Neeee”
  - h. Repeat two more times. This posture promotes youth and a free-wheeling easy spirit
4. Shake Shake
  - a. With arms at side, shake hands. Keep fingers open and relaxed. Try to shake water off them. Shake to the count of 5
  - b. Repeat while arms are outstretched in front of you

- c. Repeat with arms raised straight up
  - d. Reach up just a little further, sending energy out to the edge of the universe, and take a deep breath. Then drop hands to about the level of the ears, elbows pointing outward, as if forming a 'w' with your head and arms. Drop your center of gravity and let your knees bend to be in a 'ready for action' posture. Be loose. As this happens, exhale slightly, holding the rest of the air and pushing it to the lower *tanden*.
    - i. Hands are in an exaggerated Oshide posture, such that the thumb is spiraling in towards the palm. The fingers, one by one, forefinger first, loosely wrap around the thumb, the hand resembling a tiger claw. The pisiform should be extended similar to its position in needle technique. Nothing should be squeezed – in fact, the palms are expanding.
    - ii. As the hands drop to the side of the head, the real action is the *tanden* dropping, rooting into the earth and into the center of the universe. Within this position relax. You may feel a slight bounce.
  - e. Open palms facing upward and lower arms to side. Finish exhale. Turn palms inward and bring hands to face *tanden*. Do this while standing up straighter, relaxed but feeling extension. This is the point of balance within which treatment should be performed. It is the dynamic tension between heaven and earth. Be between the edge of the universe (Metal)– maximum openness - and the center of the universe (Water) - maximum concentration. This state of balance is the pillar of the heart A-I-E-O-U.
  - f. Swing your hands from side to side twisting at the waist, making sure your knees are facing forward, standing solid, and not torquing out of alignment. Swing to each side 5 times – A-Ta-Ka-Ma-Ha-Ra-Na-Ya-Sa-Wa
    - i. You may wish to take a wider stance – feet just over shoulder width apart – and move the hara from side to side, twisting at the most lateral point. Move from side to side by relaxing your leg and moving towards it – like filling the space created – rather than pushing off from the opposing leg. Maintain *hara* at the same height, however. In other words, do not dip when you relax your leg. Rather let your body follow the intention to relax over to one side. Let the arms swing freely.
    - ii. Swing the arms a little more. Let the arm passing in front come up to your shoulder so it gently taps the superoposterior aspect of your trapezius as it joins your neck. This vibration travels to and activates Du 14. The arm swinging in back taps the posterior aspect of your hip, inferior to your PSIS and lateral to your sacrum at the edge of the medial curve of the gluteal muscles. This extra point is known as ST1 (not Stomach 1), meeting point of all the muscles of the body. Meeting the gentle force of these percussive strikes benefits your body alignment.
    - iii. *Note: Do not torque your knees. Be loose. If need be, lift your heel slightly to allow the whole leg to turn freely with the hips as they twist. Otherwise, maintain a strong posture with the legs, knees pointing forwards, and twist only at the waist. Still be loose. The knees should always be facing the same direction as the toes.*
  - g. Hold your palms in front of you and feel the vibration of Ki in your hands. That is Ki arriving. Feel the power!
5. A-O-M w/ Hands on Belly
- a. Place hands atop each other on *Hara* and say A-O-M
  - b. Feel the modified alignment in posture