

# Wu Chi position (Sorry, no photos of this)

This is the basic standing neutral position before we start moving. The main elements of the Wu Chi position are:

- Feet about shoulder width apart, pointing straight forward.
- Breath from the stomach.
- Keep the knees slightly bent.
- Head feels as if suspended from above by a thread.
- Tailbone is dropped towards the ground with the lower back relaxed.
- Everything is balanced above everything below it:
  - Head balanced above neck
  - Shoulders balanced above torso
  - Torso balanced above hips
  - Entire body balanced over the feet
- The tip of the tongue is resting lightly on the upper palate of the mouth.

## Commencement / Salutation

(Sorry, no photos of this either)

1. Starting in the Wu Chi position, and as you inhale, let your wrists rise up as if lifted from a thread. Elbows are relaxed and slightly bent.
2. When your wrists are at about shoulder height, let your finger tips gently extend outward.
3. As you exhale, let your elbows drop, then let your wrists glide down, bringing your arms back down to your sides.

# Hold The Ball

1. Raise the arms, shift the weight to the right and form the ball, right hand on top in front of the shoulder, left hand on the bottom.
2. Step sideways with the left leg, placing the heel first, rotating the right arm down and to the right, as the left arm rises up and to the left, toward the left shoulder.
3. Finish in the Hold the Ball posture on the left leg, drawing the right foot in, left hand on top in front of the left shoulder, right hand on the bottom.
4. Return to the starting position by reversing the movement.

