

Swaying like a bear

(Routine 6)

First position: This exercise is continuously performed from the last position of the above exercise. The weight is shifted onto the right leg, and the left foot is lifted from ground by raising left hip and slightly flexing the left knee. Form hollow fists, with the eyes looking straight ahead 【Fig. 65】 .



【 Fig. 65 】

Second position: The weight is shifted forward by straightening the right leg and moving the left foot to the left front side of the body with the sole placed flat on the ground and pointing forward. The body is turned to the right, the left

arm is medially rotated and extended forward, and the left fist is placed above and in front of the left knee with the palmar surface facing left. The right fist is moved backward behind the body, with its palmar surface facing backward, and the eyes looking straight ahead [Fig. 66] .

Third position: The body is turned from the right side to the left side. The body weight is shifted backward by flexing the right knee and straightening the left leg. Rotate the waist and shoulders. The arms should describe an arc front and back. The right fist is placed above and in front of the left knee, with its palmar surface facing the right side. The left fist is moved backward behind the body, with its palmar surface facing backward and the eyes fixed on the left front side [Fig. 67] .



【 Fig. 66 】

【 Fig. 67 】

Fourth position: Turn the body from left to right, with the body weight shifted forward by flexing the left leg and extending the right leg. At the same time, the left arm is medially rotated and moved forward, with its fist placed above and in front of the left knee and the palmar surface facing left. The right fist is moved backward behind the body, with its palmar surface facing backward, and the eyes fixed on the left front side [Fig. 68] .



⌈ Fig. 68 ⌋

Fifth to eighth positions: The first four positions are repeated, with the left and right sides reversed [Figs. 69-72] .



【 Fig. 69 】



【 Fig. 70 】



【 Fig. 71 】



【 Fig. 72 】



【 Fig. 73 】

Return to starting position: After the eight positions are repeated, the left foot is moved forward, to assume a starting position. At the same time, both hands are allowed to hang freely beside the body 【Fig. 73】 . Both arms are raised to the lateral front of the body, at chest level, with the palms facing upward and the eyes looking straight ahead 【Fig. 74】 . Both elbows are flexed, and the palms are rotated medially. The palms are then pressed downward and allowed to hang freely beside the body, with the eyes looking straight ahead 【Fig. 75】 .



【 Fig. 74 】



【 Fig. 75 】