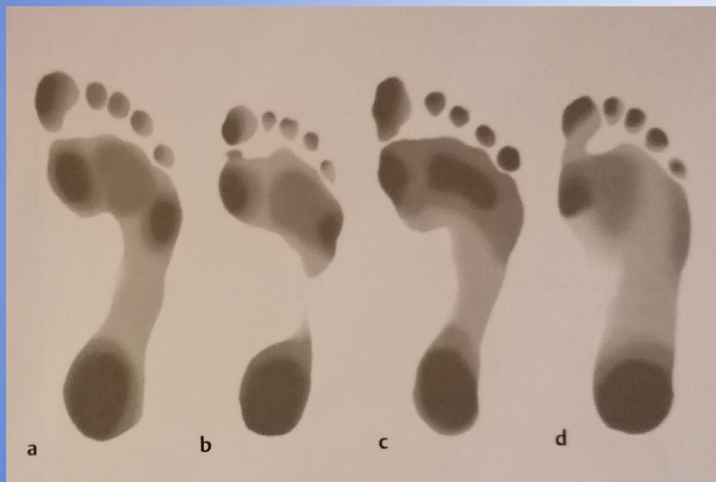


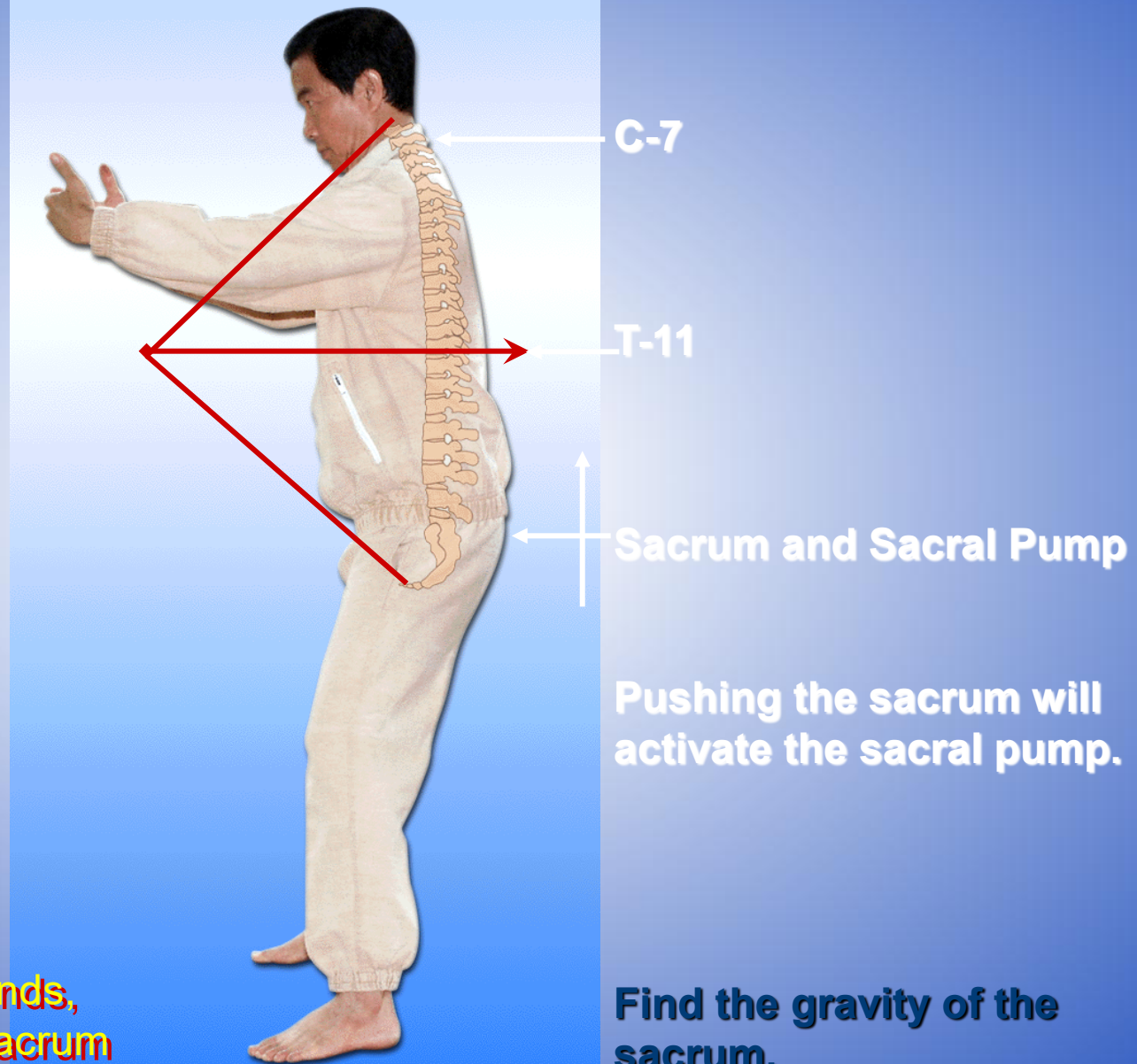
Plantar arch and step



a:normal plantar arch



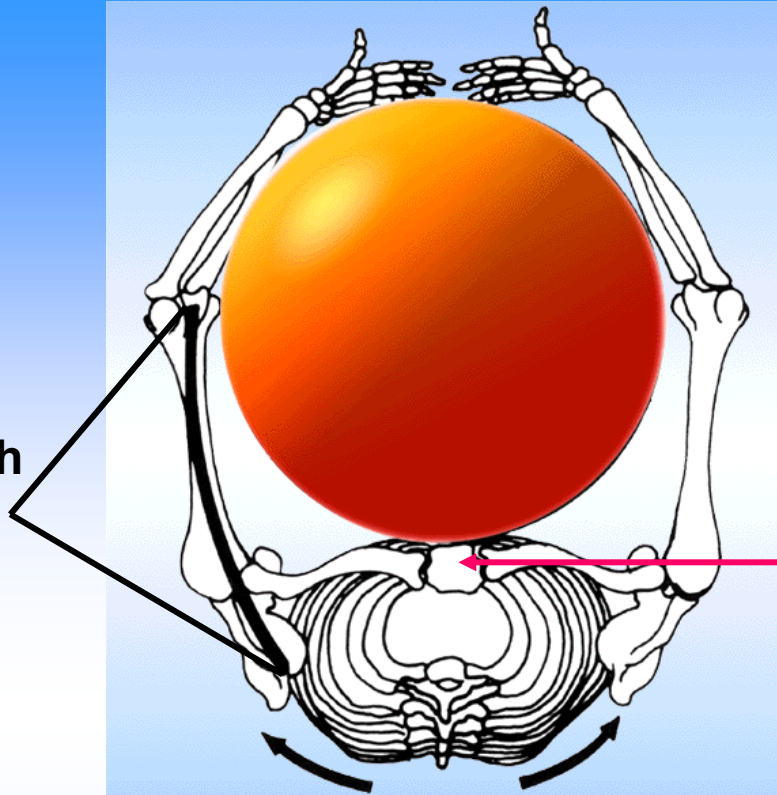
Connect the hand, scapulae and spine to the sacrum-the Third Circle



Third Circle: Connect hands,
Scapulae and spine to sacrum

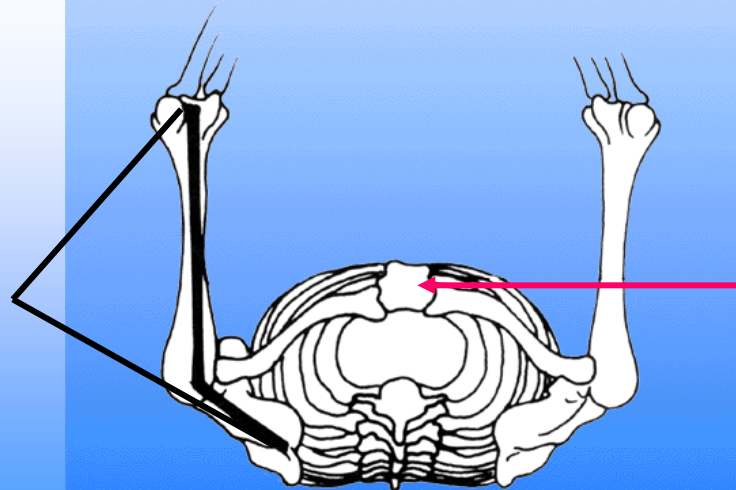
Find the gravity of the
sacrum.

Arm connect with
The scapula.



Sternum moves in and
the rib cage sinks in.

Arm is not fully
connected with
the scapula



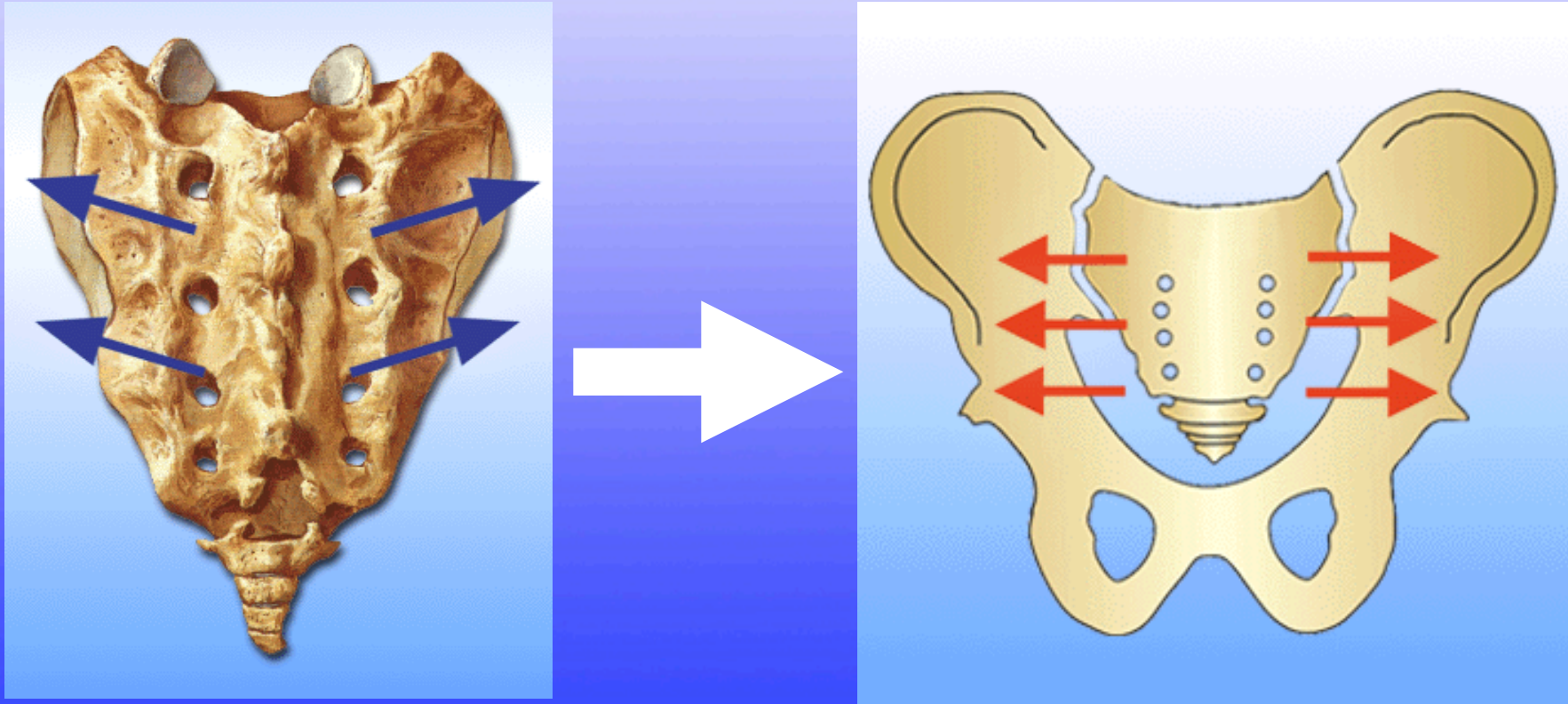
Sternum remains out and
the rib cage remain out.

**Incorrect rounding of the
Scapulae**

First Circle: Connect the Arm with the Scapulae

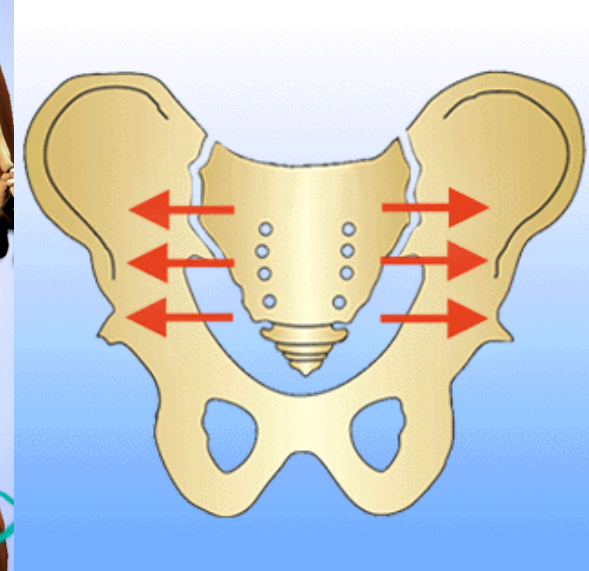
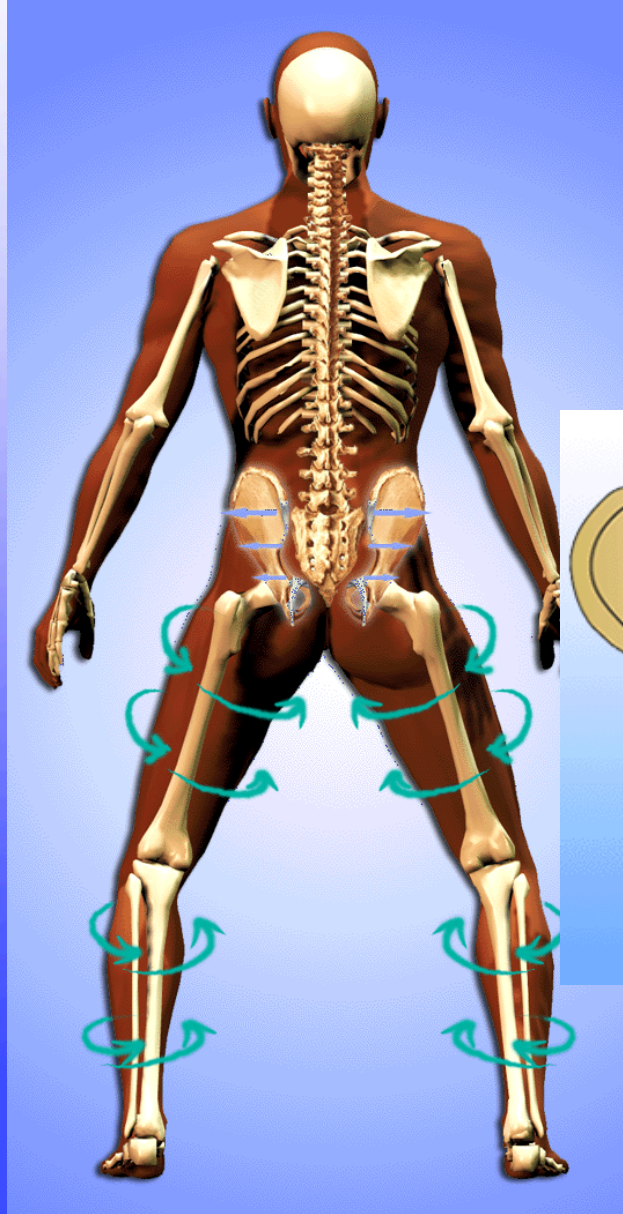
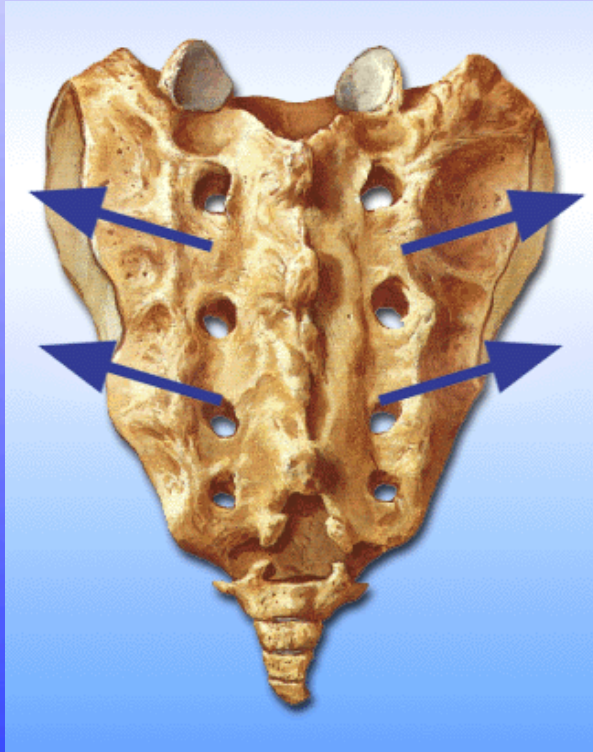
d. It is very important that you synchronize these three movements. When you do this you will feel the Chi pressure increasing and generated in the lower abdomen, in this part of the Tan Tien and in the palms of your hands. The kua and the hip joints will open more due to this Chi pressure.

e. Do the ending practice.



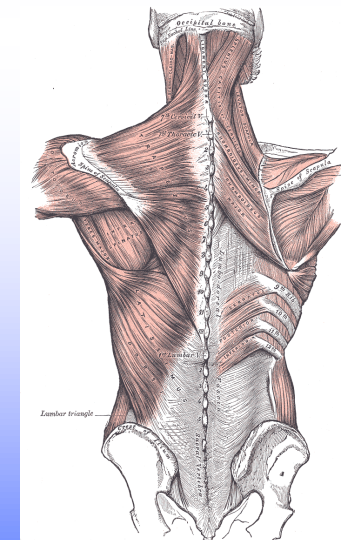
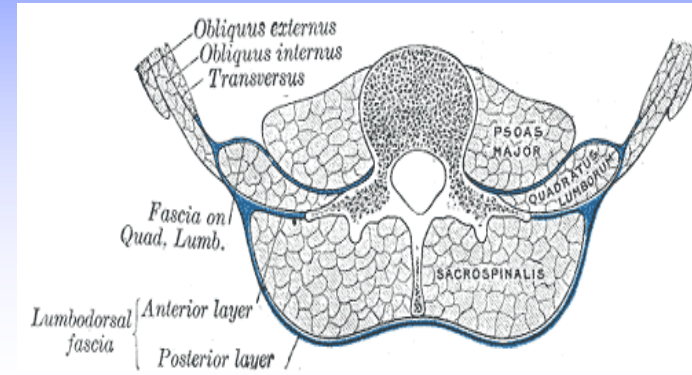
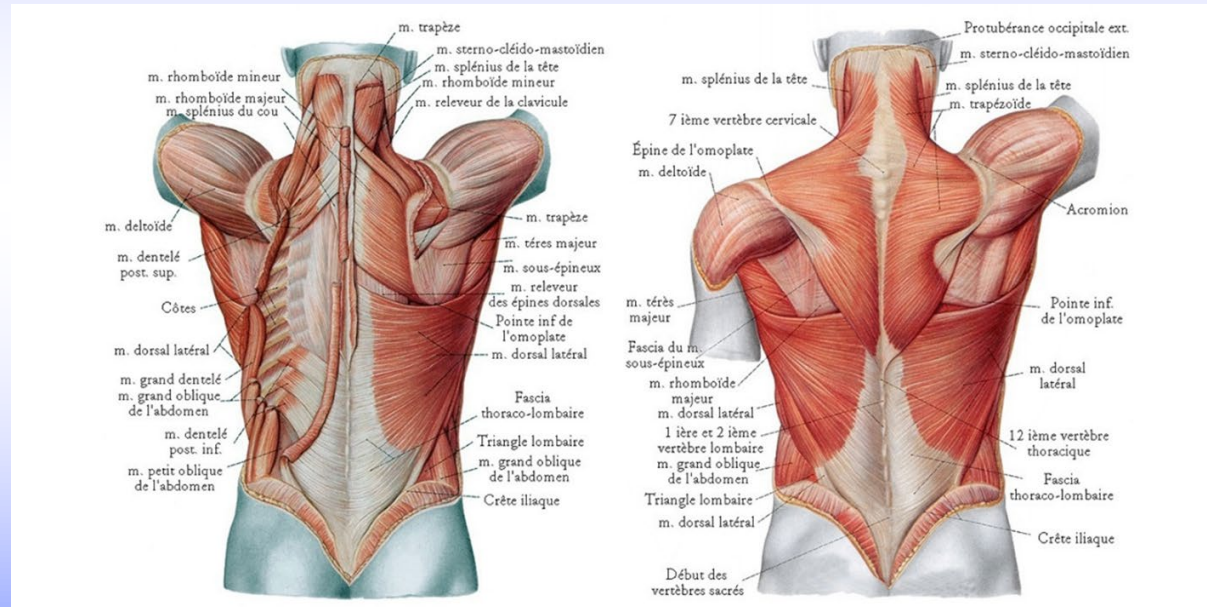
Rabbit Posture opens the kua and joints

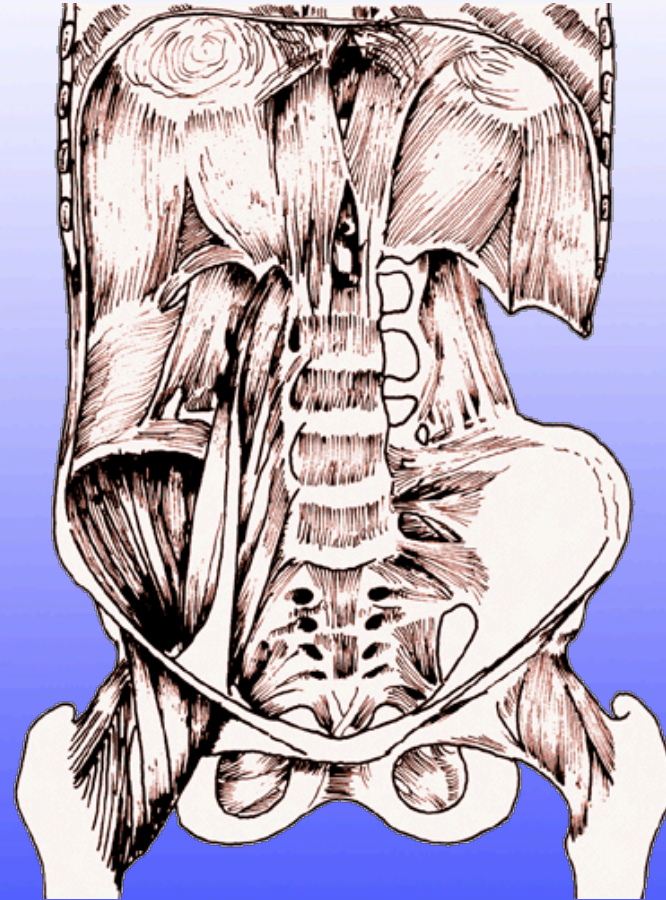
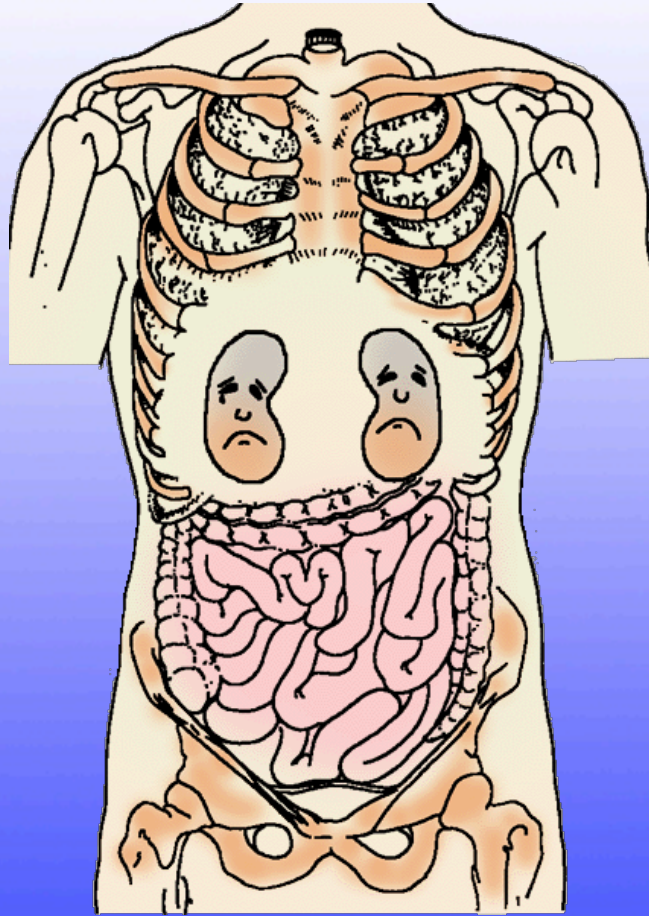
Tan Tien Chi Kung Postures



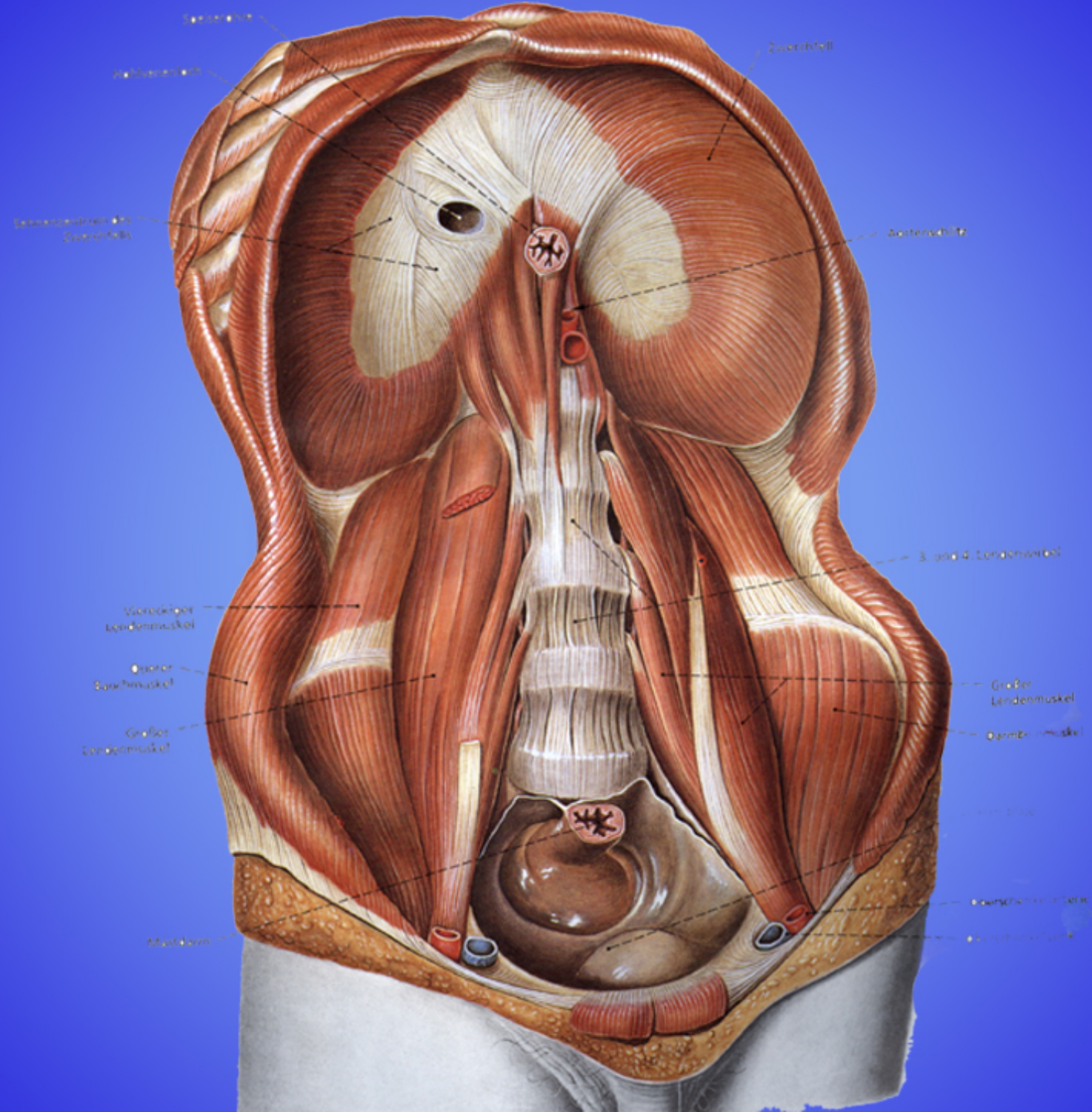
Opening Sacrum

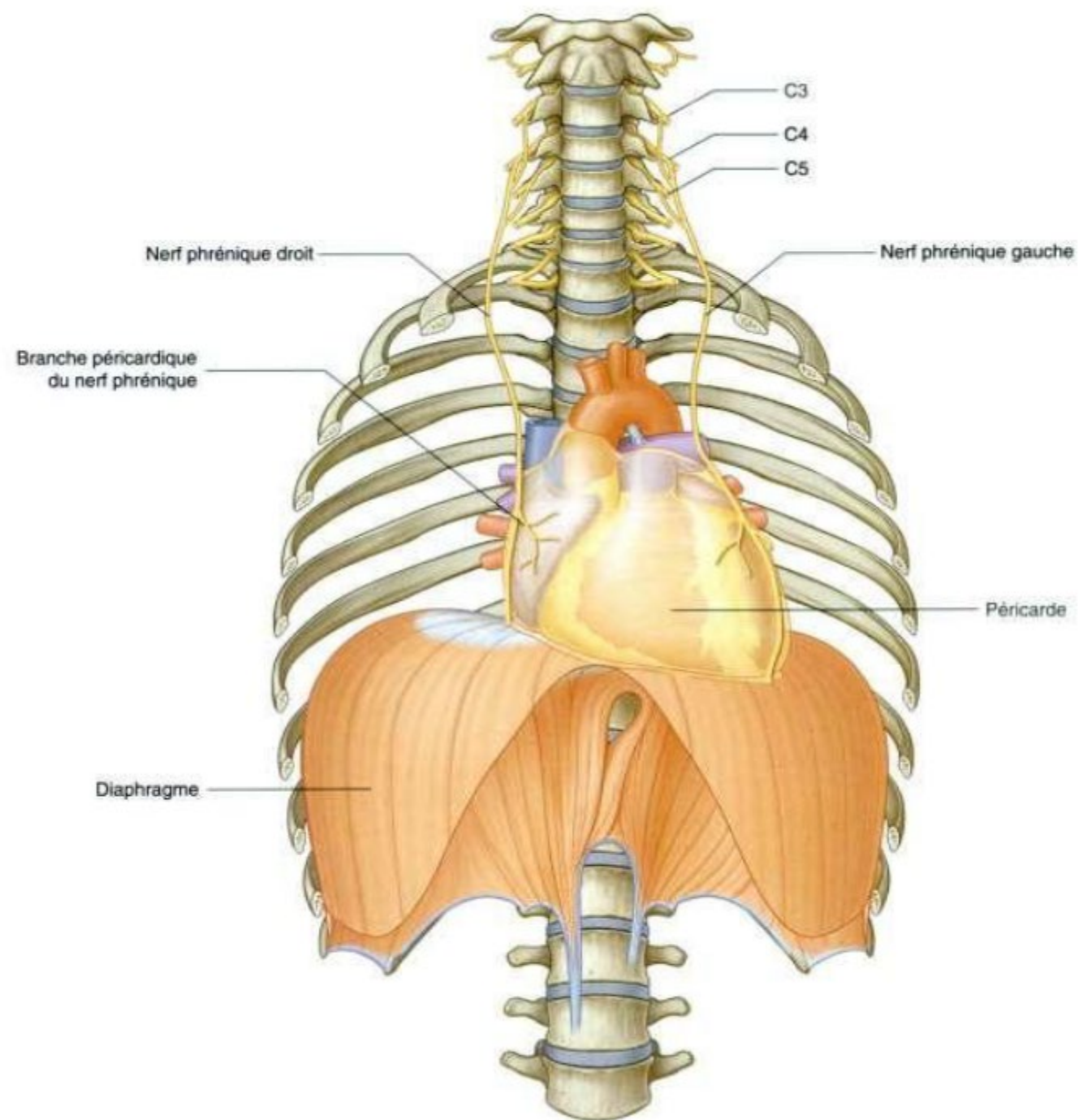
FASCIA THORACO-LOMBAIRE

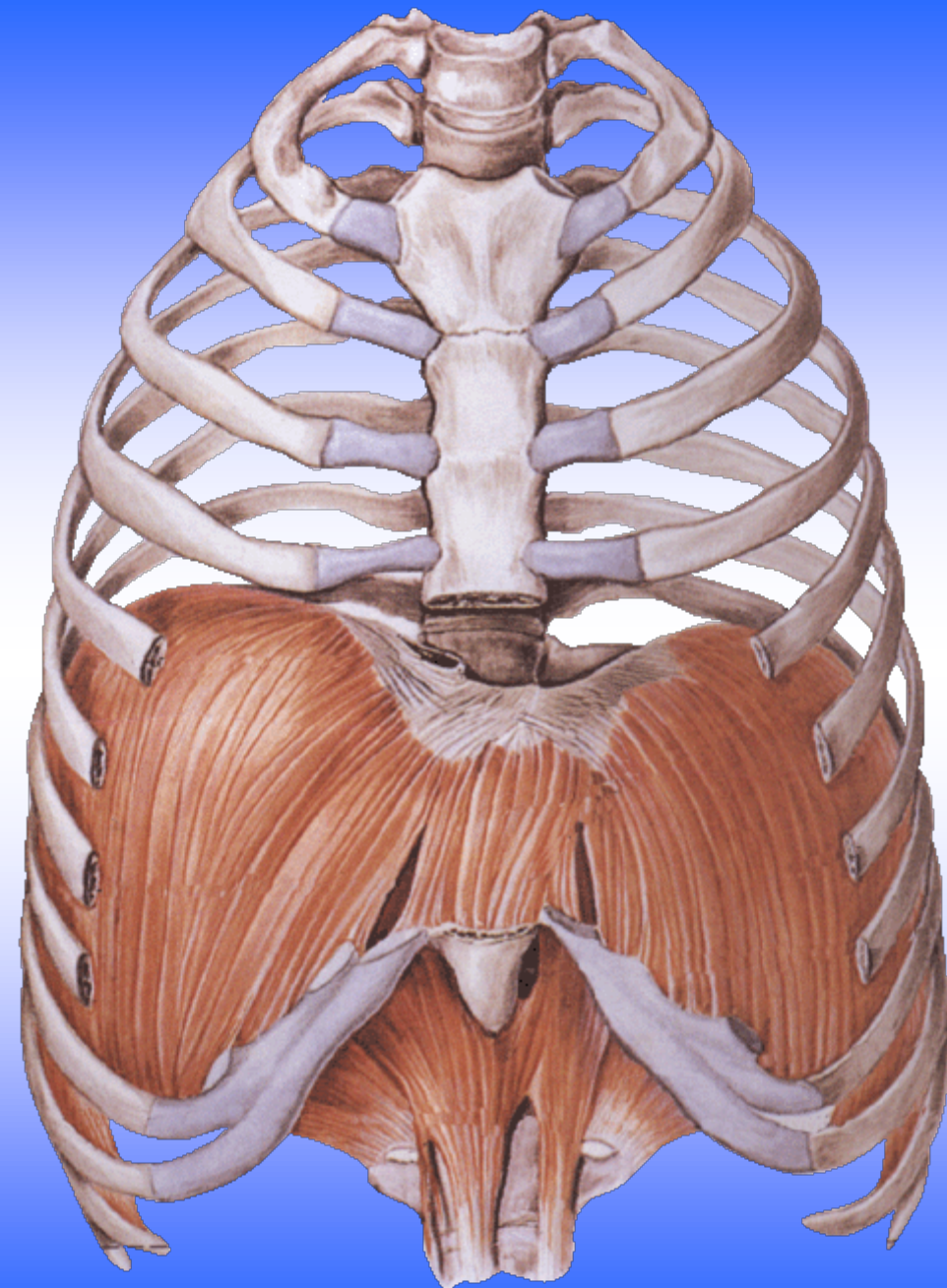




Psoas as a supporting shelf below ... next to the kidneys in back of Tan Tien ... happy, secure organs. By doing the Tao Yin exercises, the kidneys, psoas, and the lumbar region of the spine are warmed and energized





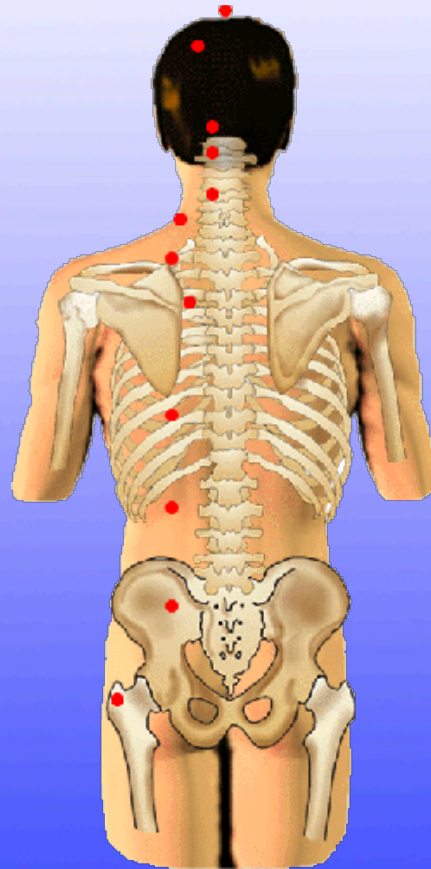


Opening the Joints

Hip Bones



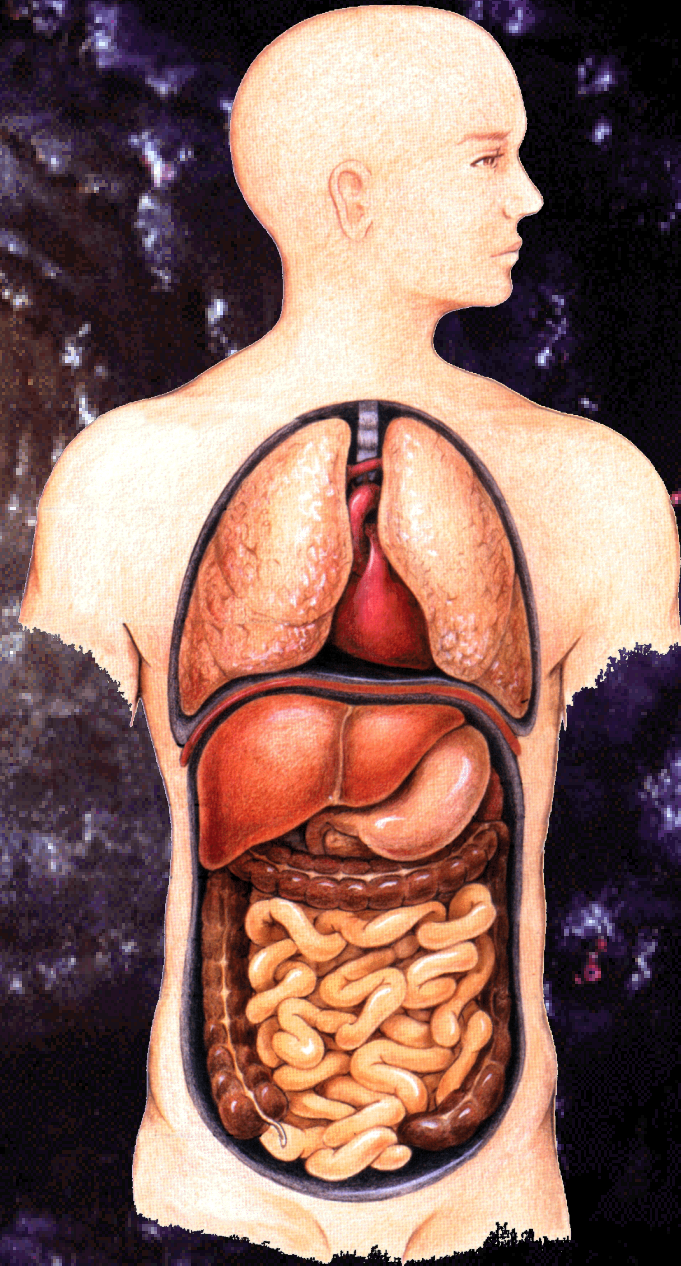
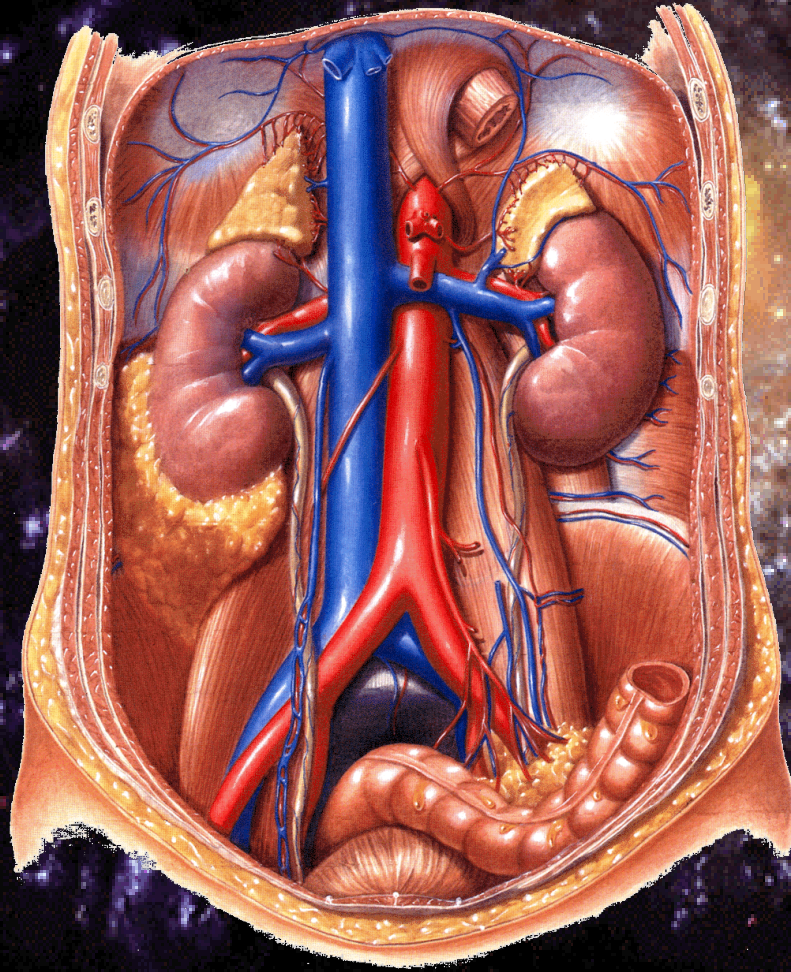
*Sacrum controls
all the bones*

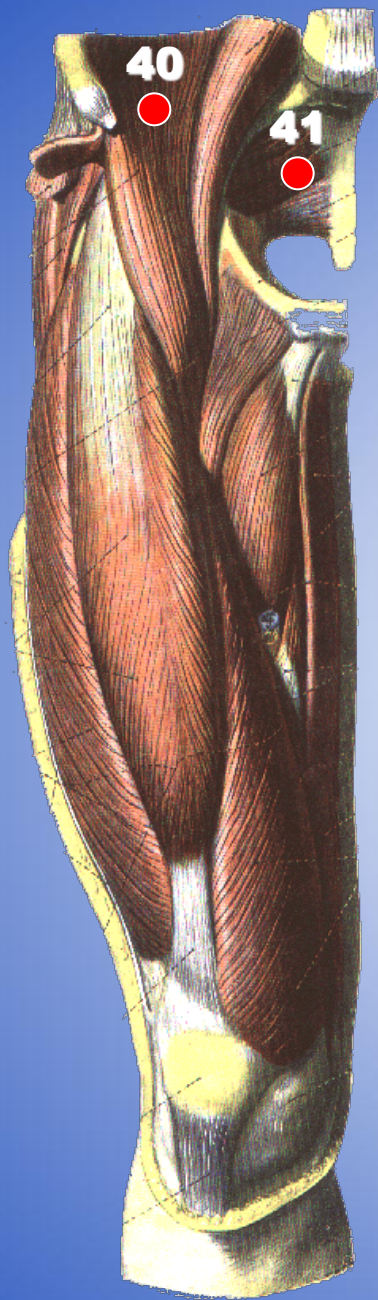


Ribs

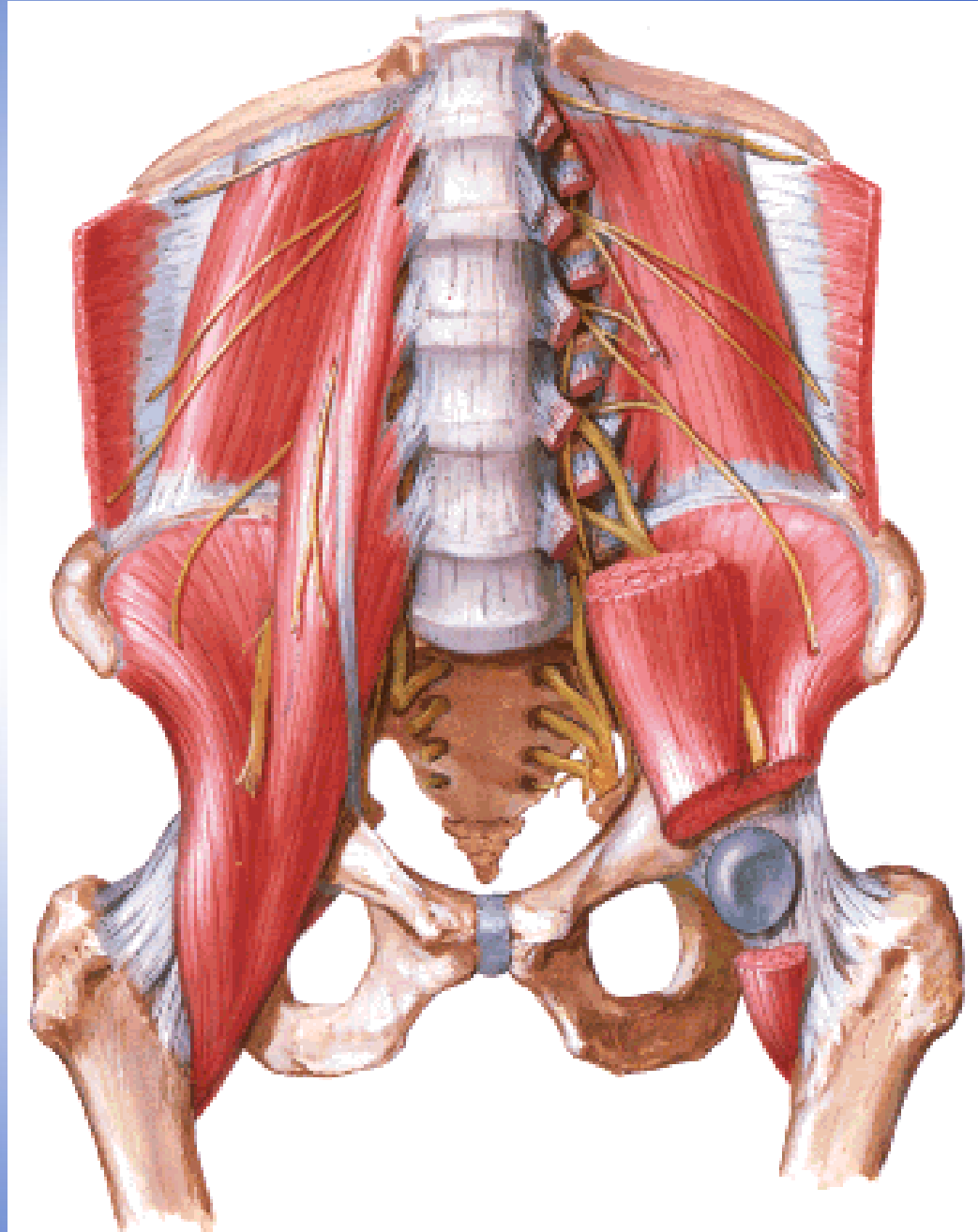
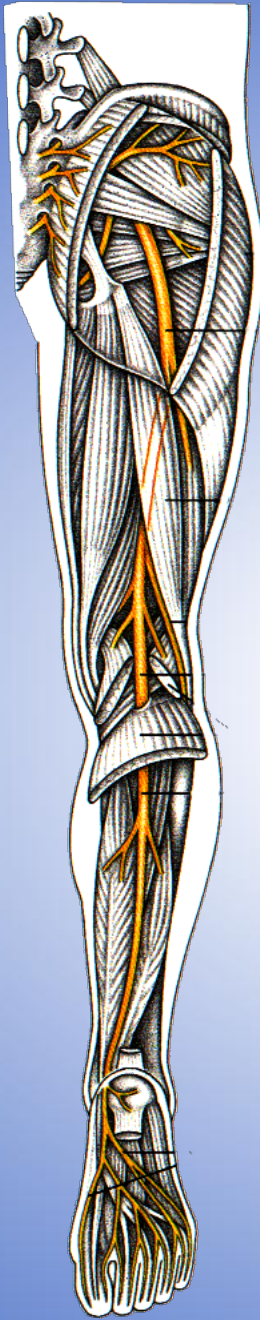
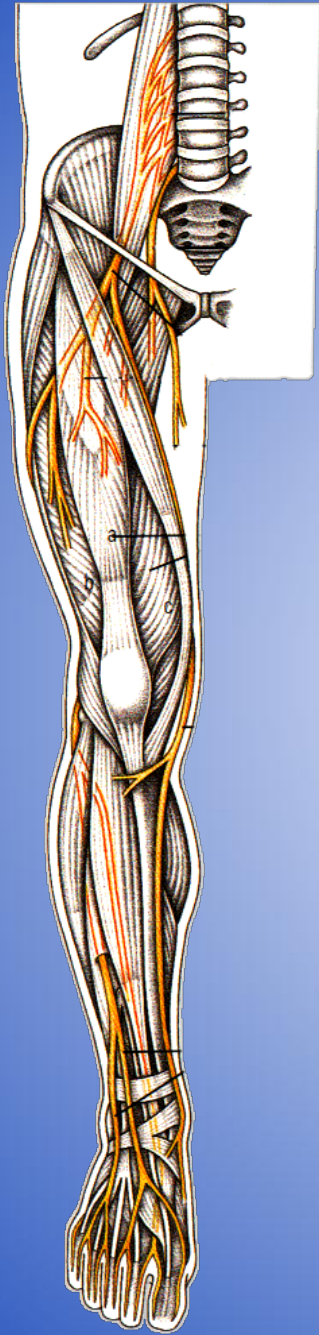


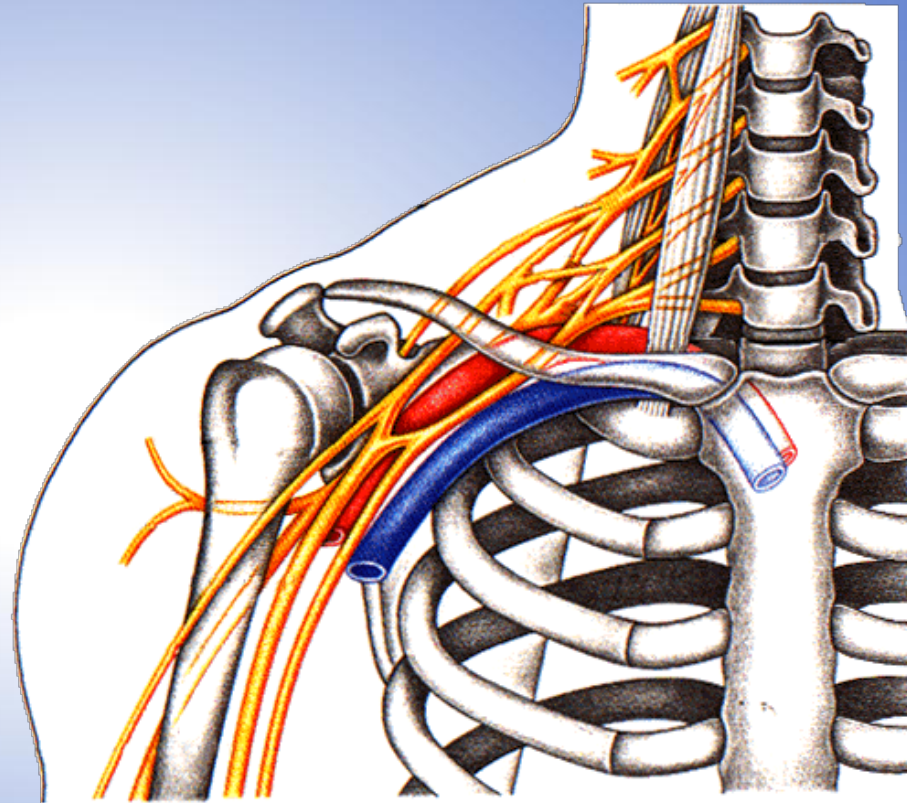
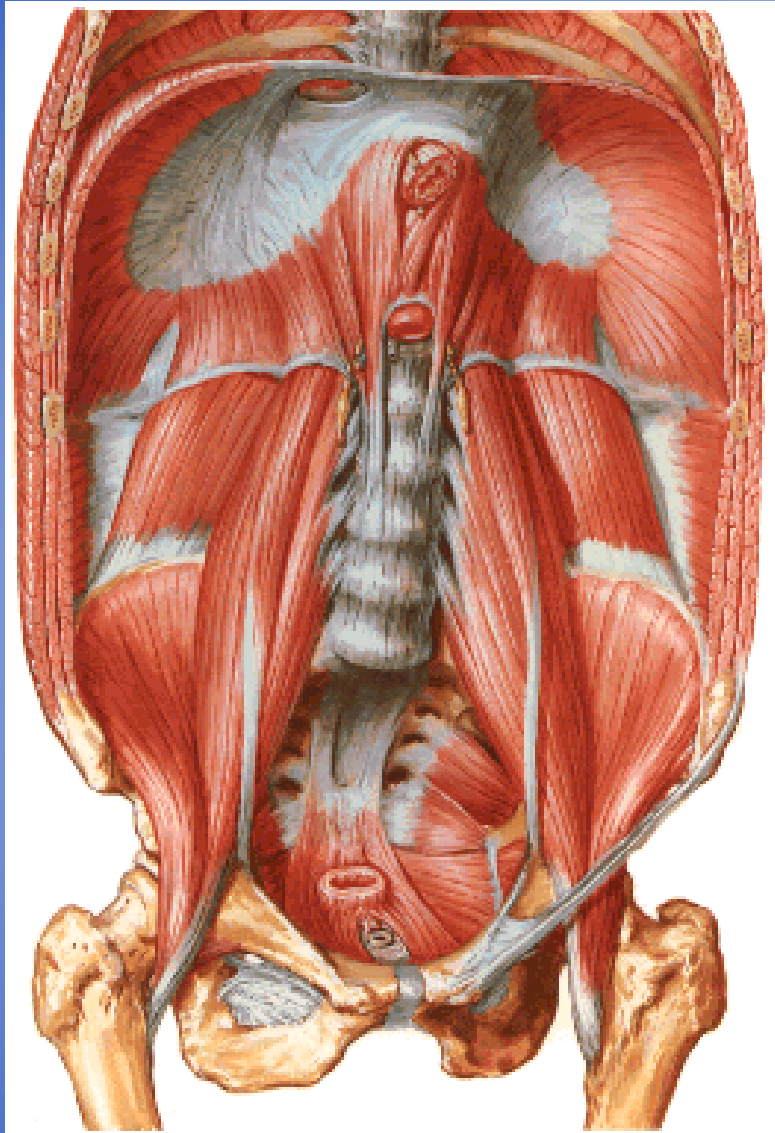


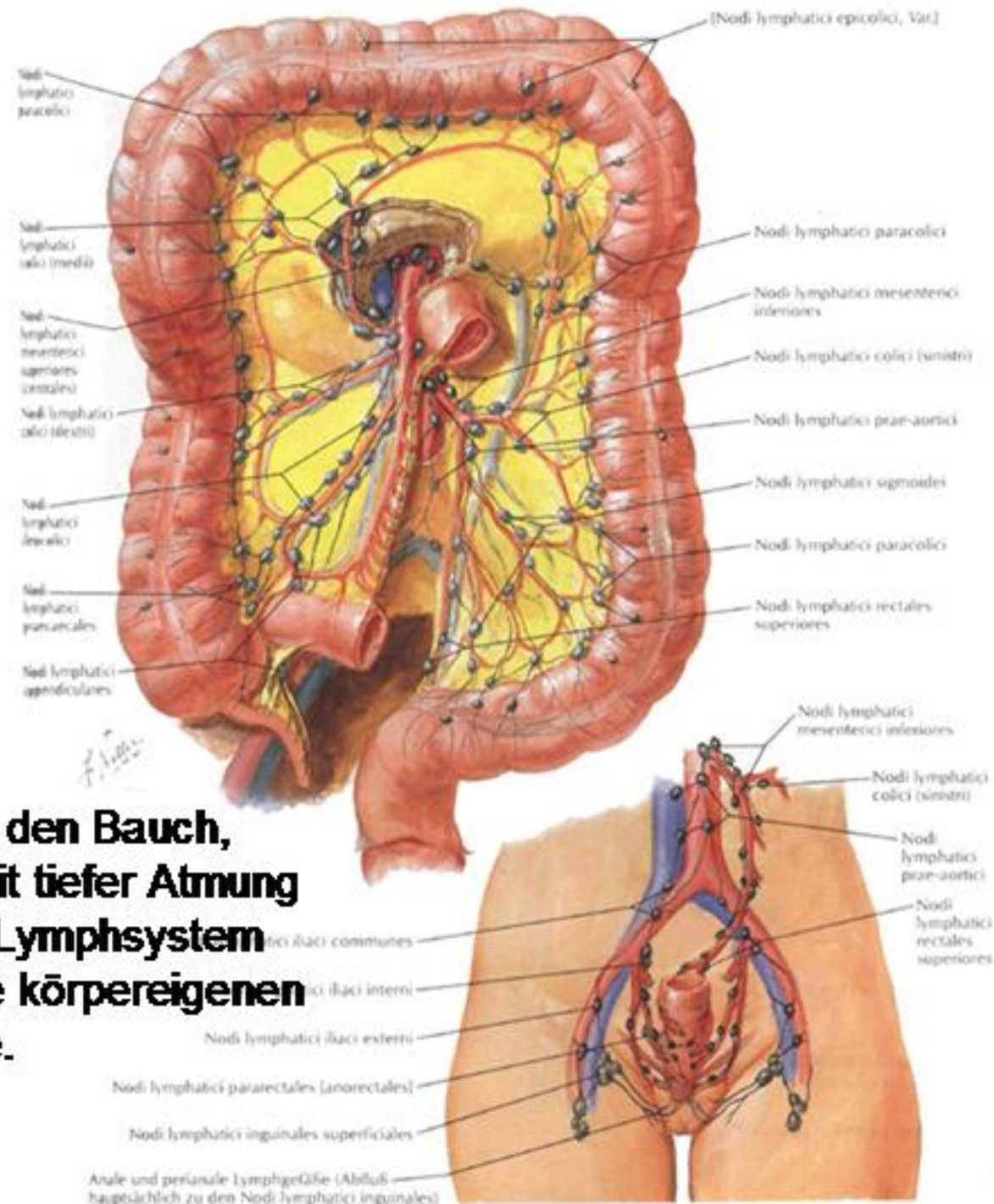




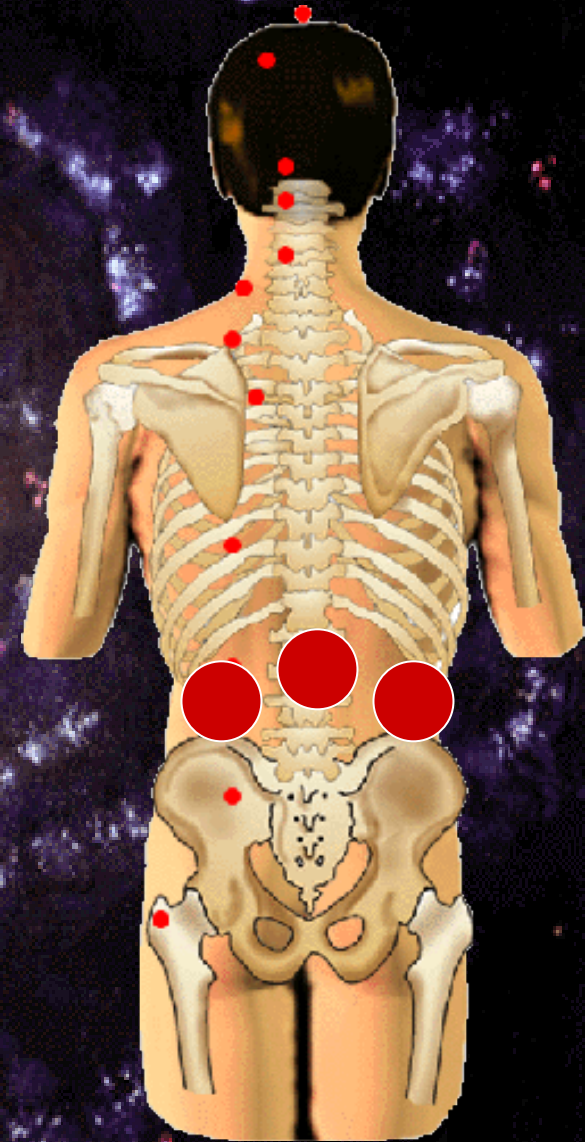
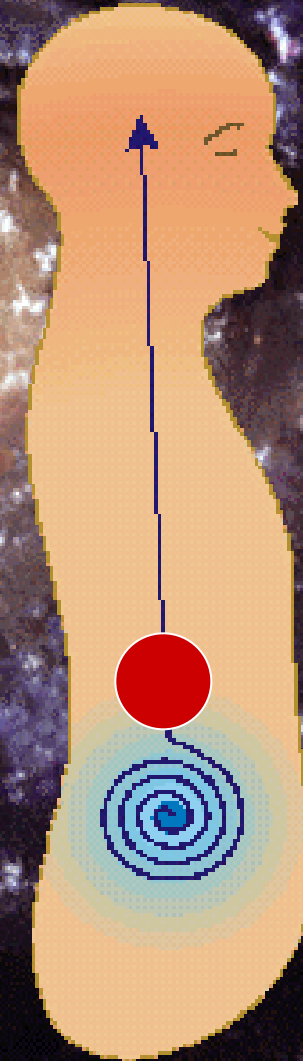
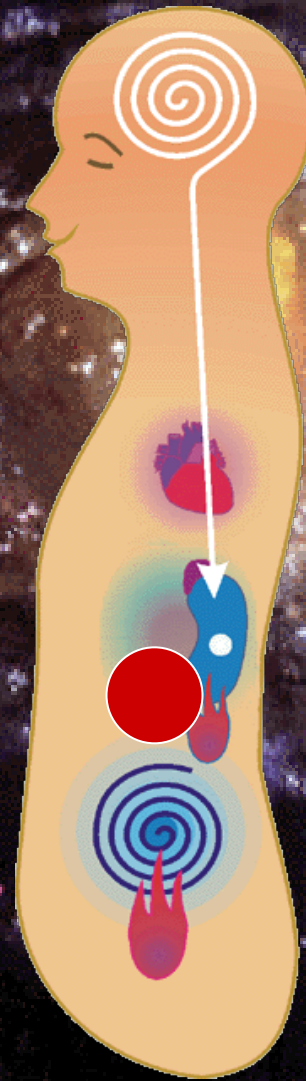
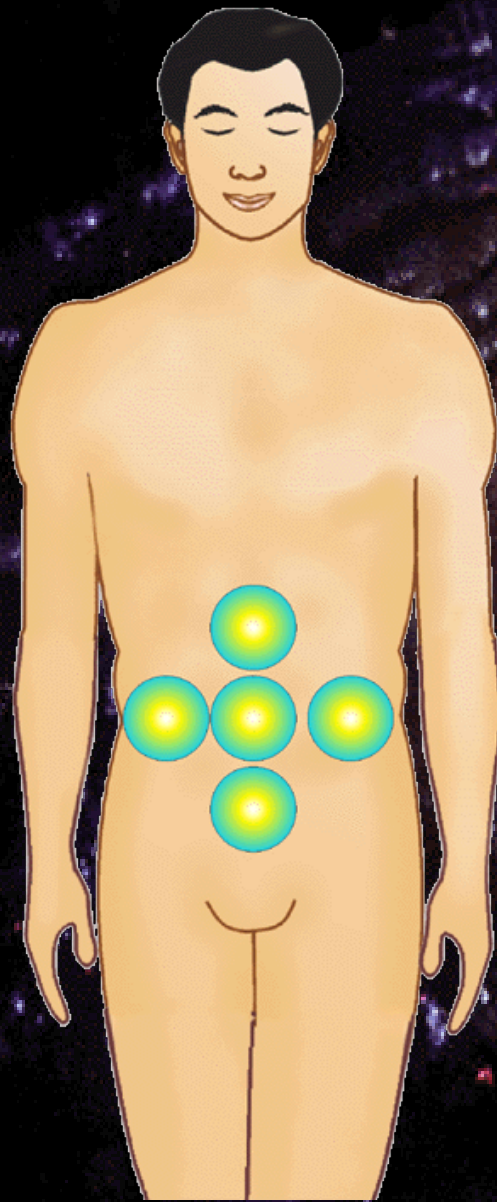
Press for
36

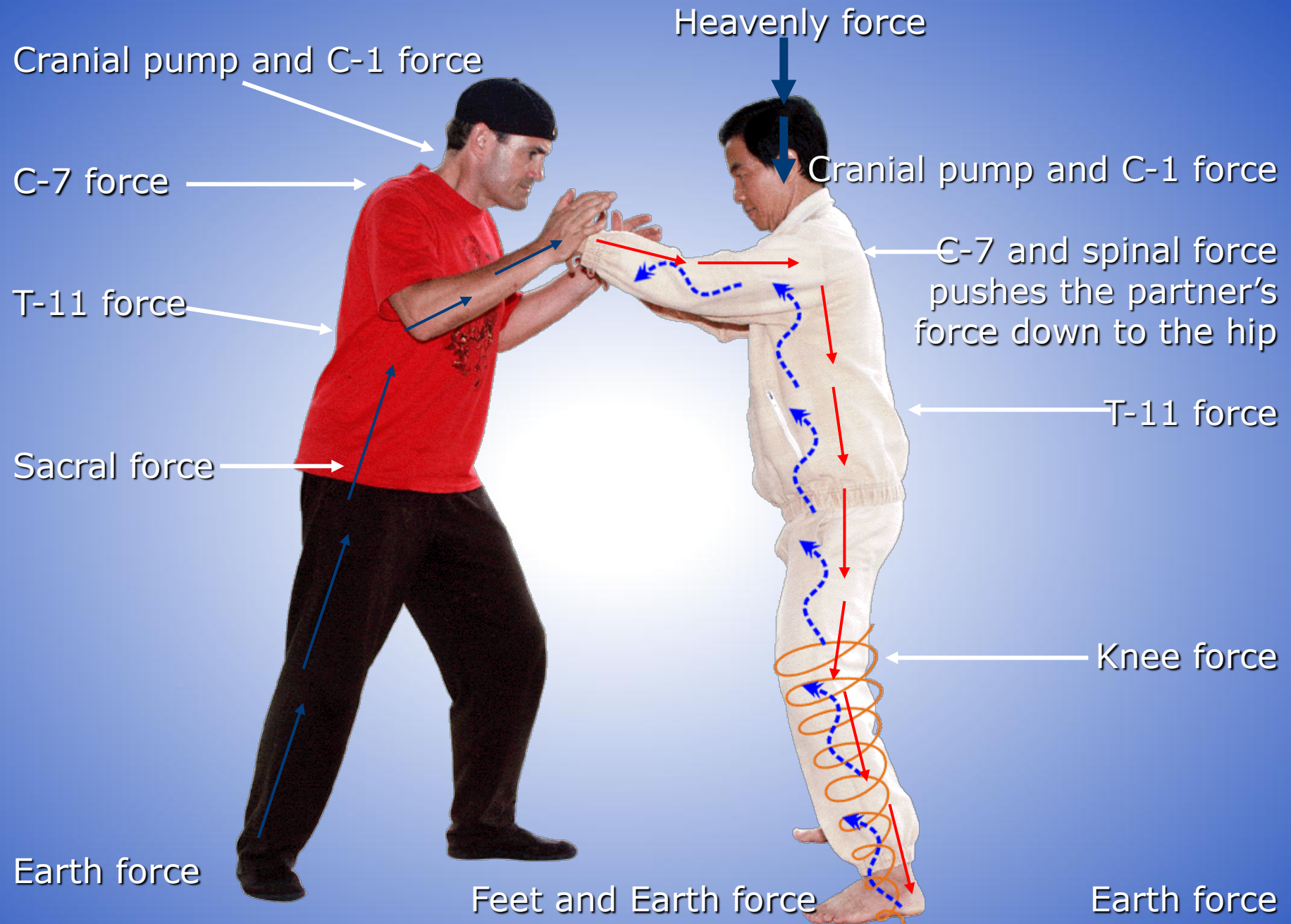






**Jeder Griff in den Bauch,
verbunden mit tiefer Atmung
aktiviert das Lymphsystem
und damit die körpereigenen
Abwehrkräfte.**





Front pushing and transferring the force to the ground