

1. Arm exercise, sitting position

(1) Form fists; stretch and retract in a forward movement, left and right alternating, three times. Left and right alternating means when the left is in motion the right rests, and vice versa.

(2) Form fists; bend elbows; make semi-circular motions by moving forward, sideways, and backward, left and right alternating, three times.

(3) Form fists; stretch and retract in a downward motion, left and right together, three times. Left and right together means both sides moving together, not alternating.

(4) Palms up; stretch forward, left and right alternating, three times.

(5) Palms down; stretch forward, left and right alternating, three times.

(6) Stretch fingers; bend elbows; thrust forward, left and right alternating, three times.

2. Leg exercise, sitting position

(1) Hands form fists hanging downward. Legs remain at original position; bend forward and stretch sideways, left and right alternating, three times.

(2) Hands form fists level in front. Legs stretch sideways; then bend forward. Position may change when stretching; use toes when tending; touch heels with buttocks; left and right alternating, three times.

(3) Hands form fists hanging downward. Legs advance and lift, left and right alternating, three times.

(4) Hands form fists hanging downward. Legs advance and kick forward, left and right alternating, three times.

(5) Hands form fists hanging downward. Legs bend forward and stretch backward. Keep original position when bending but change position when stretching. Both legs roughly on a straight line. Left and right alternating, three times.

(6) Open hands. Body rising and falling; touch heels with buttocks when lowering. Three times.

3. Body exercise, standing position

(1) Body bends forward and backward, three times. Hands form fists; same below.

(2) One arm stretches upward, and the other hangs downward. Expand left and right sides of chest. Left and right once each.

(3) Legs form T shape. Arms swing left and right, twisting the waist. Left and right once each.

4. Head exercise, sitting position

(1) Bend neck backward and forward, three times.

(2) Turn neck left and right, three times.

(3) Massage with hands the forehead, cheeks, nose, lips, throat, ears, and neck.

(4) Free movement: Head remains more or less stationary; exercise skin and lower jaw; five times.

5. Hitting exercise, no set position. Hitting exercise is to hit all parts of the body with fists in order to accelerate blood circulation and firm up the tendons and bones.

(1) Arms: Hit left hand with right, and vice versa.

(a) Upper arm: Top bottom, left, right.

(b) Lower arm: Top, bottom, left, right.

(2) Shoulder.

(3) Chest.

(4) Flanks.

(5) Back.

(6) Stomach.

(7) Buttocks.

(8) Legs, upper and lower.

6. Harmonizing exercise, no set position

(1) Dancing, 10 odd times.

(2) Keep breathing, three times.

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