

Daoyin

- 1) **RAISE UPWARD** (front)
Relaxed stance. **STEP** right (sinking 1st on left leg). Feet shoulder-wide apart.
Hands circle outward then upward (shoulder width apart) to front and down.
Raise hand up in the front over head and then down, like shaking a blanket. 3X
Slight sink at bottom of movement.
- 2) **OPEN-CLOSE** (side)
Raise hands (palms up) to stomach level, then out to side (like pulling taffy, fingers towards fingers) and circle then down (palms downward). 3X **SHIFT** right, bringing left leg in.
- 3) **SUPPORT THE SKY** (top)
Raise hands (palms up) to stomach level with finger tips touching, then upward, above head (raise up on balls), then back down. 3X **STEP** left.
- 4) **CROSS HANDS-1** (outside)
Circle outward and then up (palms up), cross hands and down. R. hand in front of left. 3X
- 5) **CROSS HANDS-2** (inside)
Circle inward and then up (palms down), into squat, heels flat...
then up in front and down = 1x full. 3X
- 6) **RISING AND BENDING TO FRONT**
“Praise Allah”. Hands up, then down to heels and up to knees bend as hands move front; push up with legs. Hands up to head height, then down.
- 7) **RISING HANDS UP SIDES**
Move palms outward, above head. Curve into beak hands, and down toward toes; squat.
Upward to solar plex’ height in line with legs.
- 8) **ALTERNATE TOE TOUCH**
Start left hand to **right** toe; right hand up in beak. Alternate.
Right hand to left toe; left hand up. 3X
- 9) **DOUBLE BEAKS**
Up, then down to let both hands go up behind back. Let arms drop and sink into squat.
Up and circle, stretch backward. Beaks on shoulders. Looking straight up. 3X
- 10) **LEG STRETCH**
Sink on right leg. Step out to side 45 degrees, with left foot. Foot goes flat. Grasp left calf.
Chin toward knee. Up, and bring leg in. Alternate side. 3X both sides. Bring left foot to center.
- 11) **FLING BACKWARDS**
Step left. Raise hand, and let hands drop as you sink. Hands naturally fall backwards and up then immediately down and up to repeat. 12X Step L. to end.

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