

Basics

PREPARATORY PHASE

Feet tight, body straight and relaxed in a natural way
Soft arms along the thighs, hands relaxed and fingers glued together
Hold the nunchakuai gently against the right palm with the thumb
Look straight ahead
Breathe slowly and regularly through the nose

OPENING

stand with feet shoulder-width apart, body weight in the middle
Raise the arms palms face to face until the height of the shoulders by slightly bending the knees, then lower the arms, palms towards the ground to the level of the belly by tightening the knees
Retrieve one of the sticks with the left hand and bring the arms up to shoulder or chest height
Take the nunchakuai in 'hold the wheel' mode

STANDING RESTING POSTURE [MEDITATION]

"READING A BOOK" MODE

Stay straight and relaxed, hold the nunchakuai in 'reading a book' mode with softness, the ribbon is in front of the face, parallel to the ground, hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool
Separate feet at shoulder width, weight distributed 50% on each foot
Look straight ahead, breathe slowly and regularly through the nose

"YIN BUTTERFLY" MODE

Stay straight and relaxed, hold the nunchakuai in 'Yin butterfly' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool
Separate feet at shoulder width, weight distributed 50% on each foot
Look straight ahead, breathe slowly and regularly through the nose

"YANG BUTTERFLY" MODE

Stay straight and relaxed, hold the nunchakuai in 'Yang butterfly' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

"HOLD THE WHEEL" MODE

Stay straight and relaxed, take the nunchakuai in 'hold the wheel' mode with softness, the ribbon is in front of the face, parallel to the ground, the hands at shoulder or chest height, bending slightly the knees, as if sitting on a high stool

Separate feet at shoulder width, weight distributed 50% on each foot

Look straight ahead, breathe slowly and regularly through the nose

FINAL PHASE

lower the arms along the thighs by putting the nunchakuai in the right hand and hold it against the palm with the thumb with softness,

Bring the feet back to the starting position