

# Level 4

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1<sup>st</sup> video : phoning + hair combing

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

## **2/ Leg movements**

a) Put the right foot forward with the sole on the ground, sitting on the left leg with 60% of the body weight

Step forward with the left foot and sit forward with 60% of the body weight, right heel raised

Transfer 60% of your body weight to your right leg to perform the same movements, inverting to the other side as

b)

b) Put the left foot forward with the sole on the ground, sitting on the right leg with 60% of the body weight

Step forward with the right foot and sit forward with 60% of the body weight, left heel raised

Transfer 60% of the body weight to the left leg to perform the same movements, inverting to the other side as in

a)

## **3/ Arm movements**

a) Right hand in 'fork' mode while doing 'phoning', left hand under the elbow, palm down

Left hand covers the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode

The left hand recovers the nunchakuai to link the same movements, by inverting on the other side like b)

b) Left hand in 'fork' mode while doing 'phoning', right hand under the elbow, palm down

Right hand covers the left ear, the left hand goes with the right hand in 'Chinese chopsticks' mode

The right hand recovers the nunchakuai to link the same movements, by inverting on the other side as a)

## **4/ Legs + arms movements**

a) phoning with right hand, right foot in front, hair combing with left hand while moving left foot forward

The left hand recovers the nunchakuai by transferring 60 % of the body weight on the right leg to link the same movements, while inverting on the other side like b)

b) phoning with left hand, left foot in front, hair combing with right hand, right foot in front

The right hand recovers the nunchakuai by transferring 60 % of the body weight on the left leg to link the same movements, while inverting on the other side as a)

**5/ Standing resting posture (meditation): "reading a book" mode** [see document "basics"]

**Final phase** [see document "basics"]

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## 2<sup>nd</sup> video : hair combing + breaking the door open with foot in front

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) Step forward with the right foot and sit forward with 60% of the body weight, the left heel raised  
Kick forward at knee or belly level with the left foot as if breaking the door open  
Lower the left leg to do the same movements, reversing on the other side as b)

b) Step forward with the left foot and sit forward with 60% of the body weight, the right heel raised  
Kick forward at knee or belly level with the right foot as if breaking the door open  
Lower the right leg and do the same movements, inverting on the other side as in a)

### **3/ Arm movements**

a) The left hand combs over the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode by doing an upward curve on the left side  
The right hand in 'nunchaku' mode throws the other stick straight ahead, the left hand above or next to the elbow, the fingers pointing forward  
The left hand recovers the two chopsticks to link the same movements, while inverting on the other side as b)

b) The right hand combs over the right ear, the left hand goes with the right hand in 'Chinese chopsticks' mode by doing an upward curve on the right side  
The left hand in 'nunchaku' mode throws the other chopstick straight ahead, the right hand above or next to the elbow, the fingers pointing forward  
The right hand recovers the two chopsticks to link the same movements, while inverting on the other side like a)

### **4/ Legs + arms movements**

a) 'Hair combing' with the left hand, left foot in front / 'break the door open with the right foot in front », right hand throws the chopstick  
the left hand recovers the two chopsticks by lowering the right foot to link the same movements, while inverting on the other side like b)

b) 'Hair combing» with the right hand, right foot in front / 'break the door open with the left foot in front », left hand throws the chopstick  
the right hand recovers the two chopsticks by lowering the left foot to link the same movements, while inverting on the other side like a)

**5/ Standing resting posture (meditation): "Yin butterfly" mode** [see document "basics"]

**Final phase** [see document "basics"]

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## 3<sup>rd</sup> video : phoning + hair combing + breaking the door open with foot in front

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) Put the right foot forward with the sole on the ground, sitting on the left leg with 60% of the body weight  
Step forward with the left foot and sit forward with 60% of the body weight, right heel raised  
Kick forward at knee or belly level with the right foot, as if breaking the door open with foot in front  
Place the right foot on the ground backwards and do the same movements, inverting on the other side as a]

b) Put the left foot forward with the sole on the ground, sitting on the right leg with 60% of the body weight  
Step forward with the right foot and sit forward with 60% of the body weight, left heel raised  
Kick forward at knee or belly level with the left foot, as if breaking the door open with foot in front  
Place the left foot on the ground backwards to link the same movements, inverting on the other side as a]

### **3/ Arm movements**

a) Right hand in 'fork' mode while doing 'phoning', left hand under the elbow, palm down  
Left hand combs over the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode by doing a curve upwards, left side  
The right hand in 'nunchaku' mode throws the other stick straight ahead, the left hand above or next to the elbow, the fingers pointing forward  
The left hand recovers the two chopsticks to link the same movements, while inverting on the other side as b]

b) Left hand in 'fork' mode while doing 'phoning', right hand under the elbow, palm down  
Right hand combs over the right ear, left hand goes with the right hand in 'Chinese chopsticks' by doing an upward curve on the right side  
The left hand in 'nunchaku' mode throws the other stick straight ahead, the right hand above or next to the elbow, the fingers pointing forward  
The right hand recovers the two chopsticks to link the same movements, while inverting on the other side like a]

### **4/ Legs + arms movements**

a) Phoning with right hand, right foot in front, hair combing with left hand while moving left foot forward  
break the door open with right foot in front  
Put the right foot on the ground backwards and recover the two chopsticks with the left hand to link the same movements, inverting on the other side as b]

b) Phoning with left hand, left foot in front, hair combing with right hand, while moving right foot forward  
break the door open with left foot in front  
Put the left foot on the ground backwards and recover the two chopsticks with the right hand to chain the same movements, inverting on the other side as a]

**5/ Standing resting posture (meditation): "reading a book" mode** [see document "basics"]

**Final phase** [see document "basics"]

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## 4th video : breaking the door open with foot in front + collecting a falling leaf

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) Kick forward at knee or belly level with the right foot, as if breaking the door open with foot in front  
Step forward with the right foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up and do the same movements, inverting to the other side as b)

b) Kick forward at knee or belly level with the left foot, as if breaking the door open with foot in front  
Step forward with the left foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up and do the same movements, inverting to the other side as in a)

### **3/ Arm movements**

a) The right hand in 'nunchaku' mode throws the other chopstick straight ahead, the left hand above or next to the elbow, fingers pointing forward  
Left hand in 'Chinese chopsticks' mode pokes downwards, right palm is next to the arm, fingers pointed at the ground  
Directly follow the same movements, inverting on the other side as b)

b) The left hand in 'nunchaku' mode throws the other chopstick straight ahead, the right hand above or next to the elbow, fingers pointing forward  
Right hand in 'Chinese chopsticks' mode pokes downwards, left palm is next to the arm, fingers pointed at the ground  
Directly follow the same movements, inverting on the other side like a)

### **4/ Legs + arms movements**

a) break the door open with the right foot in front and the right hand throws the chopstick  
The left hand sticks towards the ground while bending forward as if collecting a falling leaf, right foot in front  
Straighten up and do the same movements, inverting to the other side as b)

a) break the door open with the left foot in front and the left hand throws the chopstick  
The right hand sticks towards the ground while bending forward as if collecting a falling leaf, left foot in front  
Straighten up and do the same movements, inverting to the other side as in a)

**5/ Standing resting posture (meditation): "Yang butterfly" mode** [see document "basics"]

**Final phase** [see document "basics"]

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5<sup>th</sup> video: phoning + hair combing + breaking the door open with foot in front  
+ collecting a falling leaf

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

**2/ Leg movements**

a) Put the right foot forward with the sole on the ground, sitting on the left leg with 60% of the body weight  
Step forward with the left foot and sit forward with 60% of the body weight, right heel raised  
Kick forward at knee or belly level with the right foot, as if breaking the door open with foot in front  
Step forward with the right foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up to do the same movements, inverting to the other side as b)

b) Put the left foot forward with the sole on the ground, sitting on the right leg with 60% of the body weight  
Step forward with the right foot and sit forward with 60% of the body weight, left heel raised  
Kick forward at knee or belly level with the left foot, as if breaking the door open with foot in front  
Step forward with the left foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up and do the same movements, inverting to the other side as in a)

**3/ Arm movements**

a) Right hand in 'fork' mode while doing a 'phoning', left hand under the elbow, palm down  
Left hand combs over the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode by making a curve upwards on the left side  
The right hand in 'nunchaku' mode throws the other chopstick straight ahead, the left hand above or next to the elbow, the fingers pointing forward  
Left hand in 'Chinese chopsticks' mode pokes downwards, right palm next to the arm, fingers pointed at the ground  
Repeat the same movements, inverting on the other side as b)

b) Left hand in 'fork' mode while doing a 'phoning', right hand under the elbow, palm down  
Right hand combs over the right ear, the left hand goes with the right hand in 'Chinese chopsticks' by making an upward curve on the right side  
The left hand in 'nunchaku' mode throws the other chopstick straight ahead, the right hand above or next to the elbow, the fingers pointing forward  
Right hand in 'Chinese chopsticks' mode pokes downwards, left palm is next to the arm, fingers pointed at the ground  
Repeat the same movements, inverting on the other side like a)

**4/ Legs + arms movements**

a) phoning with right hand, right foot in front, hair combing with left hand while moving left foot forward  
break the door open with the right foot in front and the right hand throws the chopstick  
The left hand pokes towards the ground, bending forward as if collecting a falling leaf, right foot in front  
Straighten up and do the same movements, inverting to the other side as b)

b) phoning with left hand, left foot in front, hair combing with right hand while moving right foot forward

break the door open with the left foot in front and the left hand throws the chopstick  
The right hand pokes towards the ground, bending forward as if collecting a falling leaf, left foot in front  
Straighten up and do the same movements, inverting to the other side as in a]

**5/ Standing resting posture (meditation): "Yang butterfly" mode** [see document "basics"]

**Final phase** [see document "basics"]

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## 6<sup>th</sup> video: Collecting a falling leaf + closing the curtain

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) Move the left foot forward while bending slightly forward with 80% of the body weight on the left foot, back heel raised

Straighten up and sit forward with 60% of the body weight, right heel raised

the left foot returns parallel to the right foot to do the same movements, inverting on the other side as b]

b) Move the right foot forward while bending slightly forward with 80% of the body weight on the right foot, back heel raised

Straighten up and sit forward with 60% of the body weight, left heel raised

The right foot returns parallel to the left foot to do the same routine, inverting to the other side as in a]

[Example of side changing on the spot adapted in reduced space]

### **3/Movements of the arms**

a) Right hand in 'Chinese chopsticks' mode pokes to the ground, palm next to the arm, fingers pointing to the ground

Right hand in 'Chinese chopsticks' mode, draw a curve to the left side above the head as if 'closing the curtain', left hand under the arm, fingers pointing upwards

Take the chopsticks with the left hand in front of the belly and do the same routine, inverting on the other side as b]

b) Left hand in 'Chinese chopsticks' mode pokes to the ground, palm next to the arm, fingers pointing to the ground

Left hand in 'Chinese chopsticks' mode, draw a curve to the right side above the head as if 'closing the curtain', right hand under the arm, fingers pointing upwards

Take the chopsticks with the right hand in front of the belly and do the same routine, inverting on the other side as a]

### **4/ Legs + arms movements**

a) The left hand pokes to the ground while bending forward as if to collecting a falling leaf, right foot in front  
« close the curtain' with the left hand, right foot in front

Step forward with the left foot and do the same routine, inverting on the other side as b]

b) Right hand pokes to the ground while bending forward as if to collect a falling leaf, left foot in front  
« close the curtain' with the right hand, left foot in front

Step forward with the right foot and do the same routine, inverting on the other side as a]

## **5/ Standing resting posture (meditation): "reading a book" mode** [see document "basics"]

**Final phase** [see document "basics"]

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7<sup>th</sup> video: phoning + hair combing + breaking the door open with foot in front  
+ collecting a falling leaf + closing the curtain

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) step forward with the right foot, sole on the ground, sitting on the left leg with 60% of the body weight  
Step forward with the left foot and sit forward with 60% of the body weight, right heel raised  
Kick forward at knee or belly level with the right foot, as if breaking the door open with the foot  
Step forward with the right foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up and sit forward with 60% of your body weight, left heel raised  
Step forward with the left foot and do the same routine, inverting on the other side as b]

b) Put the left foot sole on the ground, sitting on the right leg with 60% of the body weight  
Step forward with the right foot and sit forward with 60% of the body weight, left heel raised  
Kick forward at knee or belly level with the left foot, as if breaking the door open with the foot  
Step forward with the left foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up and sit forward with 60% of your body weight, right heel raised  
Step forward with the right foot and do the same routine, inverting on the other side as a]

### **3/ Arm movements**

a) Right hand in 'fork' mode while doing 'phoning', left hand under the elbow, palm towards the ground  
Left hand combs over the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode by making a curve upwards, on the left side  
The right hand in 'nunchaku' mode throws the other chopstick straight ahead, the left hand above or next to the elbow, the fingers pointing forward  
Left hand in 'Chinese chopsticks' mode pokes downwards, right palm is next to the arm, fingers pointed at the ground  
Left hand in 'Chinese chopsticks' mode, draw a curve to the right side above the head as if 'closing the curtain', right hand under the arm, fingers pointing upwards

Repeat the same movements, inverting on the other side as b]

b) Left hand in 'fork' mode while doing 'phoning', right hand under the elbow, palm towards the ground

Right hand combs over the right ear, left hand goes with the right hand in 'Chinese chopsticks' mode by making an upward curve on the right side

The left hand in 'nunchaku' mode throws the other chopstick straight ahead, the right hand above or next to the elbow, the fingers pointing forward

Right hand in 'Chinese chopsticks' mode pokes downwards, left palm is next to the arm, fingers pointed at the ground

Right hand in 'Chinese chopsticks' mode, draw a curve to the left side above the head as if 'closing the curtain', left hand under the arm, fingers pointing upwards

Repeat the same movements, inverting on the other side like a]

#### **4/ Legs + arms movements**

a) Phone with right hand, right foot in front

Comb the hair with the left hand while moving the left foot forward

break the door open with the right foot in front and the right hand throws the chopstick

The left hand pokes towards the ground, bending forward as if collecting a falling leaf, right foot in front

« close the curtain' with the left hand, right foot in front

Step forward with the left foot and do the same routine, inverting on the other side as b]

b) Phone with left hand, left foot in front

Comb the hair with the right hand while moving the right foot forward

break the door open with the left foot in front and the left hand throws the chopstick

The right hand pokes towards the ground while bending forward as if collecting a falling leaf, left foot in front

« close the curtain' with the right hand, left foot in front

Step forward with the right foot and do the same routine, inverting to the other side as a]

#### **5/ Standing resting posture (meditation): "Hold the wheel" mode** [see document "basics"]

**Final phase** [see document "basics"]

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8<sup>th</sup> video : closing the curtain + drawing an X

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

#### **2/ Leg movements**

a) Right foot forward and sit forward with 60% of the body weight, left heel raised

Sitting on the left leg with 60% of the body weight, sole of the right foot raised

Step forward with the left foot and do the same routine, inverting on the other side as b]

b) Sitting on the left leg with 60% of the body weight, right heel raised  
Sitting on the right leg with 60% of the body weight, sole of the left foot raised  
Step forward with the right foot and do the same routine, inverting to the other side as in a)

### **3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode, draw a curve to the left side above the head as if 'closing the curtain', left hand under the arm, fingers pointing upwards  
Right hand in 'fork' mode, 'drawing an X', left wrist at the elbow, hand open  
Change the nunchakuai from one hand to the other in front of the belly to link the same movements, by inverting on the other side like b)

b) Left hand in 'Chinese chopsticks' mode, draw a curve towards the right side above the head as if 'closing the curtain', right hand under the arm, fingers pointing upwards  
Left hand in 'fork' mode, 'drawing an X', right wrist at the elbow, hand open  
Change the nunchakuai from one hand to the other in front of the belly to link the same movements, by inverting on the other side as a)

### **4/ Legs + arms movements**

a) 'close the curtain' with the right hand, left foot in front  
'draw an X' with the right hand, body weight on the right, left foot in front  
Step forward with the right foot and do the same routine, inverting to the other side as b)

b) 'close the curtain' with the left hand, right foot in front  
« draw an X » with the left hand, body weight to the left, right foot in front  
Step forward with the left foot and do the same routine, inverting on the other side as a)

### **5/ Standing resting posture [meditation]: "Yin butterfly" mode [see document "basics"]**

**Final phase** [see document "basics"]

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9<sup>th</sup> video : phoning + hair combing + breaking the door open with foot in front + collecting a falling leaf + closing the curtain + drawing an X

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) Step forward with the right foot, sole on the ground, sit on the left leg with 60% of the body weight  
Step forward with the left foot and sit forward with 60% of the body weight, right heel raised  
Kick forward at knee or belly level with the right foot, as if breaking the door open with the foot  
Step forward with the right foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up and sit forward with 60% of the body weight, left heel raised  
Sit on the left leg with 60% of the body weight, sole of the right foot raised

Step forward with the left foot and do the same routine, inverting on the other side as b]

b] Put the left foot sole on the ground, sit on the right leg with 60% of the body weight

Step forward with the right foot and sit forward with 60% of the body weight, left heel raised

Kick forward at knee or belly level with the left foot, as if breaking the door open with the foot

Step forward with the left foot, bending slightly forward with 80% of the body weight, the back heel raised

Straighten up and sit forward with 60% of the body weight, right heel raised

Sit on the right leg with 60% of the body weight, sole of the left foot raised

Step forward with the right foot and do the same routine, inverting to the other side as in a]

### **3/ Arm movements**

a] Right hand in 'fork' mode while doing 'phoning', left hand under the elbow, palm towards the ground

Left hand combs over the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode by making a curve upwards, left side

The right hand in 'nunchaku' mode throws the other chopstick straight ahead, the left hand above or next to the elbow, the fingers pointing forward

Left hand in 'Chinese chopsticks' mode pokes downwards, right palm is next to the arm, fingers pointed at the ground

Left hand in 'Chinese chopsticks' mode, draw a curve to the right side above the head as if 'closing the curtain', right hand under the arm, fingers pointing upwards

Left hand in 'fork' mode, 'drawing an X', right wrist at the elbow, hand open

Repeat the same movements, inverting on the other side as b]

b] Left hand in 'fork' mode while doing 'phoning', right hand under the elbow, palm towards the ground

Right hand combs over the right ear, left hand goes with the right hand in 'Chinese chopsticks' mode by making an upward curve on the right side

The left hand in 'nunchaku' mode throws the other stick straight ahead, the right hand above or next to the elbow, the fingers pointing forward

Right hand in 'Chinese chopsticks' mode pokes downwards, left palm is next to the arm, fingers pointed at the ground

Right hand in 'Chinese chopsticks' mode, draw a curve to the left side above the head as if 'closing the curtain', left hand under the arm, fingers pointing upwards

Right hand in 'fork' mode, 'drawing an X', left wrist at the elbow, hand open

Repeat the same movements, inverting on the other side like a]

### **4/ Legs + arms movements**

a] Phone with right hand, right foot in front

Hair combing with the left hand while moving the left foot forward

Break the door open with the right foot in front and the right hand throws the chopstick

The left hand pokes towards the ground, bending forward as if collecting a falling leaf, right foot forward

close the curtain with the left hand, right foot in front

draw an X with the left hand, body weight on the left, right foot in front

Step forward with the left foot and do the same routine, inverting on the other side as b]

b] Phone with left hand, left foot in front

Hair combing with the right hand while moving the right foot forward

Break the door open with the left foot in front and the left hand throws the chopstick

The right hand pokes towards the ground, bending forward as if collecting a falling leaf, left foot in front  
close the curtain with the right hand, left foot in front  
Draw an X with the right hand, body weight on the right, left foot in front  
Step forward with the right foot and do the same routine, inverting to the other side as a)

## **5/ Standing resting posture (meditation): "reading a book" mode** [see document "basics"]

**Final phase** [see document "basics"]

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## 10<sup>th</sup> video: drawing an X + front stick in curve 1

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) Step backwards with the right foot, sit on this leg with 60% of the body weight, sole of the left foot raised  
Transfer body weight to the middle, feet flat  
Step back with the left foot and do the same routine, inverting on the other side as b)

b) Sit on the left leg with 60% of the body weight, sole of the right foot raised  
Transfer body weight to the middle, feet flat  
Step forward with the right foot and do the same routine, inverting to the other side as in a)

### **3/ Arm movements**

a) Right hand in 'fork' mode, 'drawing an X', left wrist at the elbow, hand open  
Right hand in 'Chinese chopsticks' mode, doing 'front stick in curve 1', left palm at the elbow, fingers pointing upwards  
Change hands with the nunchakuai in front of the belly to link the same movements, by inverting on the other side like b)

b) Left hand in 'fork' mode doing « drawing an X', right wrist at the elbow, open hand  
Left hand in 'Chinese chopsticks' mode, doing 'front stick in curve 1', right palm at the elbow, fingers pointing upwards  
Change the nunchakuai from one hand to the other in front of the belly to link the same movements, by inverting on the other side as a)

### **4/ Legs + arms movements**

a) Step backwards with the left foot, 'draw an X' with the left hand, body weight to the left, right foot in front  
'front stick in curve 1' with the left hand, right foot in front  
Step back with the right foot and do the same routine, inverting on the other side as b)

b) 'Draw an X' with the right hand, body weight on the right, left foot in front  
'front stick in curve 1' with the right hand, left foot in front

Step forward with the left foot and do the same routine, inverting on the other side as a]

## **5/ Standing resting posture (meditation): "Yin butterfly" mode** [see document "basics"]

**Final phase** [see document "basics"]

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11<sup>th</sup> video : phoning + hair combing + breaking the door open with foot in front + collecting a falling leaf + closing the curtain + drawing an X + front stick in curve 1

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

### **2/ Leg movements**

a) Step forward with the right foot, sole on the ground, sit on the left leg with 60% of the body weight

Step forward with the left foot and sit forward with 60% of the body weight, right heel raised

Kick forward at knee or belly level with the right foot, as if breaking the door open with the foot

Step forward with the right foot, leaning slightly forward with 80% of the body weight, the back heel raised

Straighten up and sit forward with 60% of the body weight, left heel raised

Sit on the left leg with 60% of the body weight, sole of the right foot raised

Transfer body weight to the middle, feet flat

Step forward with the left foot and do the same routine, inverting on the other side as b]

b) Put the left foot sole on the ground, sit on the right leg with 60% of the body weight

Step forward with your right foot and sit forward with 60% of the body weight, left heel raised

Kick forward at knee or belly level with the left foot, as if breaking the door open with the foot

Step forward with the left foot, bending slightly forward with 80% of the body weight, the back heel raised

Straighten up and sit forward with 60% of the body weight, right heel raised

Sit on the right leg with 60% of the body weight, sole of the left foot raised

Transfer body weight to the middle, feet flat

Step forward with the right foot and do the same routine, inverting to the other side as in a]

### **3/ Arm movements**

a) Right hand in 'fork' mode while doing 'phoning', left hand under the elbow, palm towards the ground

Left hand combs over the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode by making a curve upwards, left side

The right hand in 'nunchaku' mode throws the other chopstick straight ahead, the left hand above or next to the elbow, the fingers pointing forward

Left hand in 'Chinese chopsticks' mode pokes downwards, right palm is next to the arm, fingers pointed at the ground

Left hand in 'Chinese chopsticks' mode, draw a curve to the right side above the head as if 'closing the curtain', right hand under the arm, fingers pointing upwards

Left hand in 'fork' mode, 'draw an X', right wrist at the elbow, hand open

Left hand in 'Chinese chopsticks' mode, doing 'front stick in curve 1', right palm at the elbow, fingers pointing upwards

Change the nunchakuai from one hand to the other in front of the belly to link the same movements, by inverting on the other side like b]

b] Left hand in 'fork' mode while doing 'phoning', right hand under the elbow, palm towards the ground

Right hand combs over the right ear, left hand goes with the right hand in 'Chinese chopsticks' mode making an upward curve on the right side

The left hand in 'nunchaku' mode throws the other chopstick straight ahead, the right hand above or next to the elbow, the fingers pointing forward

Right hand in 'Chinese chopsticks' mode pokes downwards, left palm is next to the arm, fingers pointed at the ground

Right hand in 'Chinese chopsticks' mode, draw a curve to the left side above the head as if 'closing the curtain', left hand under the arm, fingers pointing upwards

Right hand in 'fork' mode, 'draw an X', left wrist at the elbow, hand open

Right hand in 'Chinese chopsticks' mode, doing 'front stick in curve 1', left palm at the elbow, fingers pointing upwards

Change the nunchakuai from one hand to the other in front of the belly to link the same movements, by inverting on the other side as a]

#### **4/ Legs + arms movements**

a] Phone with right hand, right foot in front

Hair combing with the left hand while moving the left foot forward

Break the door open with the right foot in front and the right hand throws the chopstick

The left hand pokes towards the ground, bending forward as if collecting a falling leaf, right foot forward

close the curtain with the left hand, right foot in front

draw an X with the left hand, body weight on the left, right foot in front

'front stick in curve 1' with the left hand, right foot in front

Step forward with the left foot and do the same routine, inverting on the other side as b]

b] phone with left hand, left foot in front

Hair combing with the right hand while moving the right foot forward

Break the door open with the left foot in front and the left hand throws the chopstick

The right hand pokes towards the ground, bending forward as if collecting a falling leaf, left foot in front

close the curtain with the right hand, left foot in front

draw an X with the right hand, body weight on the right, left foot in front

'front stick in curve 1' with the right hand, left foot in front

Step forward with the right foot t and do the same routine, inverting to the other side as in a]

#### **5/ Standing resting posture (meditation): "Yang butterfly" mode** [see document "basics"]

**Final phase** [see document "basics"]

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## 12<sup>th</sup> video : front stick in curve 1 + front stick in curve 2

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

**2/ Leg movements** [see document "basics"]

a) Step forward with the right foot, put the weight of the body in the middle, feet flat  
Transfer 60% of the body weight forward with your left heel raised  
Step forward with the left foot and do the same routine, inverting on the other side as b]

b) Transfer the weight of the body to the middle, feet flat  
Transfer 60% of the body weight forward with the right heel raised  
Step forward with the right foot and do the same routine, inverting to the other side as b]

**3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode, doing ' front stick in curve 1', left palm at the elbow, fingers pointing upwards

Left hand in 'fork' mode, making a 'front stick in curve 2', the back of the right hand under the arm, the fingers pointing upwards

Repeat the same movements, inverting on the other side as b]

b) Left hand in 'Chinese chopsticks' mode, doing 'front stick in curve 1', right palm at the elbow, fingers pointing upwards

Right hand in 'fork' mode, making a 'front stick in curve 2', the back of the left hand under the arm, the fingers pointing upwards

Repeat the same movements, reversing on the other side like a]

**4/ Legs + arms movements**

a) 'front stick in curve 1' with the left hand, right foot in front  
'front stick in curve 2' with the right hand, right foot in front  
Step forward with the left foot and do the same routine, inverting on the other side as b]

b) 'front stick in curve 1' with the right hand, left foot in front  
'front stick in curve 2' with the left hand, left foot in front  
Step forward with the left foot and do the same routine, inverting on the other side as a]

**5/ Standing resting posture (meditation): "Yin butterfly" mode** [see document "basics"]

**Final phase** [see document "basics"]

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13<sup>th</sup> video : phoning + hair combing + breaking the door open with foot in front + collecting a falling leaf + closing the curtain + drawing an X + front stick in curve 1 + front stick in curve 2

**Preparatory phase** [see document "basics"]

**1/ Opening** [see document "basics"]

**2/ Leg movements**

a) Step forward with the right foot, sole on the ground, sit on the left leg with 60% of the body weight  
Step forward with the left foot and sit forward with 60% of the body weight, right heel raised  
Kick forward at knee or belly level with the right foot, as if breaking the door open with the foot  
Step forward with the right foot, leaning slightly forward with 80% of the body weight, the back heel raised  
Straighten up and sit forward with 60% of the body weight, left heel raised  
Sit on the left leg with 60% of the body weight, sole of the right foot raised  
Transfer body weight to the middle, feet flat  
Transfer 60% of the body weight forward with the left heel raised  
Step forward with the left foot and do the same routine, inverting on the other side as b)

b) Put the left foot sole on the ground, sit on the right leg with 60% of the body weight  
Step forward with the right foot and sit forward with 60% of the body weight, left heel raised  
Kick forward at knee or belly level with the left foot, as if breaking the door open with the foot  
Step forward with the left foot, bending slightly forward with 80% of the body weight, the back heel raised  
Straighten up and sit forward with 60% of the body weight, right heel raised  
Sit on the right leg with 60% of the body weight, sole of the left foot raised  
Transfer body weight to the middle, feet flat  
Transfer 60% of the body weight forward with the right heel raised  
Step forward with the right foot and do the same routine, inverting to the other side as in a)

**3/ Arm movements**

a) Right hand in 'fork' mode while doing 'phoning', left hand under the elbow, palm towards the ground  
Left hand combs over the left ear, the right hand goes with the left hand in 'Chinese chopsticks' mode by making a curve upwards, left side  
The right hand in 'nunchaku' mode throws the other chopstick straight ahead, the left hand above or next to the elbow, the fingers pointing forward  
Left hand in 'Chinese chopsticks' mode pokes downwards, right palm is next to the arm, fingers pointed at the ground  
Left hand in 'Chinese chopsticks' mode, draw a curve to the right side above the head as if 'closing the curtain', right hand under the arm, fingers pointing upwards  
Left hand in 'fork' mode, 'draw an X', right wrist at the elbow, hand open  
Left hand in 'Chinese chopsticks' mode, doing 'front stick in curve 1', right palm at the elbow, fingers pointing upwards  
Right hand in 'fork' mode, making a 'front stick in curve 2', the back of the left hand under the arm, the fingers pointing upwards

Change the nunchakuai from one hand to the other in front of the belly to link the same movements, by inverting on the other side like b]

b] Left hand in 'fork' mode while doing 'phoning', right hand under the elbow, palm towards the ground

Right hand combs over the right ear, left hand goes with the right hand in 'Chinese chopsticks' mode making an upward curve on the right side

The left hand in 'nunchaku' mode throws the other chopstick straight ahead, the right hand above or next to the elbow, the fingers pointing forward

Right hand in 'Chinese chopsticks' mode pokes downwards, left palm is next to the arm, fingers pointed at the ground

Right hand in 'Chinese chopsticks' mode, draw a curve to the left side above the head as if 'closing the curtain', left hand under the arm, fingers pointing upwards

Right hand in 'fork' mode, 'draw an X', left wrist at the elbow, hand open

Right hand in 'Chinese chopsticks' mode, doing 'front stick in curve 1', left palm at the elbow, fingers pointing upwards

Left hand in 'fork' mode, doing 'front stick in curve 2', the back of the right hand under the arm, the fingers pointing upwards

Change the nunchakuai from one hand to the other in front of the belly to link the same movements, by inverting on the other side as a]

#### **4/ Legs + arms movements**

a] Phone with left hand, left foot in front

Hair combing with the right hand while moving the right foot forward

Break the door open with the left foot in front and the left hand throws the chopstick

The right hand pokes towards the ground, bending forward as if collecting a falling leaf, left foot forward close the curtain with the right hand, left foot in front

draw an X with the right hand, body weight on the left, left foot in front

'front stick in curve 1' with the right hand, left foot in front

'front stick in curve 2' with the left hand, left foot in front

Step forward with the right foot and do the same routine, inverting on the other side as b]

b] Phone with right hand, right foot in front

Hair combing with the left hand while moving the left foot forward

Break the door open with the right foot in front and the right hand throws the chopstick

The left hand pokes towards the ground, bending forward as if collecting a falling leaf, right foot forward close the curtain with the left hand, right foot in front

draw an X with the left hand, body weight on the left, right foot in front

'front stick in curve 1' with the left hand, right foot in front

'front stick in curve 2' with the right hand, right foot in front

Step forward with the left foot and do the same routine, inverting on the other side as a]

#### **5/ Standing resting posture (meditation): "reading a book" mode** [see document "basics"]

**Final phase** [see document "basics"]