

# Level 5

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## 1<sup>st</sup> video: sticking in front + shaking the flag

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

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

### **2/ Leg movements**

a) Step forward with right foot and sit forward with 60% of the body weight, left heel raised  
Big step back with left foot and sit back with 60% of the body weight, right foot raised  
Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,  
Bring the right foot parallel to the left foot and do the same movements, inverting on the other side as in b)

b) Step forward with the left foot and sit forward with 60% of the body weight, right heel raised  
Big step back with your right foot and sit back with 60% of the body weight, left foot raised  
Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised  
Bring the left foot parallel to the left foot and do the same movements, inverting to the other side as in a)

### **3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode, doing 'sticking in front', the inside of the left wrist placed on the elbow fold, fingers pointing forward  
Right hand in 'nunchaku' mode, shaking the flag from left to right, the left hand is close to the elbow  
Change the nunchakuai from one hand to the other behind the back to do the same movements, inverting on the other side as b)

b) Left hand in 'Chinese chopsticks' mode, doing 'sticking in front', the inside of the right wrist placed on the elbow fold, fingers pointing forward  
Left hand in 'nunchaku' mode, shaking the flag from right to left, the right hand is close to the elbow  
Change the nunchakuai from one hand to the other behind the back to do the same movements, inverting on the other side as a)

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

a) 'stick in front' with the left hand, left foot in front  
Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the left front sitting posture  
Change the nunchakuai from one hand to the other behind the back to do the same movements, inverting on the other side as b)

b) 'stick in front' with the right hand, right foot in front  
Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the right front sitting posture  
Change the nunchakuai from one hand to the other behind the back to do 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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## 2<sup>nd</sup> video: shaking the flag + looking behind while turning the head

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

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

### **2/ Leg movements**

a) Big step back with the left foot and sit back with 60% of the body weight, the right foot raised  
Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,  
Step forward with the left foot and sit with 60% of the body weight forward and look back upwards with the head to the left  
and the right heel raised  
Repeat the same movements, inverting on the other side as b)

b) Big step back with the right foot and sit back with 60% of the body weight, left foot raised  
Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised,  
Step forward with the right foot and sit with 60% of the body weight forward and look back up with the head to the right and  
the left heel up  
Repeat the same movements, inverting on the other side like a)

### **3/ Arm movements**

a) Right hand in 'nunchaku' mode, shaking the flag from left to right, left hand close to the elbow  
The left hand pokes in an arc backwards over the left ear in 'fork' mode and looks back upwards while turning the head to the  
left, the right hand is near the left shoulder  
Repeat the same movements, inverting on the other side as b)

b) Left hand in 'nunchaku' mode, shaking the flag from right to left, right hand close to the elbow  
The right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to  
the right, the left hand is near the right shoulder  
Repeat the same movements, inverting on the other side like a)

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

a) 'Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the  
right sitting position in front  
Look behind while turning the head to the left with the left hand stabbing back, left foot in front  
Repeat the same movements, inverting on the other side as b)

b) 'Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the  
left front sitting posture  
Look behind while turning the head to the right with the right hand stabbing back, right foot in front  
Repeat the same movements, inverting on the other side like a)

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

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

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## 3<sup>rd</sup> video: sticking in front + shaking the flag + looking behind while turning the head

**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

Big step back with left foot and sit back with 60% of the body weight, right foot raised

Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,

Step forward with the left foot and sit with 60% of the body weight forward and look back upwards with the head to the left and the right heel raised

Transfer the body weight a little backwards and immediately forwards to link the same movements, inverting on the other side as b)

b) Sit forward with 60% of the body weight, right heel raised

Big step back with right foot and sit back with 60% of the body weight, left foot raised

Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised,

Step forward with the right foot and sit with 60% of the body weight forward and look back up with the head to the right and the left heel raised

Transfer the body weight a little bit backwards and immediately forward to link the same movements, inverting on the other side as a)

### **3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode, doing 'sticking in front', the inside of the left wrist placed on the elbow fold, fingers pointing forward

Right hand in 'nunchaku' mode, shaking the flag from left to right, the left hand is very close to the elbow fold

The left hand pokes in an arc backwards over the left ear in 'fork' mode and looks back upwards while turning the head to the left, the right hand is near the left shoulder

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

b) Left hand in 'Chinese chopsticks' mode, doing 'sticking in front', the inside of the right wrist placed on the elbow fold, fingers pointing forward

Left hand in 'nunchaku' mode, shaking the flag from right to left, the right hand is very close to the elbow fold

The right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to the right, the left hand is near the right shoulder

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

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

a) 'stick in front' with the right hand, right foot in front

« Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the right sitting position in front

Look behind while turning the head to the left with the left hand sticking back, left foot in front

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

b) 'stick in front' with the left hand, left foot in front

« Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the left front sitting posture

Look behind while turning the head to the right with the right hand sticking back, right foot in front

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

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

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

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4<sup>th</sup> video : looking back while turning the head + looking back while bending forward

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

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

**2/ Leg movements**

a) Step forward on the right foot and sit with 60% of the body weight forward and look back upwards with the head to the right and the left heel raised

Sitting on the left leg with 60% of the body weight bending forward and looking back to the left, right leg straight, sole of the foot raised

Straighten up to do the same movements, inverting to the other side as b)

b) Step forward on the left foot and sit with 60% of the body weight forward and look back upwards with the head to the left and the right heel raised

Sitting on the right leg with 60% of the body weight bending forward and looking back to the right, left leg straight, sole of the foot raised

Straighten up to do the same movements, inverting to the other side as in a)

**3/ Arm movements**

a) Right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to the right, left hand is near the right shoulder

The left hand pokes in an arc towards the back left in 'Chinese chopsticks' mode and look back on the left, the right palm is close to the left shoulder

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

b) The left hand pokes backwards over the left ear in a 'fork' mode and looks back upwards while turning the head to the left, the right hand is near the left shoulder

The right hand pokes in an arc towards the back right in 'Chinese chopsticks' mode and look behind on the right, the left palm is near the right shoulder

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

**4/ Legs + arms movements**

a) Look behind while turning the head to the right with the right hand sticking back, right foot in front  
Look back to the left while leaning forward with the left hand poking back to the left, right foot in front

Bring the right foot parallel to the left foot and do the same routine, inverting on the other side as b)

b) Look behind turning the head to the left with the left hand sticking back, left foot in front

Look back to the right while leaning forward with the right hand poking back to the right, left foot in front

Bring the left foot parallel to the right foot and do the same routine, inverting to the other side as in a)

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

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

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5<sup>th</sup> video: sticking in front + shaking the flag + looking behind while turning the head + looking behind while bending forward

**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  
Big step back with left foot and sit back with 60% of the body weight, right foot raised  
Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,  
Step forward with the left foot and sit with 60% of the body weight forward and look back up with the head to the left and the right heel up  
Sitting on the right leg with 60% of the body weight bending forward and looking back to the right, left leg straight, sole of the foot raised  
Straighten up and do the same routine, inverting to the other side as b)

b) Sit on the left leg with 60% of the body weight, the right heel raised  
Big step back with right foot and sit back with 60% of the body weight, left foot raised  
Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised,  
Step forward with the right foot and sit with 60% of the body weight forward and look back up with the head to the right and the left heel up  
Sitting on the left leg with 60% of the body weight bending forward and looking back to the left, right leg straight, sole of the foot raised  
Straighten up and do the same routine, inverting to the other side as in a)

**3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode, doing 'sticking in front, the inside of the left wrist placed on the elbow fold, fingers pointing forward  
Right hand in 'nunchaku' mode, shaking the flag from left to right, the left hand is very close to the elbow fold  
The left hand pokes in an arc backwards over the left ear in 'fork' mode and looks back upwards while turning the head to the left, the right hand is near the left shoulder  
The right hand pokes in an arc towards the back right in 'Chinese chopsticks' mode and look behind on the right, the left palm is near the right shoulder  
Repeat the same movements, inverting on the other side as b)

b) Left hand in 'Chinese chopsticks' mode, doing 'sticking in front », the inside of the right wrist placed on the elbow fold, fingers pointing forward  
Left hand in 'nunchaku' mode, shaking the flag from right to left, the right hand is very close to the elbow fold

The right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to the right, the left hand is near the right shoulder

The left hand pokes in an arc towards the back left in 'Chinese chopsticks' mode and look back on the left, the right palm is close to the left shoulder

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

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

a) 'stick in front' with the right hand, right foot in front

« Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the right sitting position in front

Look behind while turning the head to the left with the left hand sticking back, left foot in front

Look back to the right while leaning forward with the right hand poking back to the right, left foot in front

Stand up and do the same routine, inverting on the other side as b)

b) 'stick in front' with the left hand, left foot in front

'Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the left front sitting posture

Look behind while turning the head to the right with the right hand sticking back, right foot in front

Look back to the left while leaning forward with the left hand poking back to the left, right foot in front

Stand up 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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6<sup>th</sup> video: looking behind while bending forward + breaking the door open with side foot

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

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

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

a) Big step backwards with the left foot, sitting with 60% of the body weight bending forward and looking back to the left, the right leg extended, the sole of the foot raised

Give a left side kick at knee or belly level as if breaking the door open

Place the left foot next to the right foot and do the same routine, inverting on the other side as b)

b) Big step backwards with the right foot, sitting with 60% of the body weight bending forward and looking back to the right, the left leg extended, the sole of the foot raised

Give a right side kick at knee or belly level as if breaking the door open

Place the right foot next to the left foot and do the same routine, inverting on the other side as in a)

#### **3/ Arm movements**

a) The right hand pokes in an arc towards the back right in 'Chinese chopsticks' mode and look behind on the right, the left palm is near the right shoulder

Right hand in 'Chinese chopsticks' mode, doing 'sticking to the right side» with the left hand near the elbow fold

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

b) The left hand pokes in an arc towards the back left in 'Chinese chopsticks' mode and look behind on the left, the right palm is near the left shoulder

Left hand in 'Chinese chopsticks' mode, doing 'sticking to the left side», right hand near the elbow fold

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

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

a) Big step backwards with the right foot, look behind on the right while bending forward with the right hand sticking back on the right, left foot in front

Break the door open with the right foot sideways, stick with the right hand

Place the right foot next to the left foot and do the same routine, inverting on the other side as b]

b) Big step backwards with the left foot, look behind on the left while bending forward with the left hand sticking back on the left, right foot in front

Break the door open with the left foot sideways, stick with the left hand

Place the left foot next to the right foot and do the same routine, inverting on the other side as in a]

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

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

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7<sup>th</sup> video: sticking in front + shaking the flag + looking behind while turning the head + looking behind while bending forward + breaking the door open with side foot

**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

Big step back with your left foot and sit back with 60% of the body weight, right foot raised

Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,

Step forward with the left foot and sit with 60% of the body weight forward and look back upwards with the head to the left and the right heel raised

Sitting on the right leg with 60% of the body weight bending forward and looking back to the right, left leg straight, sole of the foot raised

Give a right side kick at knee or belly level as if breaking the door open

Place the right foot next to the left foot and do the same routine, inverting on the other side as b]

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

Big step back with your right foot and sit back with 60% of the body weight, left foot raised

Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised,

Step forward with the right foot and sit with 60% of the body weight forward and look back up with the head to the right and the left heel raised

Sitting on the left leg with 60% of the body weight bending forward and looking back to the left, right leg straight, sole of the foot raised

Give a left side kick at knee or belly level as if breaking the door open

Place the left foot next to the right foot and do the same routine, inverting on the other side as in a)

### **3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode, doing 'sticking in front », the inside of the left wrist placed on the elbow fold, fingers pointing forward

Right hand in 'nunchaku' mode, shaking the flag from left to right, the left hand is very close to the elbow fold

The left hand pokes in an arc backwards over the left ear in 'fork' mode and looks back upwards while turning the head to the left, the right hand is near the left shoulder

The right hand pokes in an arc towards the back right in 'Chinese chopsticks' mode and look behind on the right, the left palm is near the right shoulder

Right hand in 'Chinese chopsticks' mode, doing 'sticking to the left side», left hand near the elbow fold

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

b) Left hand in 'Chinese chopsticks' mode, doing 'sticking in front », the inside of the right wrist placed on the elbow fold, fingers pointing forward

Left hand in 'nunchaku' mode, shaking the flag from right to left, the right hand is very close to the elbow fold

The right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to the right, the left hand is near the right shoulder

The left hand pokes in an arc towards the back left in 'Chinese chopsticks' mode and look back on the left, the right palm is close to the left shoulder

Left hand in 'Chinese chopsticks' mode, doing 'sticking to the right side», right hand near the elbow fold

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

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

a) 'stick in front' with the right hand, right foot in front

« Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the right sitting position in front

Look behind while turning the head to the left with the left hand sticking back, left foot in front

Look back to the right while bending forward with the right hand poking back to the right, left foot in front

Break the door open with the right foot sideways, stick with the right hand

Place the right foot next to the left foot and do the same routine, inverting on the other side as b)

b) 'stick in front' with the left hand, left foot in front

'Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the left front sitting posture

Look behind while turning the head to the right with the right hand sticking back, right foot in front

Look back to the left while leaning forward with the left hand poking back to the left, right foot in front

Break the door open with the left foot sideways, stick with the left hand

Place the left foot next to the right foot and do the same routine, inverting on the other side as in a)

### **5/ Standing resting posture (meditation): "reading a book" mode**

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

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## 8<sup>th</sup> video: breaking the door open with side foot + playing football

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

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

### **2/ Leg movements**

a) Give a right side kick at knee or belly level as if breaking the door open

Raise the left foot on the outside at knee or belly level, bending the knee towards the ground as if playing football

Place the left foot next to the right foot and do the same routine, inverting on the other side as b)

b) Give a left side kick at knee or belly level as if breaking the door open

Raise the right foot on the outside at knee or belly level, bending the knee towards the ground as if playing football

Place the right foot next to the left foot and do the same routine, inverting on the other side as in a)

### **3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode, sticking towards the right side, left hand near the elbow fold

Left hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the left side», the right hand near the left elbow

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

b) Left hand in 'Chinese chopsticks' mode, sticking towards the left side, with the right hand near the elbow fold

Right hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the right side», the left hand close to the right elbow

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

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

a) Break the door open with the right foot sideways, stick with the right hand

Playing football with the left leg, poking with the left hand

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

b) Break the door open with the left foot sideways, stick with the left hand

-Playing football with the right leg, poking with the right hand

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

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

**Final phase**

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## 9<sup>th</sup> video: sticking in front + shaking the flag + looking behind while turning the head + looking behind while bending forward + breaking the door open with side foot + playing football

**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  
Big step back with left foot and sit back with 60% of the body weight, right foot raised  
Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,  
Step forward with the left foot and sit with 60% of the body weight forward and look back up with the head to the left and the right heel raised  
Sitting on the right leg with 60% of the body weight bending forward and looking back to the right, left leg straight, sole of the foot raised  
Give a right side kick at knee or belly level as if breaking the door open  
Raise the left foot on the outside at knee or belly level, bending the knee towards the ground as if playing football  
Place the left foot next to the right foot and do the same routine, inverting on the other side as b)

b) Step forward on the left foot and sit on the left leg with 60% of the body weight, the right heel raised  
Big step back with right foot and sit back with 60% of body weight, left foot raised  
Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised,  
Step forward with the right foot and sit with 60% of the body weight forward and look back up with the head to the right and the left heel raised  
Sitting on the left leg with 60% of the body weight bending forward and looking back to the left, right leg straight, sole of the foot raised  
Give a left side kick at knee or belly level as if breaking the door open  
Raise the right foot on the outside at knee or belly level, bending the knee towards the ground as if playing football  
Place the right foot next to the left foot and do the same routine, inverting on the other side as in a)

## **3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode doing 'sticking in front », the inside of the left wrist placed on the elbow fold, fingers pointing forward  
Right hand in 'nunchaku' mode, shaking the flag from left to right, the left hand is very close to the elbow fold  
The left hand pokes in an arc backwards over the left ear in 'fork' mode and looks back upwards while turning the head to the left, the right hand is near the left shoulder  
The right hand pokes in an arc towards the back right in 'Chinese chopsticks' mode and look behind on the right, the left palm is near the right shoulder  
Right hand in 'Chinese chopsticks' mode doing sticking towards the right side, left hand near the elbow fold  
Left hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the left side», the right hand near the left elbow  
Repeat the same movements, inverting on the other side as b)

b) Left hand in 'Chinese chopsticks' mode, doing 'sticking in front', the inside of the right wrist placed on the elbow fold, fingers pointing forward  
Left hand in 'nunchaku' mode, shaking the flag from right to left, the right hand is very close to the elbow fold  
The right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to the right, the left hand is near the right shoulder  
The left hand pokes in an arc towards the back left in 'Chinese chopsticks' mode and look back on the left, the right palm is close to the left shoulder  
Left hand in 'Chinese chopsticks' mode, doing sticking towards the left side, right hand near the elbow fold  
Right hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the right side', the left hand close to the right elbow  
Repeat the same movements, inverting on the other side like a)

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

a) 'stick in front' with the right hand, right foot in front  
Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the right sitting position in front

Look behind while turning the head to the left with the left hand sticking back, left foot in front  
Look back to the right while bending forward with the right hand poking back to the right, left foot in front  
Break the door open with the right foot sideways, stick with the right hand  
Playing football with the left leg, poking with the left hand  
Place the left foot next to the right foot and do the same routine, inverting on the other side as b)

b) 'stick in front' with the left hand, left foot in front  
Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the left front sitting posture  
Look behind while turning the head to the right with the right hand sticking back, right foot in front  
Look back to the left while bending forward with the left hand poking back to the left, right foot in front  
Break the door open with the left foot sideways, stick with the left hand  
Playing football with the right leg, poking with the right hand  
Place the right foot next to the left foot and do the same routine, inverting on the other side as in a)

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

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

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## 10<sup>th</sup> video: playing football + skipping rope

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

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

### **2/ Leg movements**

a) Raise the right foot on the outside at knee or belly level by bending the knee towards the ground as if playing football  
Raise and place the left foot on the spot  
Repeat the same movements, inverting on the other side as b)

b) Raise the left foot to the outside at knee or belly level, bending the knee towards the ground as if playing football  
Raise and place the right foot on the spot  
Repeat the same movements, inverting on the other side like a)

### **3/ Arm movements**

a) Right hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the right side», the left hand near the right elbow  
Left hand in 'nunchaku' mode doing 'skipping rope' with a big circle, the right hand follows the movement  
Repeat the same movements, inverting on the other side as b)

b) Left hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the left side», the right hand near the left elbow  
Right hand in 'nunchaku' mode doing 'skipping rope' with a large circle, left hand follows the movement  
Repeat the same movements, inverting on the other side like a)

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

a) Playing football with the right leg, poking with the right hand

skipping rope with left hand, left foot tramples  
Repeat the same movements, inverting on the other side as b]

b) Playing football with the left leg, poking with the left hand  
« Skipping rope' with right hand, right foot tramples  
Repeat the same movements, inverting on the other side like a]

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

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

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11<sup>th</sup> video: sticking in front + shaking the flag + looking behind while turning the head + looking behind while bending forward + breaking the door open with side foot + playing football + skipping rope

**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  
Big step back with left foot and sit back with 60% of the body weight, right foot raised  
Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,  
Step forward with the left foot and sit with 60% of the body weight forward and look back up with the head to the left and the right heel raised  
Sitting on the right leg with 60% of the body weight bending forward and looking back to the right, left leg straight, sole of the foot raised  
Give a right side kick at knee or belly level as if breaking the door open  
Raise the left foot on the outside at knee or belly level, bending the knee towards the ground as if playing football  
Lift and place the right foot on the spot  
Repeat the same movements, inverting on the other side as b]

b) Step forward on the left foot and sit on the left leg with 60% of the body weight, the right heel raised  
Big step back with right foot and sit back with 60% of the body weight, left foot raised  
Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised,  
Step forward with the right foot and sit with 60% of the body weight forward and look back up with the head to the right and the left heel raised  
Sitting on the left leg with 60% of the body weight bending forward and looking back to the left, right leg straight, sole of the foot raised  
Give a left side kick at knee or belly level as if breaking the door open  
Lift the right foot on the outside at knee or belly level, bending the knee towards the ground as if playing football  
Lift and place the left foot on the spot  
Repeat the same movements, inverting on the other side like a]

### **3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode doing 'sticking in front », the inside of the left wrist placed on the elbow fold, fingers pointing forward

Right hand in 'nunchaku' mode, shaking the flag from left to right, the left hand is very close to the elbow fold

The left hand pokes in an arc backwards over the left ear in 'fork' mode and looks back upwards while turning the head to the left, the right hand is near the left shoulder

The right hand pokes in an arc towards the back right in 'Chinese chopsticks' mode and look behind on the right, the left palm is near the right shoulder

Right hand in 'Chinese chopsticks' mode doing sticking towards the right side, left hand near the elbow fold

Left hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the left side», the right hand near the left elbow

Right hand in 'nunchaku' mode doing 'skipping rope' with a large circle, left hand follows the movement

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

b) Left hand in 'Chinese chopsticks' mode, doing 'sticking in front', the inside of the right wrist placed on the elbow fold, fingers pointing forward

Left hand in 'nunchaku' mode, shaking the flag from right to left, the right hand is very close to the elbow fold

The right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to the right, the left hand is near the right shoulder

The left hand pokes in an arc towards the back left in 'Chinese chopsticks' mode and look back on the left, the right palm is close to the left shoulder

Left hand in 'Chinese chopsticks' mode, doing sticking towards the left side, right hand near the elbow fold

Right hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the right side', the left hand close to the right elbow

Left hand in 'nunchaku' mode doing 'skipping rope' with a large circle, right hand follows the movement

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

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

a) 'stick in front' with the right hand, right foot in front

'Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the right sitting position in front

Look behind while turning the head to the left with the left hand sticking back, left foot in front

Look back to the right while bending forward with the right hand poking back to the right, left foot in front

Break the door open with the right foot sideways, stick with the right hand

Playing football with the left leg, poking with the left hand

« Skipping rope' with right hand, right foot tramples

Place the left foot next to the right foot and do the same routine, inverting on the other side as b)

b) 'stick in front' with the left hand, left foot in front

'Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the left front sitting posture

Look behind while turning the head to the right with the right hand sticking back, right foot in front

Look back to the left while bending forward with the left hand poking back to the left, right foot in front

Break the door open with the left foot sideways, stick with the left hand

Playing football with the right leg, poking with the right hand

Skipping rope with left hand, left foot tramples

Place the right foot next to the left foot and do the same routine, inverting on the other side as in a)

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

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

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## 12<sup>th</sup> video: skipping rope + taking the socks under the bed

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

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

### **2/ Leg movements**

a) Lift and place the right foot on the spot

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

Bring the left foot parallel to the right foot and do the same routine, inverting on the other side as b]

b) Lift and place the left foot on the spot

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

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

### **3/ Arm movements**

a) Right hand in 'nunchaku' mode doing 'skipping rope' with a big circle, the left hand follows the movement and recovers the other chopstick in front of the belly, the right hand releases the chopstick

Right hand in 'Chinese chopsticks' mode by turning the back of the hand to the left side and poking forward, left palm next to the arm, fingers pointing forward

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

b) Left hand in 'nunchaku' mode doing 'skipping rope' with a big circle, the right hand follows the movement and recovers the other chopstick in front of the belly, the left hand releases the chopstick

Left hand in 'Chinese chopsticks' mode by turning the back of the hand to the right side and poking forward, the right palm is next to the arm, fingers pointing forward

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

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

a) 'Skipping Rope' with left hand, left foot tramples

The left hand pokes forward while bowing as if 'taking the socks under the bed', right foot in front

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

b) 'Skipping rope' with right hand, right foot tramples

The right hand pokes forward while bowing as if 'taking the socks under the bed', left foot in front

The left foot comes back parallel to the right foot and do the same routine, inverting on 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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13<sup>th</sup> video: sticking in front + shaking the flag + looking behind while turning the head + looking behind while bending forward + breaking the door open with side foot + playing football + skipping rope + taking the socks under the bed

**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  
Big step back with left foot and sit back with 60% of the body weight, right foot raised  
Transfer 60% of the body weight forward and sit on the right leg, moving the left foot closer with the heel raised,  
Step forward with the left foot and sit with 60% of the body weight forward and look back up with the head to the left and the right heel raised  
Sitting on the right leg with 60% of the body weight bending forward and looking back to the right, left leg straight, sole of the foot raised  
Give a right side kick at knee or belly level as if breaking the door open  
Raise the left foot on the outside at knee or belly level, bending the knee towards the ground as if playing football  
Lift and place the right foot on the spot  
Step forward with the left foot and sit forward with 80% of the body weight, bending slightly forward with the right heel raised  
Straighten up and bring the left foot back a little and do the same routine, inverting on the other side as b)

b) Step forward on the left foot and sit on the left leg with 60% of the body weight, the right heel raised  
Big step back with right foot and sit back with 60% of the body weight, left foot raised  
Transfer 60% of the body weight forward and sit on the left leg, moving the right foot closer with the heel raised,  
Step forward with the right foot and sit with 60% of the body weight forward and look back up with the head to the right and the left heel raised  
Sitting on the left leg with 60% of the body weight bending forward and looking back to the left, right leg straight, sole of the foot raised  
Give a left side kick at knee or belly level as if breaking the door open  
Lift the right foot on the outside at knee or belly level, bending the knee towards the ground as if playing football  
Lift and place the left foot on the spot  
Step forward with the right foot and sit forward with 80% of the body weight, bending slightly forward with your left heel raised  
Straighten up and bring the right foot back a little and do the same routine, inverting on the other side as in a)

**3/ Arm movements**

a) Right hand in 'Chinese chopsticks' mode doing 'sticking in front », the inside of the left wrist placed on the elbow fold, fingers pointing forward  
Right hand in 'nunchaku' mode, shaking the flag from left to right, the left hand is very close to the elbow fold  
The left hand pokes in an arc backwards over the left ear in 'fork' mode and looks back upwards while turning the head to the left, the right hand is near the left shoulder  
The right hand pokes in an arc towards the back right in 'Chinese chopsticks' mode and look behind on the right, the left palm is near the right shoulder  
Right hand in 'Chinese chopsticks' mode doing sticking towards the right side, left hand near the elbow fold

Left hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the left side», the right hand near the left elbow

Right hand in 'nunchaku' mode doing 'skipping rope' with a large circle, left hand follows the movement

Right hand in 'Chinese chopsticks' mode by turning the back of the hand to the left side and poking forward, left palm next to the arm, fingers pointing forward

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

b) Left hand in 'Chinese chopsticks' mode, doing 'sticking in front', the inside of the right wrist placed on the elbow fold, fingers pointing forward

Left hand in 'nunchaku' mode, shaking the flag from right to left, the right hand is very close to the elbow fold

The right hand pokes in an arc backwards over the right ear in 'fork' mode and looks back upwards while turning the head to the right, the left hand is near the right shoulder

The left hand pokes in an arc towards the back left in 'Chinese chopsticks' mode and look back on the left, the right palm is close to the left shoulder

Left hand in 'Chinese chopsticks' mode, doing sticking towards the left side, right hand near the elbow fold

Right hand in 'fork' mode, bend the elbow upward while doing 'sticking upward on the right side', the left hand close to the right elbow

Left hand in 'nunchaku' mode doing 'skipping rope' with a large circle, right hand follows the movement

Left hand in 'Chinese chopsticks' mode by turning the back of the hand to the right side and poking forward, the right palm is next to the arm, fingers pointing forward

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

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

a) 'stick in front' with the right hand, right foot in front

Shake the flag' with the right hand to the left in the left large sitting position behind and 'shake the flag' to the right in the right sitting position in front

Look behind while turning the head to the left with the left hand sticking back, left foot in front

Look back to the right while bending forward with the right hand poking back to the right, left foot in front

Break the door open with the right foot sideways, stick with the right hand

Playing football with the left leg, poking with the left hand

« Skipping rope' with right hand, right foot tramples

The right hand pokes forward while bowing as if 'taking the socks under the bed', left foot in front

Straighten up and do the same movements, inverting to the other side as b)

b) 'stick in front' with the left hand, left foot in front

Shake the flag' with the left hand to the right in the right large sitting posture behind and 'shake the flag' to the left in the left front sitting posture

Look behind while turning the head to the right with the right hand sticking back, right foot in front

Look back to the left while bending forward with the left hand poking back to the left, right foot in front

Break the door open with the left foot sideways, stick with the left hand

Playing football with the right leg, poking with the right hand

Skipping rope with left hand, left foot tramples

The left hand pokes forward while bowing as if 'taking the socks under the bed', right foot in front

Straighten up and do the same movements, inverting to the other side as in a)

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

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