

Energy Training

Nae-Ga-Sin-Jang

Gae-Un-Ki-Gong



Jun-Bi (Ready)

Feet together, make a fist with hands and place at hip level facing upward.



Motion 1

Remaining in Guk position for 2-3 minutes,



Hana-Dul-Set-Net

Start from Jun-Bi position. With each movement, the feet move further apart.

Hana - Turn front of the feet outward, keeping the heels together, forming upward 45 degree angle.

Dul - Pivot on the front of the feet, moving only the heels outward to form downward 45 degree angle.

Set - Pivot on the heels of the feet, moving only the front of the feet outward, forming upward 45 degree angle as in Hana.

Net - Exact same movement as Dul.



Motion 2

Stretch outward in a circular fashion while breathing in deeply.



Chun

Leave feet position as above. Bring hands from the hip position, crossing over in front of the abdomen as below and rise slowly upward to the forehead level.



Motion 3

Continue by tucking the hands under the arm pit.



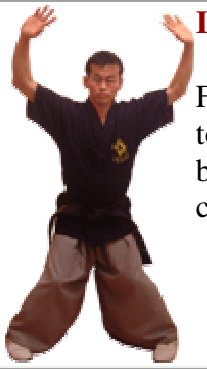
Ji

From the Chun position, move hands slowly down to abdomen level again.



Motion 4

Hold the breath.



In

From Ji position, raise hands upward to forehead position again as in Chun but continue upward forming a circular motion outwards.



Motion 5

Push the hands out in front of the chest. Only release the breath when motion is nearly complete. Repeat motions 2 to 5 times.



Hap

Continue the circular motion downward from In position, bringing the hands together at the heart level as in a praying pose.



Motion 6

When the instruction Ba-Ro (means to finish) is given, bring the left foot in to meet the right foot, making a big circle with arms over the head.



Tle

From Hap position, pivot the palms in opposite direction, moving the right hand turning toward you and the back of the hand finally facing inward.



Motion 7

Finally complete the circle with fists at hip level as in the initial Jun-Bi posture.



Moo

This is basically switching the hand position. From Tle position, pivot the palms again in a full circle with finally the back of the left hand facing inward.



Guk

From Moo position, leave the left hand in that exact position and turn the right hand upward with both palms facing outward, forming a circle with arms and chest.