

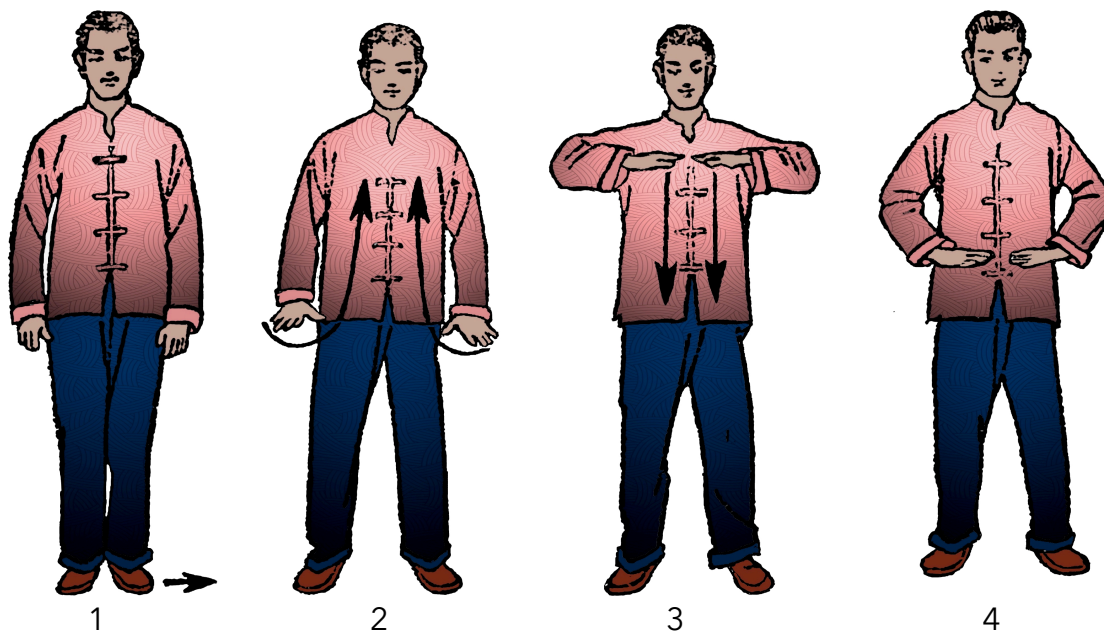
## Beginning Movement for all Frolics:

Stand up naturally, part left foot from right foot to about shoulder-width, with your weight dropping through both legs, knees slightly bent.

Without using force, sink the shoulders and elbows slightly. Place hands face-down as though lightly, pressing on a ball floating in water.

Eyes forward, be full of spirit, discard all distractions, sink Qi to Middle Dantian.

Close mouth and teeth gently, inhaling through the nose and exhaling from the mouth, adjusting the breathing to match the exercise. Both hands circle out and back, turning so that the palms face up, fingertips aligned, with the hands in front of the lower abdomen. Both hands slowly rise as you breath in, pausing slightly when they reach the height of the nipple. At this point, both palms should again turn to face down. As one exhales, the hands should slowly descend to a level below the umbilicus, at which point one pauses slightly once more. (See Illustration 2-4).



Repeat the sequence for 5-7 times.

## Ending Movement

Practice Beginning Movement one more time to adjust your breath. The Ending Movements in all frolics are the same.