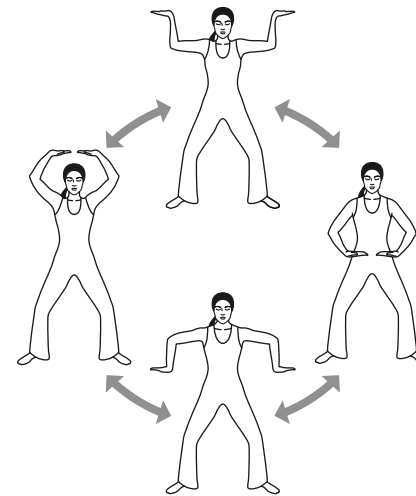


Horizontal Arm Positions

Note: palms are flat and always face up.

- H1:** elbow bent in line of shoulder, fingers directed out
- H2:** elbow out to side, fingers directed in
- H3:** elbow close to line of shoulder, fingers facing out
- H4:** palm horizontal above head, fingers directed in

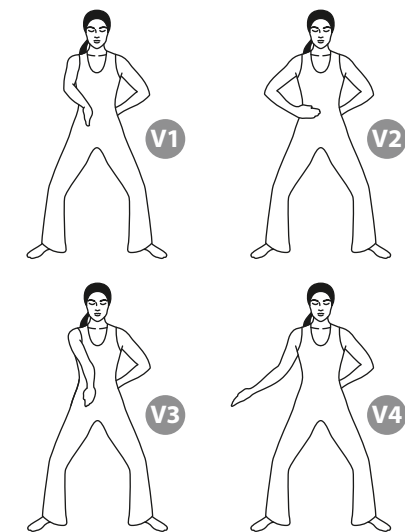


Level 1 Series Sequence

- Both arms forward
- Both arms to the back
- Left arm forward, right backwards
- Right arm forward, left backwards

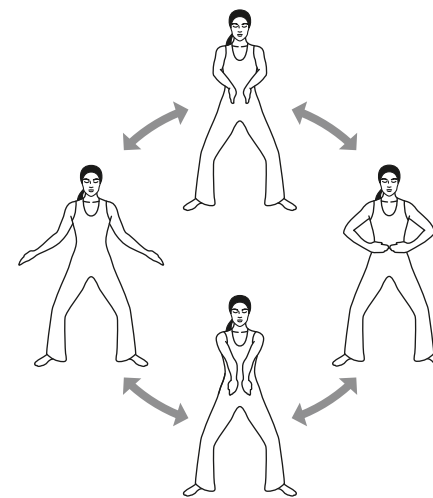
Mirror Reflection

Repeat



Vertical Arm Positions

- V1:** elbow bent forward in plane of shoulder, fingers directed out at navel height, hand perpendicular to floor
- V2:** elbow out, straight line from fingertips to elbow without bending wrist out
- V3:** rotate palm outwards for vertical angle, elbow in
- V4:** palm out, elbow straight



Level 1 Starting Positions:

- 1 • 1** L hand 1, R hand 1
- 2 • 1** L hand 2, R hand 1
- 3 • 1** L hand 3, R hand 1
- 4 • 1** L hand 4, R hand 1

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