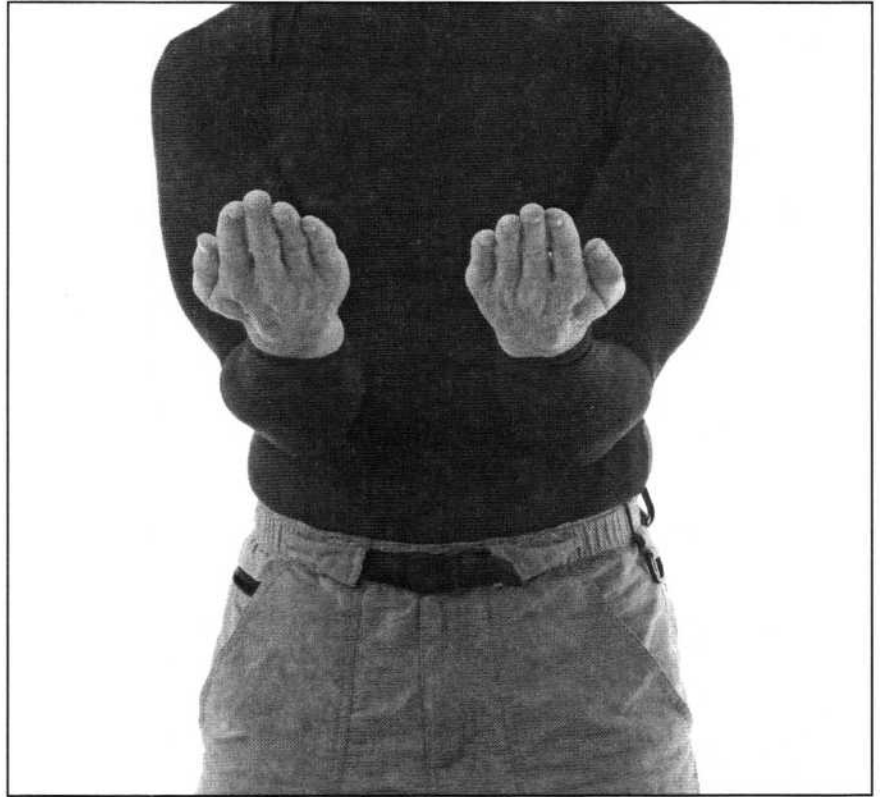


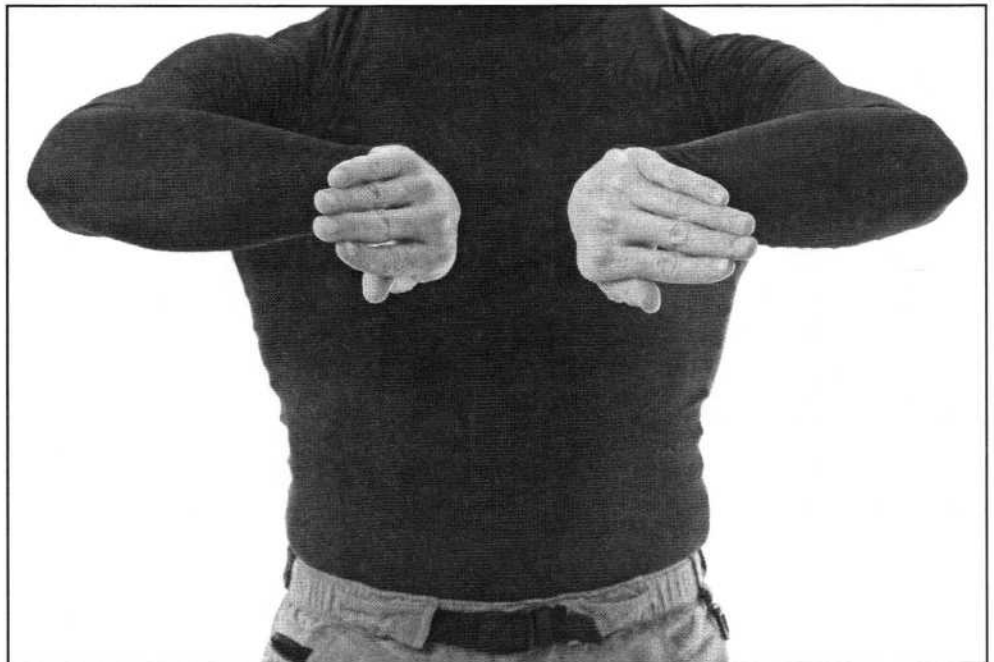
☯ Position 13-1 TAN SAO

Elbows tucked into the waist;
hands extended at a 45-degree
angle away from the body,
palms facing up.

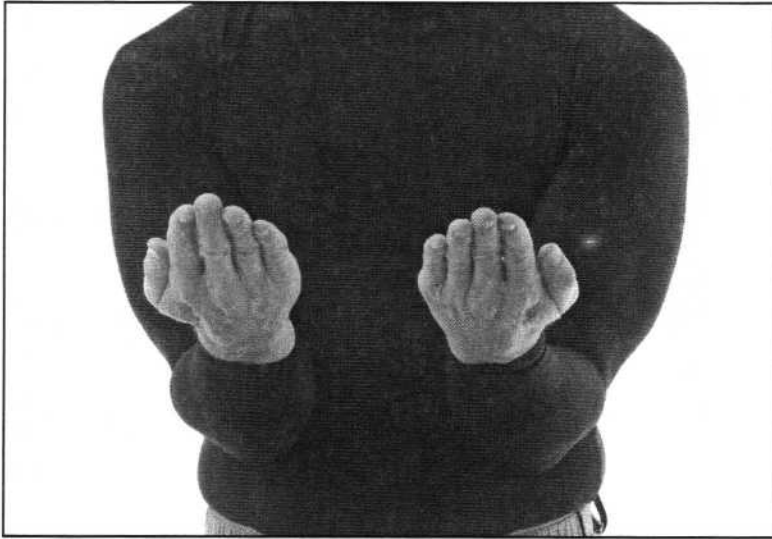


☯ Position 13-2 BON SAO

Rotate elbows outward,
palms facing outward,
wrists flexed. Exhale,
lower the elbows toward
the floor while keeping
the wrists close together.



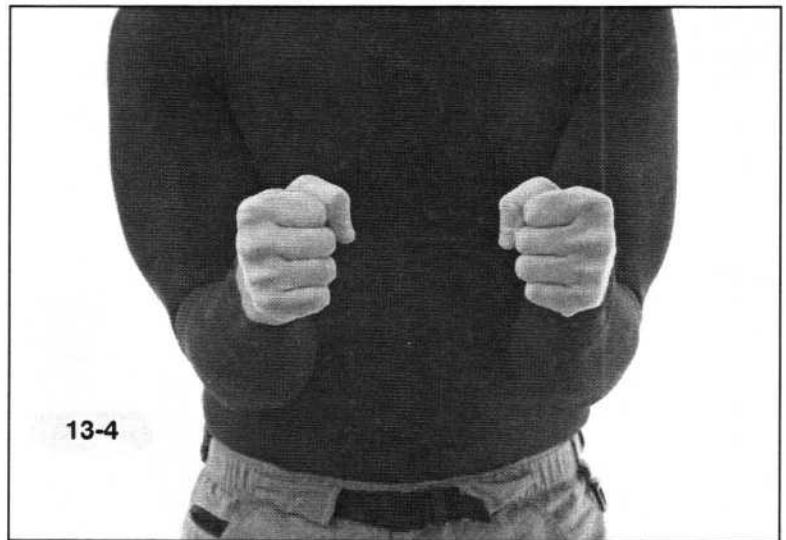
☯ **Position 13-3** **TAN SAO**



Return to first position.
Repeat **Position 13-1**.

☯ **Positions** **13-4 and 13-5** **DIT JAO**

(Begin) Rotate the palms to face each other, make tight fists with both hands.



(End) Elbows tucked into the waist, exhale and extend tight fists away from the body slowly.

