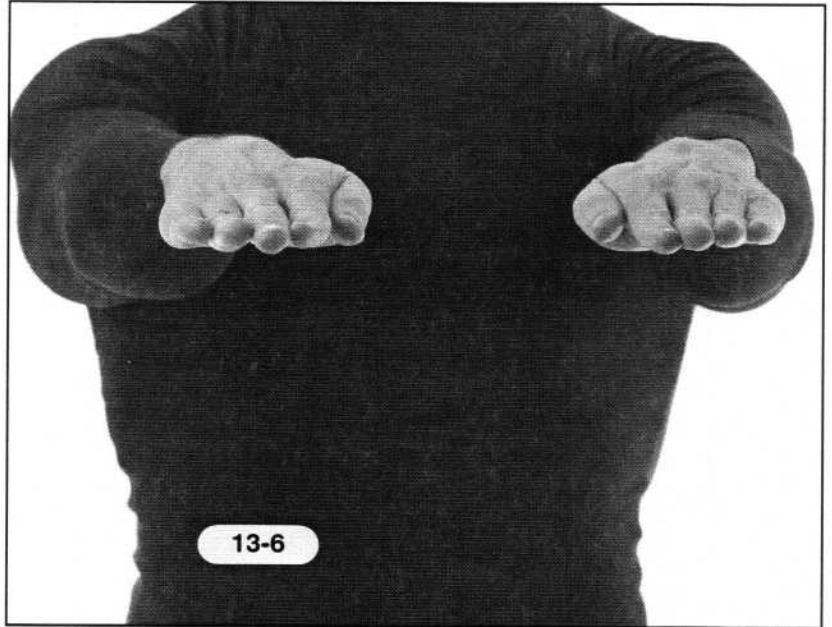


☯ **Positions
13-6 and 13-7
FUK SAO**

(Begin) Open fists and turn palms toward the floor.



(End) Try to touch the forearm with the fingers while pulling the elbows back to the waist.

