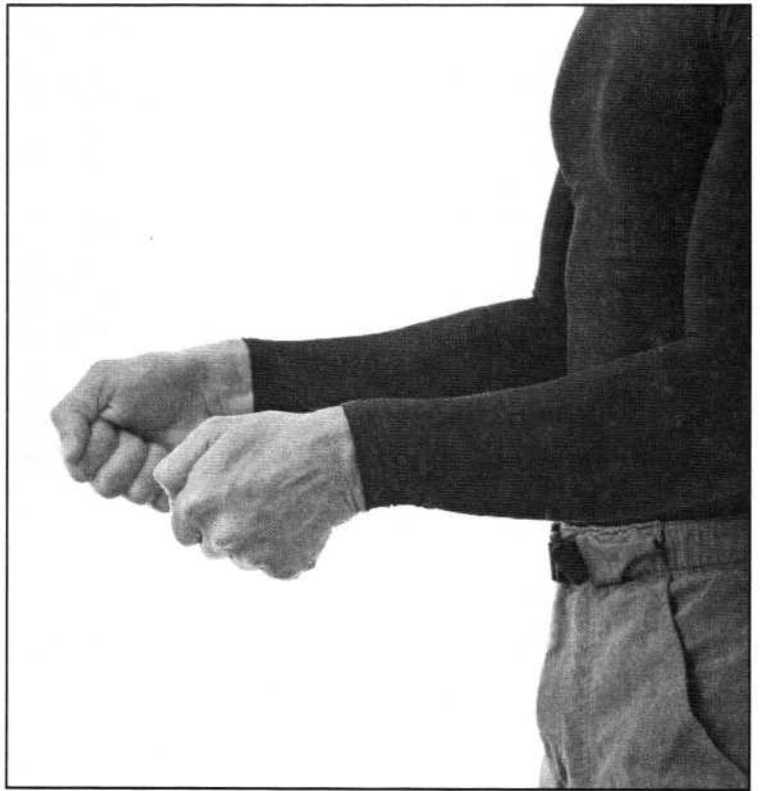


☯ Position 22 ROCKING FISTS

Make fists with both hands,
forearms parallel to the floor at
waist height.

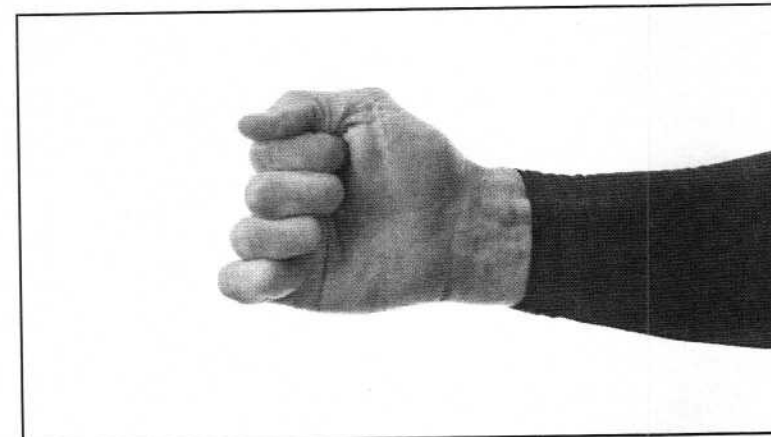
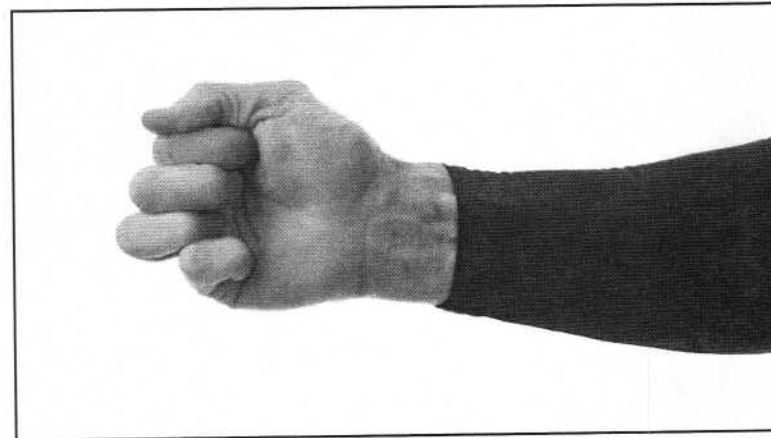
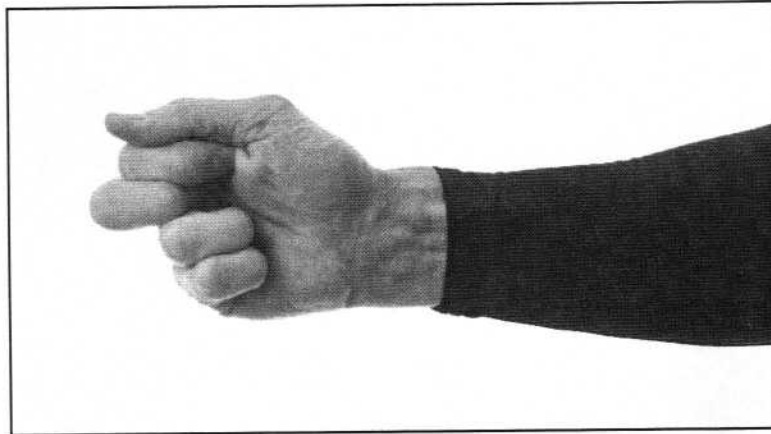
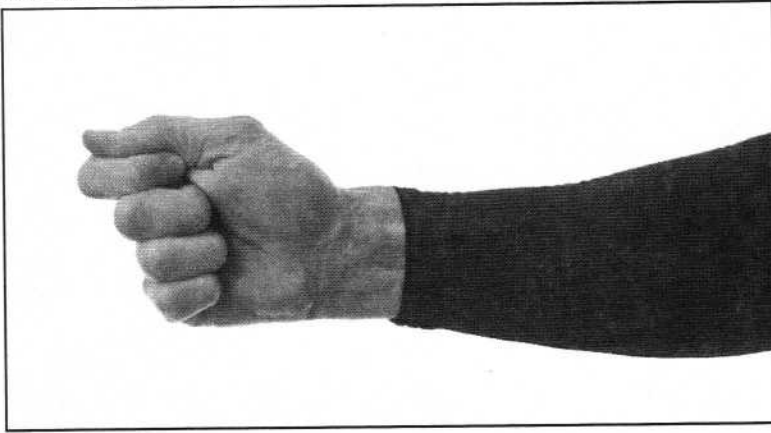
1

Rock the fists forward and backward
10 times, alternately pointing both
thumbs toward the floor and
the ceiling. Release and
shake hands lightly.

2

Release and shake hands lightly.

3



Position 23 **PHOENIX EYE**

- 1** ▶ Make fists with both hands
- 2** ▶ Squeeze and extend each finger individually using the adjacent finger to create resistance.
- 3** ▶ Reverse directions and repeat.