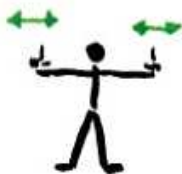


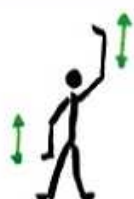
HACHI DANKEN (eight brocades/eight pieces of silk)



Bringing hands up over head, palms facing up
Pushing upwards - breath out
Lowering hands just over head - breath in
8 times



Arms out the sides, index finger straight up thumbs pointing forwards
Pushing out - breath out
Softening arms - breath in



One arm up palm facing up, other arm down, palm facing down
Expand - breath out
Contract - breath in
4 times either side



Hands in front, palms facing outwards, breathing out - turning to one side
Pushing away - breathing out
Pulling in - breathing in
Repeat on other side; 4 times either side



Weight on left foot, toes of right foot just touching the ground, arms up, bending sideways to the right - breathing out -- Back to centre - breathing in
Weight on right foot, toes of left foot just touching the ground, arms up, bending sideways to the left - breathing out -- Back to centre - breathing in
4 times either side, alternating



Swinging hands down in front, sweeping over the floor - breathing out
Bringing hands up behind - breathing in
8 times big circles



Standing with bent knees, hands in fists, fingers up, either side of body
Bringing on hand forwards, turning fist, fingers down, like slow punching - breathing out
Bringing fist back, fingers up, to side - breathing in
Alternate both sides, either side 4 times



Holding hands on kidneys
Shaking loose the whole body, movement comes from legs - breathing out
Standing still - breathing in
Repeating 8 times