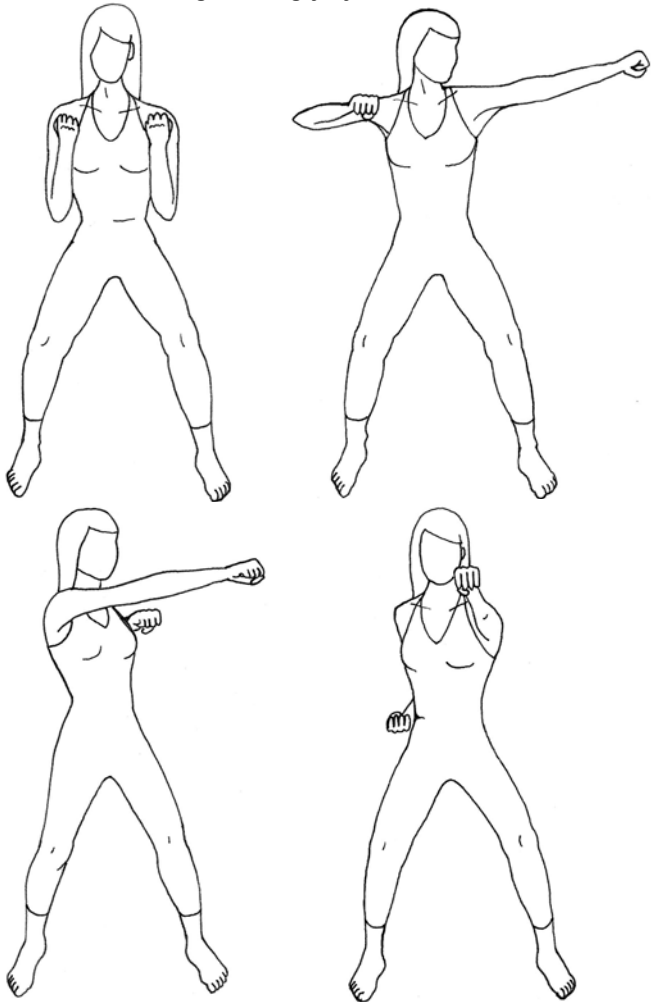


Punching with Angry Eyes - Posture



Posture - Punching with Angry Eyes

Benefits

1. Stand with your feet parallel and two shoulder-widths apart. Bend your knees and clench your hands into loose fists. Hold your hands next to your waist, knuckles down.
2. Inhale deeply. While exhaling, slowly extend the right arm, punching directly in front of your throat, focusing your eyes on a point 20 to 30 feet ahead. As you extend your arm, twist the fist so that the knuckles face upward.
3. Clench your teeth and keep your eyes wide as you release your punch.
4. Withdraw the hand while twisting it back and to rest at the side of the waist, knuckles facing up, and relax the face.
5. Repeat the exercise using the opposite arm. Grip the ground firmly with your feet during this posture. Keep your stomach muscles engaged so that your buttocks do not stick out behind you.

The "energy punch with angry eyes" is an exercise that harmonizes a patient's emotions. It also benefits the Lungs, central nervous system, skeletal and muscular systems, adjusts breathing to increase vitality, and promotes qi and blood circulation.