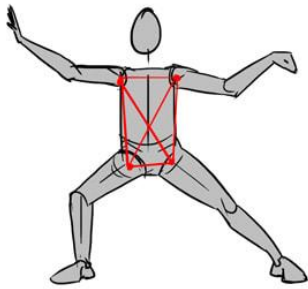
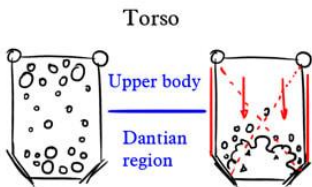


3 External Harmonies



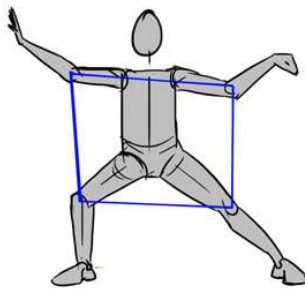
Shoulders & Hips (Kua)

Core, source of power



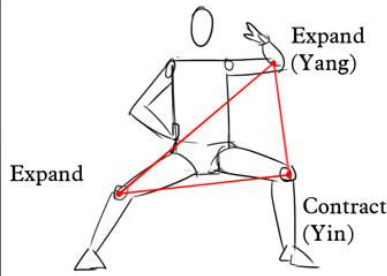
Before relaxation; focus/energy scattered.

Relaxation; focus/energy drops. Shoulders & hips connected



Elbows & Knees

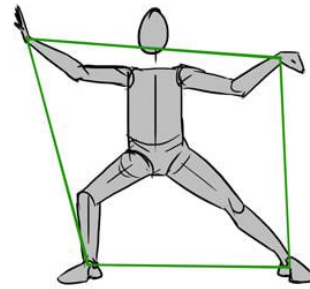
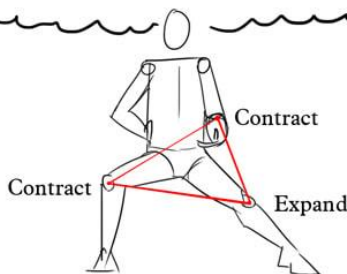
Connection between core & extremities



Timing of expanding and contracting are simultaneous

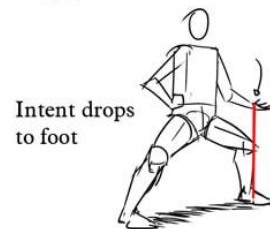
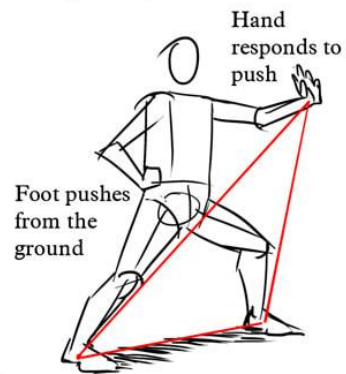
For Example: Single hand sil reeling

	Yin	Yang	Transition	Yin	Yang
Elbow	White	Red	White	Red	White
L knee	Red	White	White	Red	White
R knee	White	Red	White	Red	White

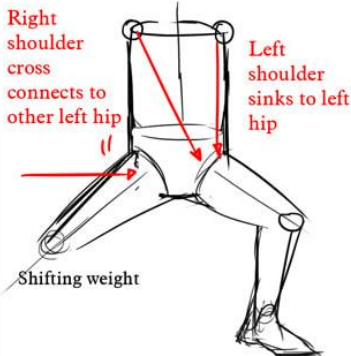


Hands & Feet

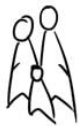
Extremities: the root & output of power



Shoulders remain horizontal



Symbolism in life



Harmony within family



Harmony within relatives & friends



Harmony in the community, nation, country & the world