

Assignment

1. First, stand erect, then bend left elbow clenched and place right hand clenched near the left chest.
2. Second, take a jump with the left heel striking the left buttock. The left leg falls on the surface with toes thrusting forward. The left hand stretches out downwards in parallel with the right leg.
3. Third, take a jump with the right heel striking the right buttock. The right leg falls on the surface with toes thrusting upward. The left hand stretch out downwards in parallel with the right leg.

The first and second exercises are done in quik succession.