



Fundamental Positions of Arms and Feet

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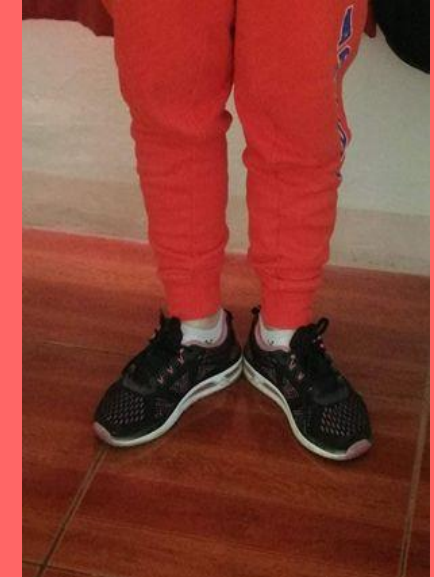
BSCS1

1st Position



Arms - Arms are raised forward forming circle in front of the chest with fingertips of both hands about an inch apart.

Feet - Both heels are together while toes are apart at an angle about 45° or more



Arms - The arms are placed
Position sideways with palms
facing up



2nd Position



Feet - Both feet apart sideward
about a pace distant. Heels are
parallel to each other

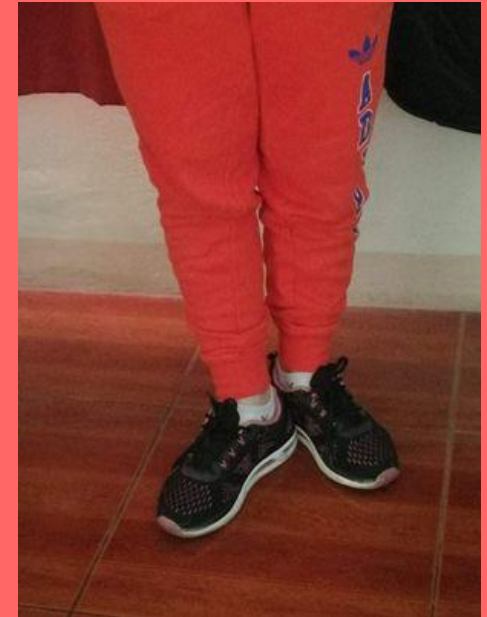
3rd Position



Arms - The right arm is raised above the head forming half a circle, while the left arm remains in the second position



Feet - The right heel of one foot is close to the instep of the left foot





Arms - The right arm is still raised and remains amplified position, while the left arm is placed in front of the chest, as in the first position



Feet - The right foot is forward about a pace distance with toes out



4th Position



Arms - Both arms are raised forming a circle over the head in an amplified position

Feet - The right foot is placed in front of the left foot with the right heel close to the toes of the left foot



5th Position