

By Thomas Downing (7-6-2010)

Tension is released by correct breathing. Use the breath to control the form.

Kin showed how to use our inhalation/exhalation for each movement of the form. Right now I feel myself rushing certain points but I realize I must time the movements better. I do notice a change of atmosphere when I consciously move with the breath. Also when the posture is correct the reverse breathing is easier.

I am doing the 10- and 16- form each morning. I can slow it down but I do try to get both done before breakfast. I may try to incorporate an evening session or use that time for meditation.