



THE **LEAN** BERETS

AVENGERS OF HEALTH!

“Chinese Wand Exercise”

(Grand Master Bruce L. Johnson, 1977-OUT OF PRINT)

STANDING EXERCISES

1. Warm Up: **“Stretching Of The Crane”**
2. Snastretch: **“Sunrise & Sunset”**
3. Dislos: **“Peeling The Octopus”**
4. Figure Eights: **“The Twisting Of The Snake”**
5. Elbow Twist With Oblique Bend: **“Twitching The Dragon’s Tail”**
6. Three-Way Rows: **“Chinese Opera Bows”**
7. Good Morning: **“Greetings To The One Who Has Traveled Far”**
8. Tricep Thrustbacks: **“Search For The Hatchet”**
9. Wide Hacks: **“Horse On A Tightrope”**
10. Sword Lunges: **“Springing Of Tiger”**

FLOOR EXERCISES

11. Rowing Sitbacks: **“The Boatman’s Stretch”**
12. Alternate Toe Touches: **“The Rocking Of The Bear”**
13. Buttock Walk With A Twist: **“The Walk Of The Tailor”**
14. Panda Rolls: **“The Rolling Of The Panda”**
15. Side Leg Raise: **“The Raising Of The Bird’s Wing”**
16. Dragon Kicks: **“The Ox Is Kicking”**
17. Stew Shrugs: **“Chinese Shrugs His Shoulders”**

GRADUATED ELEMENT STAGES

(Use Yin-To-Yang Or *MODIFY* With Inch-By-Inch Progression Method)

☯ Yin (Lightest)

1. *Earth*
2. *Metal*
3. *Water*
4. *Wood*
5. *Fire*

☯ Yang (Deepest)