

Bowing and Thinking Exercise

41
W W LH W UH W

42

43 44 45 46 47
W W W W W W a) N 1/3 b) M c) P a) N 1/3 b) M c) P

48 49 50 51
a) N 1/3 b) M c) P a) N 1/3 b) M c) P N W P W N W P W

52 53 54 55 56
W P W N WP WN N WP W WP P P