PDAE Video Clip 6

The eleventh movement is
Whole Body Open and Close
Again, stand in the pool
but no swimming ring this time
Stand with legs apart at shoulder width
Cross your forearms in front of the chest
Slowly bend your knees to a semi-squat position
Firstly, put down both hands slowly
and then raise outwards to shoulder level
Then lower them inwards again
until crossing your forearms in front of the chest
The legs and arms should move in coordination
Stand up straight on both legs as you raise your hands
Bend knees when your hands come down
and maintain the semi-squat position
If you can secure a firm stance
try standing on your toes as the hands go up
then let your heels touch the ground again
when your hands come down
You can practise deep breathing with this exercise
Breathe in deeply through your nose
as your hands go up
and breathe out through your mouth
The twelfth movement is Alternate Foot Jumping
This is similar to jumping with arms and legs wide open
But when opening the arms
put the right foot forwards
and the left foot backwards
Let's try it now
Jump up with right foot forwards

and left foot backwards
Then, jump up with both hands together of the top
and both feet together like a straight line
Then put down your hands at shoulder level
and put the left foot forwards and the right foot backwards
Jump up with both hands down to the side
and both feet together
One more time
Right foot forwards and left foot backwards
Arms and legs together
Again, arms and legs open widely
then put them together