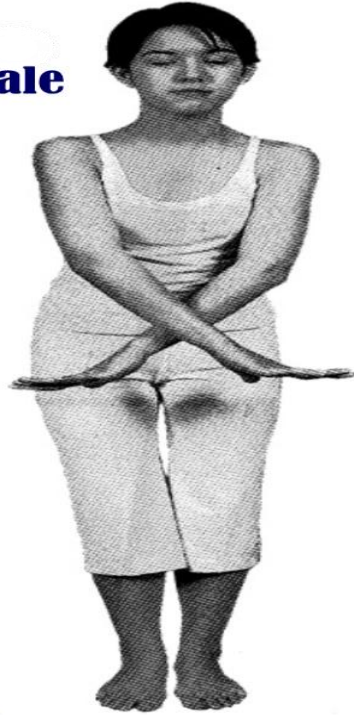


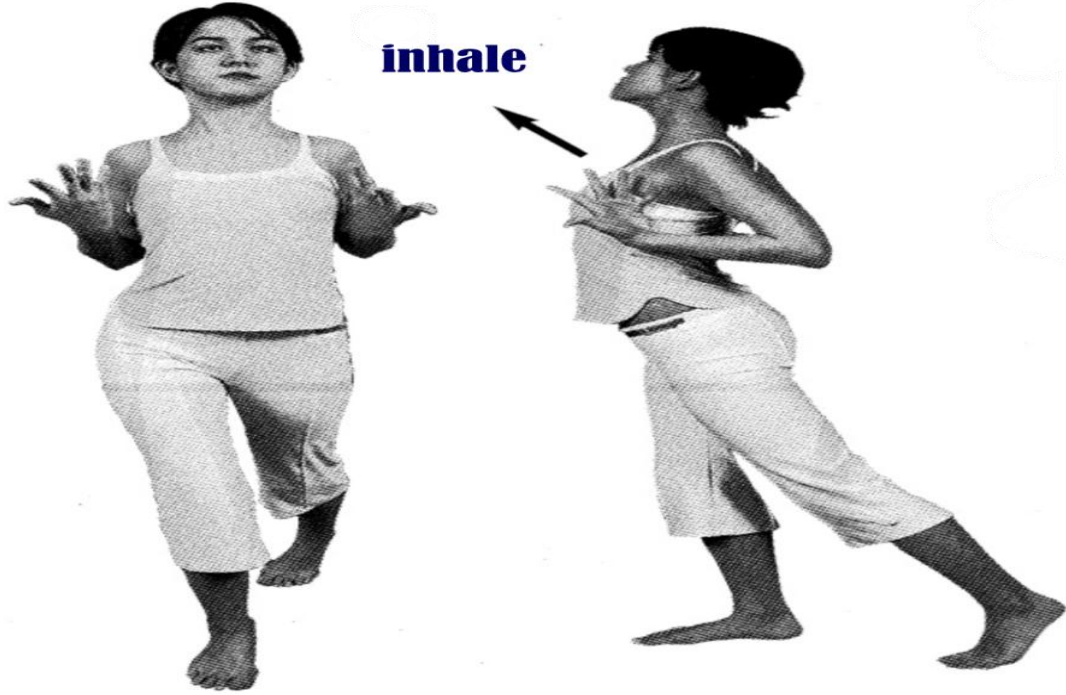
# OKI-DO BREATHING EXERCISE 1

## ① back-and-forth

**exhale**



**inhale**



## ② right-and-left

**exhale**



**inhale**



# OKI-DO BREATHING EXERCISE 2

## ③ twist



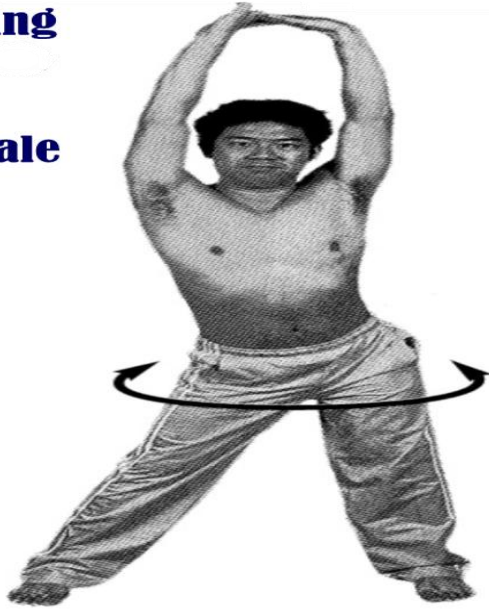
## ④ up-and-down



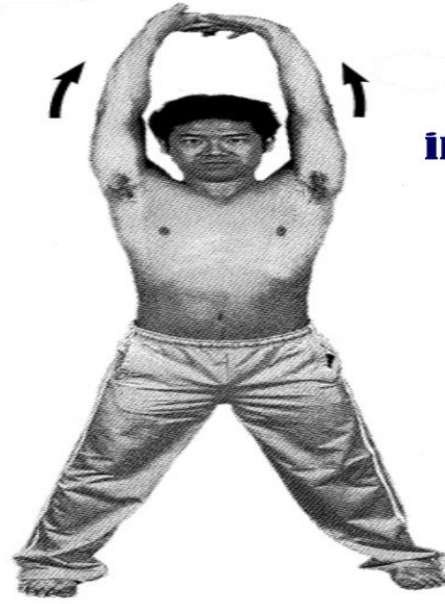
# OKI-DO BREATHING EXERCISE 3

## ⑤ spinning

**exhale**

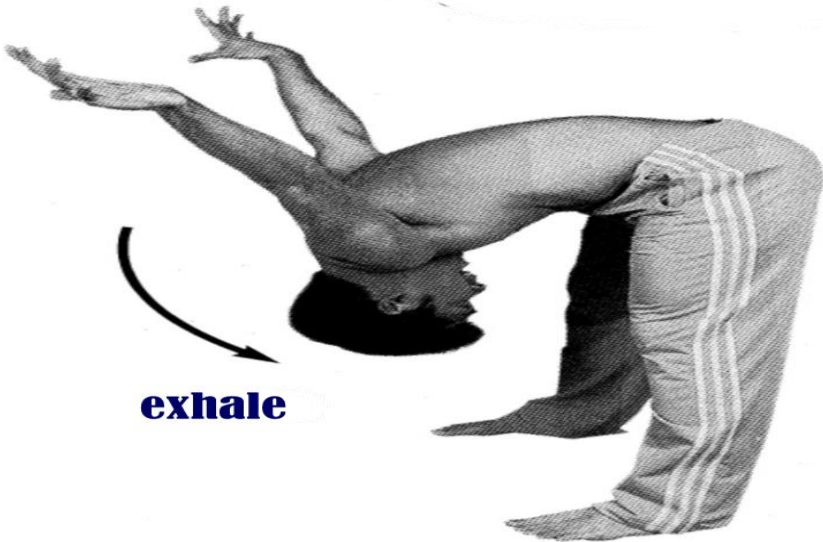


**inhale**



## ⑥ knee bending-fling up

**exhale**

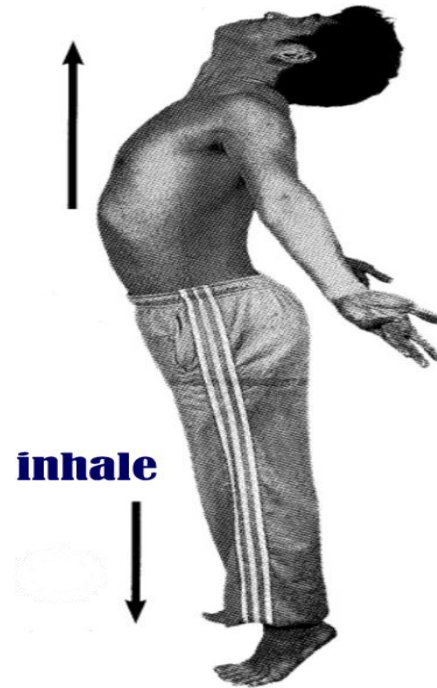


**inhale**

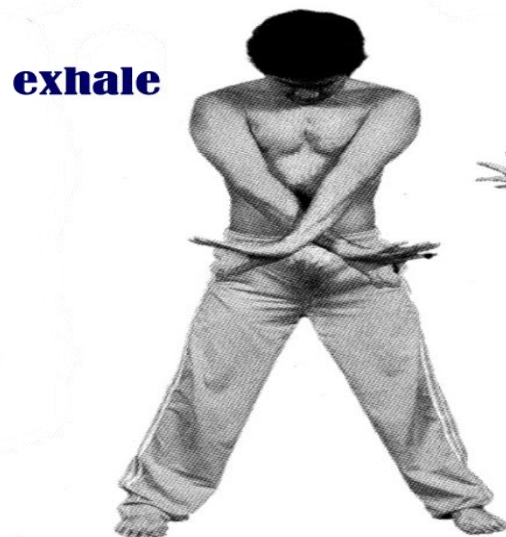


# OKI-DO BREATHING EXERCISE 4

## ⑦ vertical stretch



## ⑧ spread-eagle with squat



# OKI-DO BREATHING EXERCISE 5

①

**inhale**



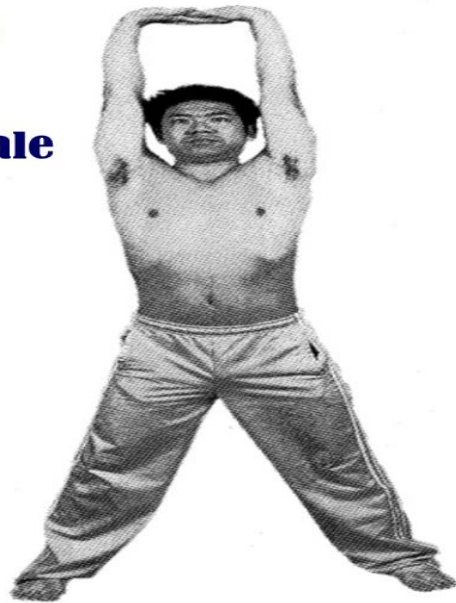
**exhale  
and push breath to Hara**



**core strengthen and psyche up method**

②

**inhale**



**exhale  
& Hara making**

