SOTAI

Natural Exercise

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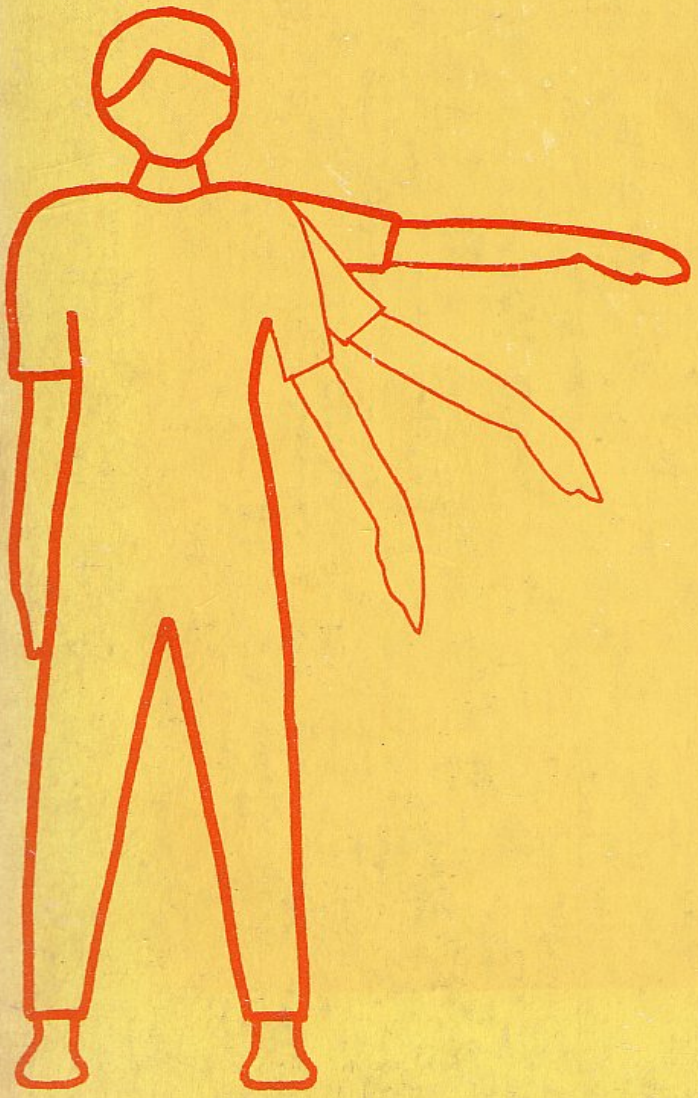

Translated by
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PART 1

SOTAI

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INHOUDSOPGAVE

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1. THE PRINCIPLE OF HEALTH

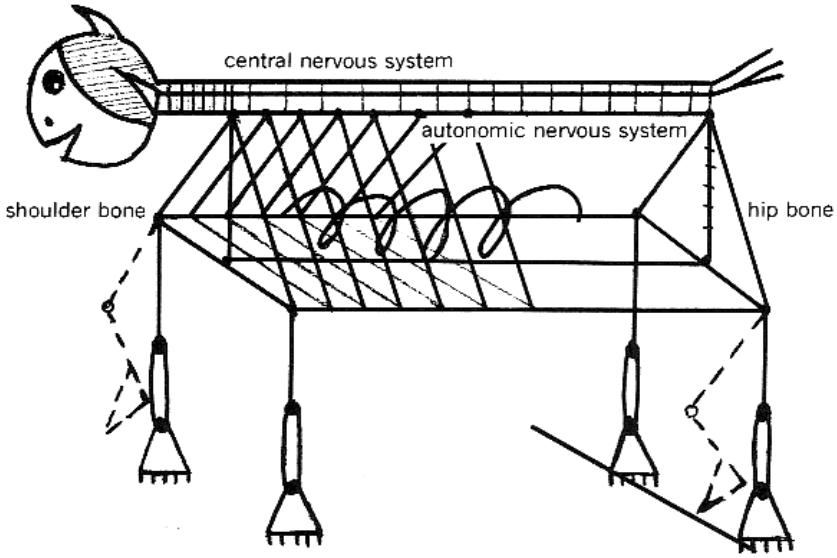
CONSTITUTION OF THE HUMAN BODY

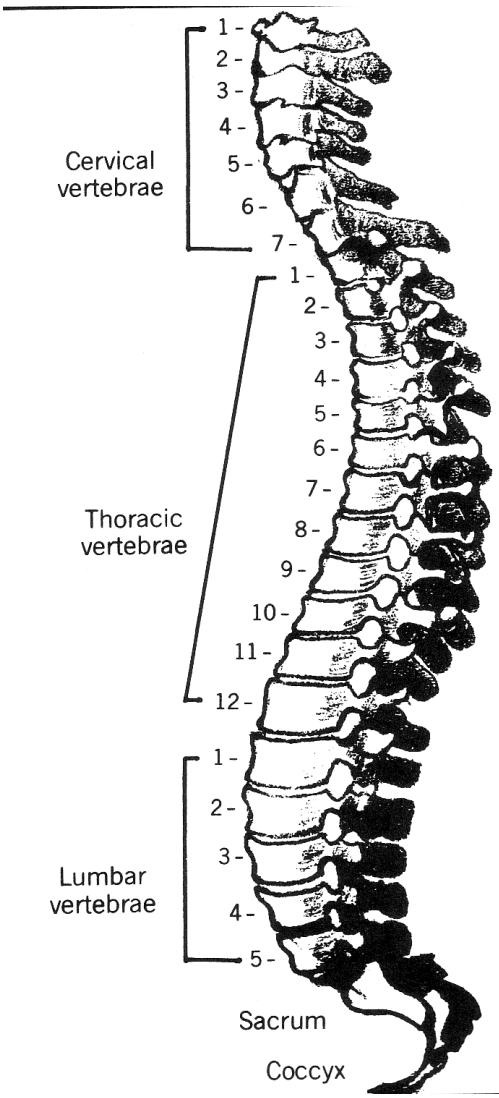
Basic structure - Man is free to be healthy or sick by his way of living. In other words, he is sick because he does not know what condition maintains health. He is sick because he continues a way of living which eventually brings him ill without his knowing it. However, since we cannot know everything about the cause of sickness, it is important we know the principles of health.

In my opinion, man is a movable building. Let us consider that the four pillars of a four corner house are legs; adding a head and a tail, this will make an animal. When standing up, this animal becomes man (standing on the rear legs of the animal). Since this building moves, construction of the building must be firm and movement must be right. The joints must be movable. It is imaginable from the construction of the body that a movement of one part will cause movement of others. When we neglect this law of movement, we create deformity in our body.

The center of the bones is the spine which is supported by the pelvis because man stands erect; therefore, the center of our movement is in the waist.

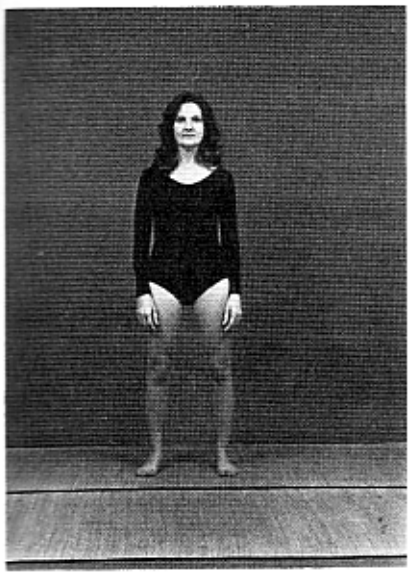
For example, when bending the upper part of the body forward, pull backward at the waist a little, then bend the upper body. This makes bending easier. When bending the upper body to the

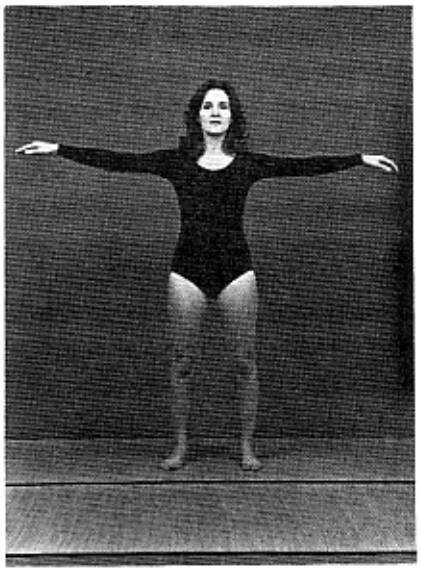




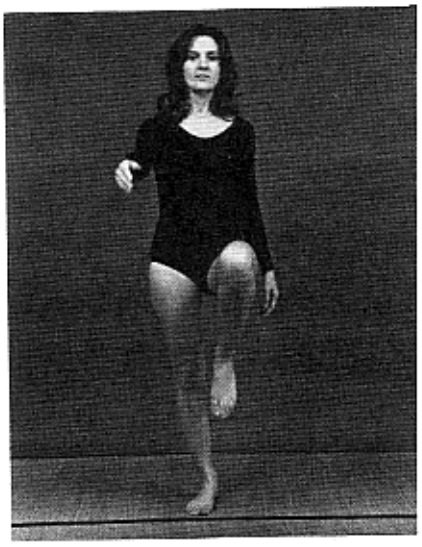
All organs of the body are affected by spinal deformity.

Head and skin by c^1.
Face and neck by c^1 and c^4.
Eyes by c^4, t^2, and t^{10}.
Ears by c^4.
Nose by c^4.
Teeth by c^4.
Throat by c^4 and t^2.
Tongue by t^2.
Thyroid gland by t^2.
Lungs by c^1, c^4, and t^2.
Heart by c^1, c^4, and t^2.
Diaphragm by c^1 and c^4.
Stomach by c^1 and t^5.
Liver by c^1 and c^4.
Spleen by c^1 and c^4.
Adrenal gland by c^1 and c^4.
Kidneys by c^1 and t^{10}.
Large and small intestines by t^{10} and l^2.
Bladder by l^2.
Appendix by l^2.
Testicles by l^2.
Uterus by l^2.
Anus by l^5.
(Sample listing.)





1. Stand with feet straight forward and legs apart at width of hips, backbone and hip straight and eyes focused straight ahead. Raise arms straight out to sides, exhaling. Holding arms out, inhale quickly. Hold breath three seconds, then exhale quickly; at the same time, let arms drop quickly down to position at side of body. Do this 3 to 5 times.



2. Stand with feet together, raise one leg so knee is straight, foot pointing forward, not down. At the same time raise opposite arm out to shoulder level in front of body. Other arm should swing backward. Put foot down forcefully, raise other leg and repeat in marching fashion, 30 to 50 times.