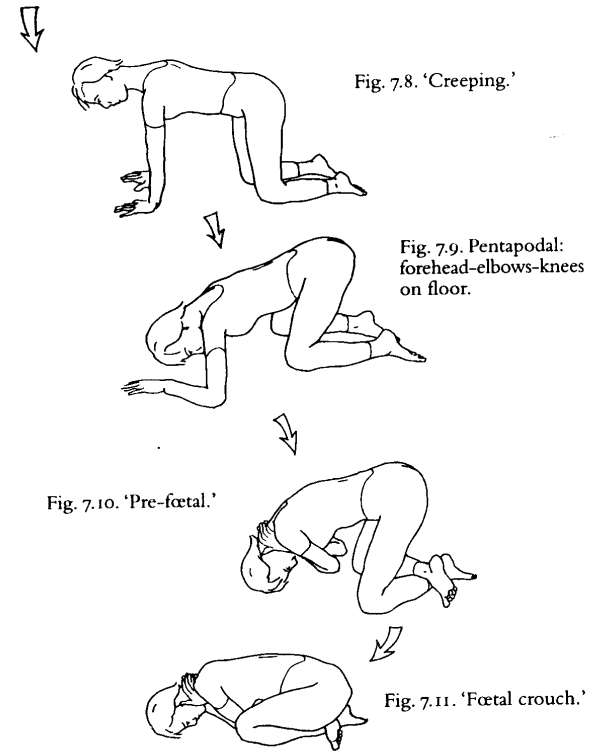
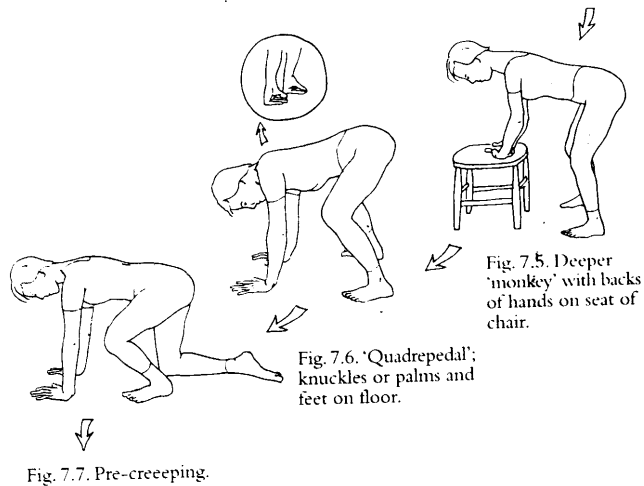
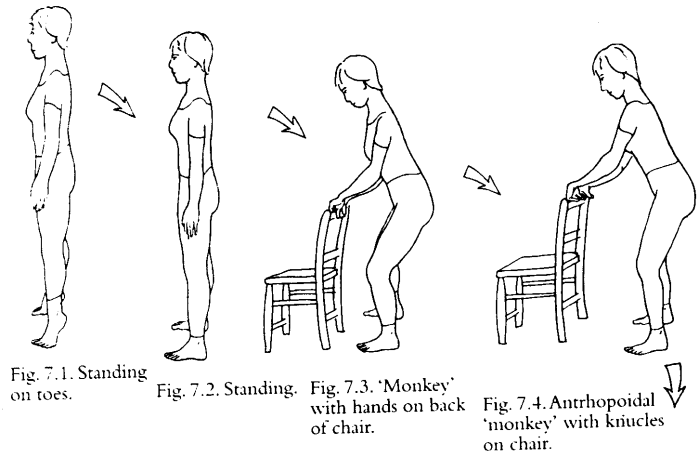


## Complex Dart



Start at the top right position then follow the arrows until you reach the "foetal crouch" position.

Hold this position for a short time then reverse the procedure back to the "Standing on toes" position.

While practising the procedure remember that the first position is the most evolved and the last position is the most primitive.

Think of spiralling in and down as you go into the procedure and spiralling up and out as you come out of the procedure.