

8. ROOSTER'S COMB FINGER AND HAND STRETCHES

1. Cross your right wrist over your left wrist and bring your hands up in front of your heart to make a big X, with your RIGHT hand closer to your body.
2. With your wrists crossed, touch the backs of your hands together and hook your little fingers securely together.
3. Next, hook your ring fingers, then your middle fingers, then your index fingers. Your thumbs remain unhooked. You may only be able to get one or two finger pairs hooked together in the beginning, but after practicing you'll succeed with all four pairs! It's worth getting there.
4. Keep your fingers hooked together and pointing towards the ceiling.
5. Push your elbows out to help your fingers and the palms of your hands stretch even more.
6. Raise your linked together hands up and place them on top of your head to make the Rooster's Comb, with your fingers still pointing toward the ceiling.
7. Inhale deeply and exhale fully for three repetitions.
8. Staying in this position, turn your head slowly to one side and back, then to the other side and back.
9. Now tilt your head forward and then backward. Return it to its natural position.
10. Now raise your hands high above your head, stretching your arms straight up and back.
11. Inhale deeply and exhale fully three times.
12. Return your hands in front of your heart and gently release your fingers. Shake out your hands.
13. Now, cross your left wrist over your right wrist and bring your hands up in front of your heart so you have made a big X with your LEFT hand closer to your body. Repeat the same steps above to hook all of your finger pairs together. It is very important to do both sides. One side is usually harder than the other and it's important to give it practice, too.

