

Open Your Mouth

Form 1 Card 1

Make A Fist

Form 1 Card 2

With Your Right Hand
Point
To Your Left Knee

Form 1 Card 3

With Your Left Hand
Point
To Your Right Knee

Form 1 Card 3 Alternative

Point to the Floor
Then
Point to the Ceiling

Form 1 Card 4

Point to Your Left Ear

After

You Make a Fist