

EAST GATE EDITION

US Army Corps of Engineers

Building for Peace

Far East District

JANUARY 89

FED TOPS LAST YEARS CFC

While no official goal FED. we for set was managed to go over the top of last year's contributions with some 20% less eligible contributors. Last year the total was just under \$6,200 while this year's total was \$8,715.00 This just backs up the fact that FED folks are always ready to lend a helping hand to someone in need. There are many folks who will receive benefits from what you have done who will be thankful for days, weeks, months and even years to come.

There were a lot of people involved who made this year's Combined

Federal Campaign one of the best yet. We had 23 Keypersons who contacted each every and FED employee and advised them of their options: a one-time donation of any amount by check or by cash, or by payroll deduction of 26 payments for civilians and for military personnel. These are the "CFC Heroes in the Trenches."

All in all, FED totaled \$1,297.00 in one-time contributions and \$7,418.00 in allotments to be paid by payroll deductions. YOU FOLKS DID IT, you topped 1987's figure by almost \$2,500! (Cont'd on Page 2)

OEB

Serving Our Customers

By Ainun N. Qazi, P.E.

Office Engineering Branch (OEB) is blessed with a staff who strive to serve our customers, to name just a few, Far East District Field Offices, FEAK, PACAF, POD, OCE and others. OEB has two primary functions, one, to act as liaison between the field offices and other district and division elements, and two, to provide fiscal management of construction funds.

To serve these functions OEB is divided into two sections.

CONSTRUCTION
MANAGEMENT and
PROGRAM
MANAGEMENT
SECTIONS

The first of these, Construction Management Section, assists the field offices in coordination of resolution of construction and design related problems in a timely manner. The Project Manager in this section is the focal point, and acts as a bridge between the field offices and other district elements. He prepares Basic Change Document (BCD) which is a kind of work order for engineering division to investigate the problem.

The Project Manager insures that the BCD is processed as quickly as possible. This includes requests for funds, if required, to implement the change. The Project Manager works very closely with the using military services regarding change requests and funds. He monitors the progress of each contract, prepares notes, and briefs the District Engineer each month on high interest contracts. In addition he monitors all construction activities throughout the Republic.

It can be safely assumed that our Project Managers have the knowledge of all active contracts and that they can answer all questions relating to those contracts immediately or within a reasonable time.

Steve Bonneau is the Team Leader for the Northern Area Office, Carroll Alexander and Wayne Joh are the Project Managers. For Southern and Central Area offices, Kenny Gardiner is their Team Leader the Project Managers are Yi, Kwang-il and Kim, Within the Construction Management Section, Leo Pelletier leads his reports clerks to collect and maintain statistical data to evaluate report performance, which includes updating AMPRS. He also processes progress payments, and prepares documents for transfer of completed facilities.

The Program Management Section is headed by Charles Ernst. They do all sorts of things to insure funds are available to foot the construction bills and for progress payment or changes. This section develops, monitors and maintains budget, and provides periodic reports to higher echelon. The section also play a very critical and important role within the Construction Division.

The Chief of OEB provides caring leadership with the help of Jina Remines, Secretary, Vernette Faver, Typist, and Joyce Ramirez, File Clerk.

At OEB we strive "to create an environment in which motivated people seek better ways to do work, care enough to develop ourselves and others, and thus add meaning to our lives." (Critical Challenges, USACE 1988)

CFC

OVER THE TOP

(From Page 1)

Your Editor acted as the Unit Project Officer for this year's campaign, and I would like to personally thank all of the Keypersons who worked so hard getting to see all of the employees,

and for their ingenuity because whatever they said must have worked,

Congratulations to all of you for putting the Far East District over the top in the Combined Federal Campaign, 1988.

Fire Bombs Inflict slight damage

By Al Bertaux

The FED Compound was the target for 6 fire-bombs which were thrown over the Market Gate #2 at approximately 4:55 A.M on November 4. According to Capt. David Hilling, FED Security Officer, there were ten to twelve unknown individuals involved in the incident. They quickly fled and were not apprehended.

Two of the fire-bombs broke windows at Building P-41, Korea Area Exchange Headquarters (KOAX) but failed to ignite. Four of the fire-bombs exploded and ignited outside of the security gate house. These were quickly extinguished by the onduty security guard and Military Policeman.

Damage from the incident was minimal and there were no injuries sustained by either FED Security Guards or Military Police.

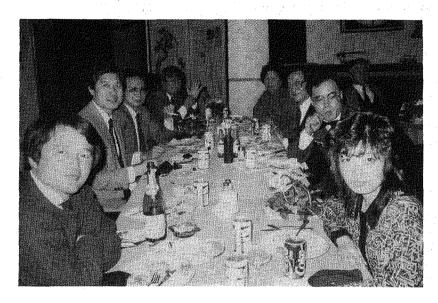
US-ROK SOFA TALKS BEGIN

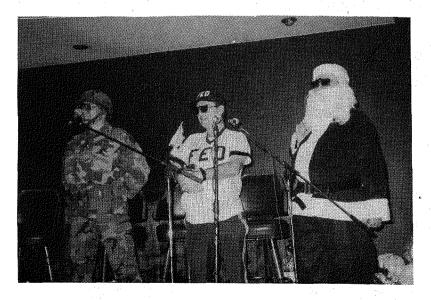
The U.S. and Korean Governments maintain a continuing dialog on many bilateral alliance matters under the general heading of our security consultative process. The Korean Government recently requested that some provisions of the ROK-US Status of Forces Agreement (SOFA) be reviewed, and in response the U.S. Embassy and USFK agreed to discuss the SOFA with the Korean Government.

(Cont'd on Page 7)

FED CELEBRATES XMAS

The FED Family Celebrated Christmas at the East Gate Club and from what we can see, everyone had a great time. A big thank you to Mike Maples and the Morale and Welfare Committee for making it such a success!





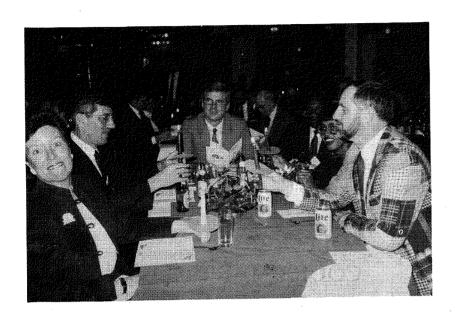


FED CELEBRATES XMAS

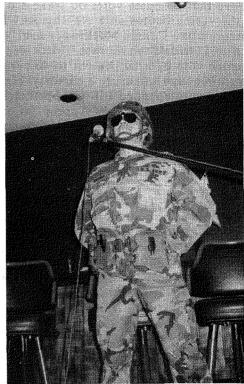




FED CELEBRATES XMAS







Was it your VOTE?

By Karen Steinbeck

Did you vote absentee in the recent general election? Wonder if your vote counted? If it made a difference? Not all voting results are in, but absentee voting by military and overseas citizens was heavier than in previous years and did make a difference for many candidates.

Two of Florida's democratic representatives, Buddy Mackay and Bill Chappell, Jr., certainly believe that absentee votes do make a difference. At the voting booths on 8 Nov Mackay and GOP representative Connie Mack were nearly dead even in Florida's senate race. Mack captured the absentee vote by a 60 percent to 40 percent margin--enough to ensure a victory. Similarly, the absentee vote upended Bill Chappell, Jr., Chairman of the Defense Appropriation Committee. Before the absentee vote was counted, Chappell led little known challenger Craig T. James, but James was declared the winner after the absentee votes were counted.

In the State of Washington's 3rd congressional district, democrat Jolene Unsoeld was leading the republican candidate Bill Wight by approximately 1700 votes: 106,470 to 104,741; however, one county, Lewis, had approximately 4000 absentee votes to be counted. After these votes were counted, her margin shrank to 666 votes. A recount is likely.

Still another US congressional race produced some startling results in Oregon. The incumbent Denny Smith, a republican, was losing to Mike Kopetski, the democratic candidate, on election night, by a 1200 vote margin. However, 13 to 14 thousand absentee votes had yet to be counted. After the absentee vote was counted, Smith became the unofficial winner by about 600 votes. There still may be a recount in this race.

In an Oregon state senate race, 8th district, Wayne Fawbush, a democrat, edged Bill Bellamy, a republican by 55 or 56 votes. An automatic recount was set for 29 Nov and unofficial results showed Fawbush 20,099 votes to 20,036 for Bellamy.

North Dakota's Grand Forks county, site of Grand Forks Air Force Base, reported two very close races, both requiring mandatory recounts. In the state congressional district race, 17/18 where over 9,000 votes were cast, Clayburg, the

republican, won over Kuchera, the democrat, by 2 votes. Another state house of representatives race showed the republican candidate leading the democratic candidate by one vote. A recount will be mandatory.

Can one or two votes make a difference? Roger Hopkins running for state representative in Flathead County, Montana would have loved just 5 more votes. He lost the election to Clyde Smith, the republican incumbent, 1701 to 1705 votes.

Absentee voting opportunities did not cease on 9 Nov 88. Various state primaries will be held next year followed by congressional and gubernatorial elections in 1990. The FED Voting Officer will publicize voting opportunities as they arise.

SOLDIERS COURT MARTIALED

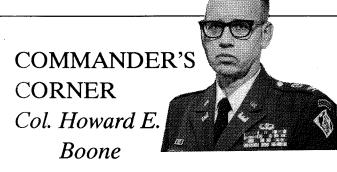
Three U.S. soldiers were tried and found guilty by separate court-martials in October and November at Camp Casey on charges ranging from wrongfully using another person's ration control plate to blackmarketing.

Private Robert R. Soto, of Combat Support Company, 1st Battalion, 503rd Infantry, Camp Hovey, was convicted October 20 by a general court-martial of using another person't ration control plate and other unrelated offenses. He was sentenced to receive a dishonerable discharge and confinement for one year.

Spec. John W. Render, of Headquarters and Headquarters Company, 2nd Battalion, 503rd Infantry, Camp Hovey, was convicted Nov. 1 by a special court-martial of attempting to wrongfully transfer a television on Aug. 6, compact disc player and cassette deck on July 30, and a video cassette recorder and television on Aug. 6 to a Korean.

The court also found that Render wrongfully transferred a ration control plate and wrongfully used ration control documents. He was sentenced to three months confinement, forfeiture of \$400 per month for three months and reduction to private (E-1)

Pfc. Curtis B. Crowell, of Battery B, 6th Battalion, 37th Field Artillery, Camp Essayons (See Court-Martial, page 7)



As we turn the corner of 1988 and begin to face the challenges of 1989, I think it appropriate that we take a moment to honor some of the FED family that fit in the "Above and Beyond" category. These are the folks who handle the job and family responsibilities and still find time to do the kinds of extra things which make our service in FED more enjoyable or focus the energies of FED to help others.

A good starting point is the FED Morale and Welfare Committee which over the past year has done an outstanding job in organizing many fun and team building events. They culminated the year with a very enjoyable FED Christmas party at the East Gate Club. They have accomplished each task with considerable skill and enthusiasm in the very difficult environment of realizing the impossible mission of attempting to satisfy everyone. Another group of note is the Orphanage Committee who have continued the long tradition of linking FED to the kids who need others. I am amazed that the program continues in view of the many challenges they have faced.

My hat is also off to the many folks who dedicate their time and energy to sponsoring, organizing and conducting the myriad of recreational and athletic activities that are made available in FED. Those of us who elect to participate in bowling, golf, softball, hiking, or fishing realize that those events don't just happen. They require someone's energy and direction for the myriad of planning and coordination tasks to make them successful.

Finally, I would be remiss if I did not mention FED's performance in the recent Combined Federal Campaign drive. Despite our smaller organization we were able to exceed performances of past years. I thank all the contributors and all of the support personnel who went "Above and Beyond" to make sure we were all aware of the campaign and offered the opportunity to participate.

It is often argued whether EXCELLENCE from within an organization spills outward to

other activities or if EXCELLENCE from without nurtures within the organization. It really makes no difference as long as it is EXCELLENCE. I salute all of you who have gone "Above and Beyond" this past year. I hope that each of us as we plan our New Year challenges will take some opportunity to contribute "Above and Beyond".

BUILD FOR PEACE!

US-ROK SOFA TALKS (Cont'd from pg 2)

To initiate the discussions, Korean Government and U.S. military and Embassy representatives held a special meeting on the SOFA on Dec. 16 at the Foreign Ministry in Seoul. The two delegations were led by their respective Representatives to the Joint Committee, Director General Shin Doo-Byong of the American Affairs Bureau, Ministry of Foreign Affairs, and Air Force Lieutenant General Thomas A. Baker, Deputy Commander, U.S. Forces Korea (USFK).

The Dec 16 meeting was convened to allow the U.S. side to hear Korean Government views on specific SOFA-related matters. The discussions were held in an atmosphere of friendly cooperation and were very useful to both sides. The two delegations agreed, in the interest of strenghening the security relaionship which is important to both our countries, to continue these discussions in order to resolve outstanding questions.

COURT MARTIAL (Cont'd from Page 6)

was convicted Nov. 2 by a general court-martial of wrongfully transferring 170 units of alcohol between April 13 and Sept. 12 and other unrelated offenses. He was sentenced to a bad conduct discharge, two years confinement, forfeiture of #300 per month for two years and reduction to private (E-1).

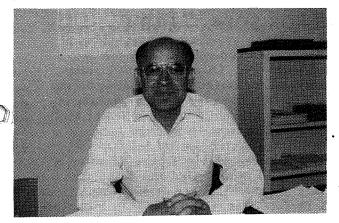
During October, seven soldiers received nonjudicial punishment for committing various ration control violations.

USE YOUR RATION WISELY STAY WITHIN YOUR LIMITS

FED SALUTES HEROES in the TRENCHES

Mr. Ainun Qazi

Construction Division OEB



Mr. Qazi is recognized for his contribution to the United States Forces Korea (USFK) Equal Employment Opportunity (EEO) Program. As an EEO counselor for Areas I, II and III in the Republic of Korea, Mr. Qazi has made a valuable contribution to the USFK EEO Program. Often working simultaneous inquiries in unfamiliar commands. Mr. Qazi has made the EEO counseling function a dynamic and accepted service..

Ms. Choe, Yong-ok

Ms. Kim-Ok-chin

Ms. Pak, Pok-tong

Ms. Yun, Son-hyang

Engineering Division
Program And Reports Branch

With a great deal of trepidation four Accounting Technicians in Program and Reports Branch, Engineering Division, switched jobs. All four were familiar with their own program of managing funds. On 1 October 1988 they changed desks and were required to manage a different program for 90 days

They found that, really, their programs were not very different. The same financial responsibility existed, but it gave them a broader overview of all the programs. They are to be commended.

Ms. Kim, Mi-hui

Central Area Office Engineering Branch

Ms. Kim, Mi-hui has consistently provided the Central Area Office, OEB, with professional ability and the willingness to successfully process a contract modification. Ms. Kim's workload was approximately 50% greater in FY 88 than it was in FY87. She has accomplished all of the tasks without any additional assistance. A true "HERO IN THE TRENCH"...

Mr. Charlie O. Reeves

Engineering Division
Military Bbranch
Installation Support Section

Charlie met the challenge of awarding a critical OMA project for the 43rd Mobile Army Surgical Hospital (MASH) at Camp Humphreys. This was done within 42 days of receiving the design that had been prepared for contracting through KCA. This timely award allowed 18th MEDCOM to obligate their FY88 OMA funds. It also made it possible for them to be able to move into the completed project before the winter set in.

Ms. Hyon, Ok-kyong

Engineering Division Program And Reports Branch.

Due to the shortage of instructors in IMO and in an effort to avoid a service contract, because of budgetary restraints, IMO requested assistance.

Ms. Hyon, Ok-kyong, Computer Programmer, Program and Reports Branch, Engineering Division volunteered. She taught DOS, Multimate, and dBase III Plus in English and Korean.

SEND YOUR HERO NOMINATIONS NOW

SANTA FED ???

Picture if you can the entire Far East District, dressed up in red with a huge white beard, sliding down the biggest chimney in Korea with lots of goodies for all the kiddies of USFK.

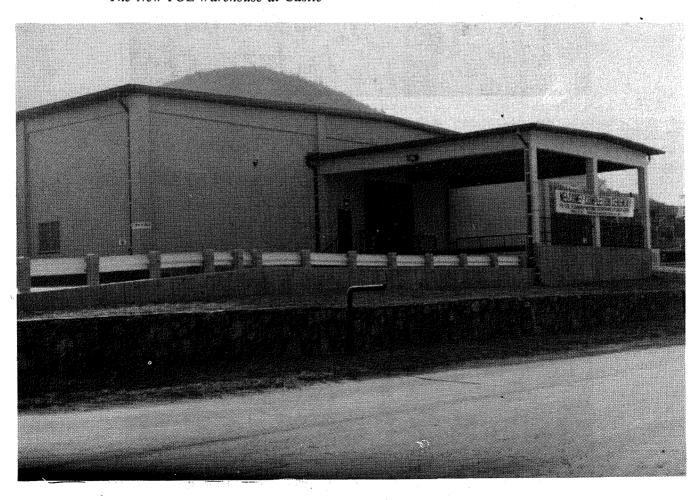
Kind of far fetched I'll agree, but during the past two weeks the District has presented USFK with four new facilities scattered from the far north to Pusan in the south. You could say these were the District's Christmas presents to the command.

At Camp Castle, we cut the ribbon on a new liquid fuel storage warehouse, at Camp Stanley a new Consilodated Club, at Camp Long a long awaited Medical/Dental Clinic, and at Camp Hialeah a new Physical Fitness Center. All of these new facilities were badly needed. The Physical Fitness Cener at Camp Hialeah replaced a cold quonset hut type building that had really seen better days, and the same is true of the Medical/Dental clinic at Camp Long.

So as you can see by the photo's here and on the next two pages, Santa FED has been pretty busy these past two weeks, delivering presents that have been in the making for the past two years.

MERRY CHRISTMAS CAMP CASTLE

The New POL Warehouse at Castle



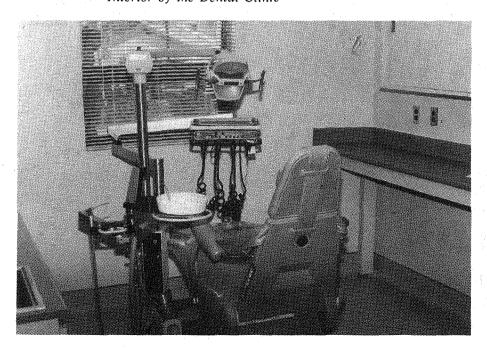
SANTA FED ??? (Cont'd)

MERRY CHRISTMAS CAMP LONG

The new Medical/Dental Facility



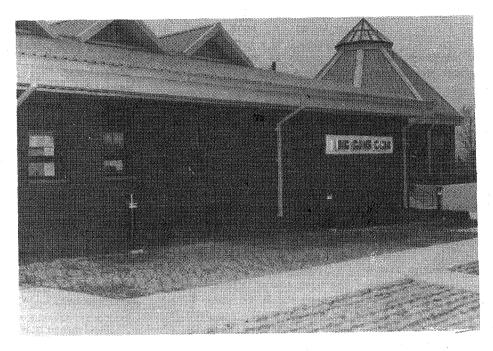
Interior of the Dental Clinic



SANTA FED ??? (Cont'd)

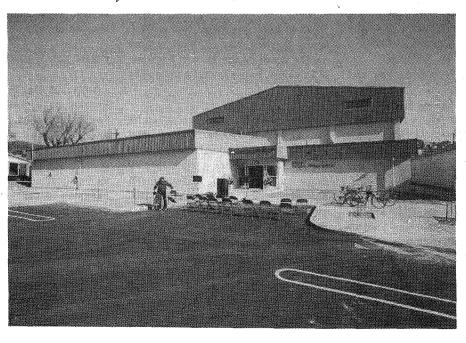
MERRY CHRISTMAS CAMP STANLEY

The new NCO CLUB (BIG GUNS CLUB)



MERRY CHRISTMAS CAMP HIALEAH

New Physical Fitness Center



Reflecting on King's Death

By Sgt. Maj. Rudi Williams, USA American Forces Information Service

Where were you when Martin Luther King Jr. was assassinated 20 years ago?

This question received similar responses throughout the Department of Defense.

Manuel Oliverez, DoD's deputy director for civilian equal opportunity policy, reacted emotionally. "Please wait a minute," he choked. "I need to get myself together." Oliverez was teaching English, U.S. history and Spanish in a junior high school in Monterey, California, when he heard about King's assassination.

Regaining his composure after a minute or so, Oliverez said, "I'm sorry you brought back a lot of bad memories. My feelings were one of shock, sadness and loss. It hurts just thinking about the assassination of people who had the potential to make America a better place to live and give it a sense of direction and great opportunity. They made you feel like tomorrow may be better than you could ever imagine. In my mind, Martin Luther King Jr. was tied in with the Kennedy assassination.

It just exploded inside you and made you feel like the lights were being dimmed-like someone had turned down the lights and darkness was creeping back over the horizon again," said Oliverez. "But life must go on, so you just say a prayer and keep on marching."

A member of the DoD Military Involvement Committee, which works with the Martin Luther King Jr. Federal Holiday Commission in coordinating holiday observances, Oliverez said, "I probably have more chance than most people to read about him-books about his life, the things he stood for-

which helps me understand and see that's (King's teachings) the best way for people to work . .with peace, caring, love and understanding for each other.

"He belonged to all of us," Oliverez emphasized. "He's not black, Hispanic or white, because he embodied a spirit, ideal and expectation of a better America that transcends all the differences that make up America."

Oliverez believes having a national holiday in King's honor "is an absolute necessity. There are between 40 and 45 million minorities in the country, and Martin Luther King Jr. is sort of a beacon for all of us. It's important because America has to be constantly reminded of its principles and also that it's a pluralistic society. He stood for all of us.

"There are two people who cause me to relive those terrible days-Bobby Kennedy and Martin Luther King Jr.," he continued. "They're deep in my soul for what they stood for, I feel strongly that when they both left, part of my youthful idealism went with them." said Oliverez.

"Hush, Hush" Shield Against Racism

When King was killed, Marine Maj. Doris Daniels was a high school senior "down on the farm in Prentiss, Mississippi, trying to find a college to go to."

When news of the assassination hit the airwaves, "There was a real element of tension-hush, hush." said Daniels, commander of the Military Entrance Processing Station that's housed in the recently dedicated Martin Luther King Jr. Federal Building in Atlanta. "School let out early that day, but we were not really told why. My parents got us around the dinner table and talked to us about it. The unique thing about parents in Mississippi in those days was that they worked hard to shield

us from racism. They had a way of dressing up or dressing down incidents so a child wouldn't be scared for life.

"I was 18 at the time, and I often wonder which affected me the most, the assassination of President John Kennedy or Martin Luther King," said Daniels. "I guess it was Kennedy because I was more exposed to him because he was taught in school and Martin Luther King wasn't. I was very teary-eyed but I'm not sure I understood the full meaning of his death then."

But now she does, in explaining how the slain civil rights leader's teachings have affected her outlook on life, Daniels said, "One part of his teachings i took on is the idealism about self-advantage, knowing yourself -- the 'I can do, and I'm just as good as anyone else' attitude," said Daniels. "And also how to be the best you can possibly be without tearing yourself down.

"I've learned how to not let others get me off track with their negativism," She said. "He had a powerful message about self-control, being anything you want to be, because no one can take your knowledge away from you because they don't want you to have it. I guess I learned how to keep on stroking."

Fear of Violence

Army Sgt. Maj. Herbert Schwab was working as a personnel sergeant at Fort Hood, Texas, when he heard the news. "I was shocked and also concerned that this could cause some problems for the nation -violent problems," said Schwab, now assigned to the Army's deputy chief of staff for personnel at the Pentagon. "But that's not what he stood for. What I remember most is that he didn't stand for violence.

"I think he wanted attitude changes, but civil disobedience was as far as (Continued on next page)

King Reflections (Cont'd)

he would go," said Schwab. "His work made you more aware of the different things going on in this country, problems like housing, schooling and job opportunities. It's unfortunate that every American doesn't have the same opportunities."

When observing King's birthday anniversary, Schwab said, all Americans ought to reflect on the things he was fighting for. "The country has come a long way, but we still have a long way to go," said Schwab. "We don't have some of the problems of the '50s or the race riots of the '60s and early '70s. But there is still a lot of racism out there, more so in the civilian community than in the military. I personally don't see it in the military."

"Oh, No! It Can't Be True"

Claire Freeman was driving to school with a girlfriend when she heard of King's assassination on her car radio. "we just said, 'Oh no! It can't be true," said Freeman, deputy assistant secretary of defense for civilian personnel policy. "'Let's get to school and find out for sure.' I was in Riverside, California, at the time, and there were no riots; just a shock, amazement and deep sadness.

"His being on the face of the earth has not only affected me, but my children, too, and it will also touch my grandchildren who are yet to be born," said Freeman. "I've always been a civil rights advocate, and he was such an eloquent, articulate advocate. He set the standard of how one should be and hold himself in terms of being an advocate for a cause, however humble it may be.

"I want young people to know about Martin Luther King Jr., the man," said Freeman. "I want them to read his writings. I feel so strongly that even some blacks don't fully understand the full measure of this man."

Freeman delivers about 20 speeches on military installations around the world during the King holiday week each year. Her theme is always taken from King's sermons and other works. She emphasizes black cohesiveness, stressing that blacks should help each other more. Speaking about colorcasting and class in black communities. Freeman asked: "How can we preach to the world population to rise above their racial prejudices when we in the black community are not doing it ourselves? Blacks should be more harmonious in their relationships and get involved in community social services. We have to get away from the consumerism and be more helping with each other."

Got Word on Combat Mission

Army Col. Fred Johnson was a medical platoon leader on a combat mission in Vietnam when he heard about Martin Luther King Jr.'s assassination. "We were under the tension of doing a combat mission when we got the word," said Johnson, chief of staff at Walter Reed Army Medical Center in Washington, D.C. "There was a calming effect that caused one to rethink what his life Probably, had meant. importantly, was what was to follow, given the torch he carried for so many important issues that were needing attention in the nation, fair and equal employment practices, education, quality of life for those in more disadvantaged neighborhoods, just to name a few.

"There was a collective embrace of his life's work by any rational and responsible person who has any faith in the history of where our nation has been and his views of where it was going," said Johnson. "There had to be a positive stimulus, the opportunity for training and education, that one could demon-strate a competence so as to gain credibility within themselves and the society in which they existed."

Johnson said the Martin Luther King Jr. holiday "should be a dignified, festive occasion that's accorded the degree of respect as any other national holiday would enjoy."



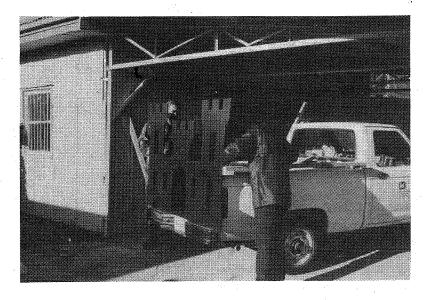
OSAN R.O. enters Float

Capt. Calvin Evans

In support of the local community, the Osan Resident Office entered a float in the Osan Air Base Thanksgiving Day Parade. The float, built on the back of one of the pick-up trucks, was designed and constructed by the Osan Resident Office staff with assistance by the District Facilities and Services Branch. As far as can be determined, this was the first Corps of Engineers float ever constructed in Korea or the Far East.

Members of the Osan R.O Hard at work on their float.





The float was built on one of the Pick-up trucks assigned to the Osan Resident Office.

THE

ENGINEER

CASTLE

IN THE

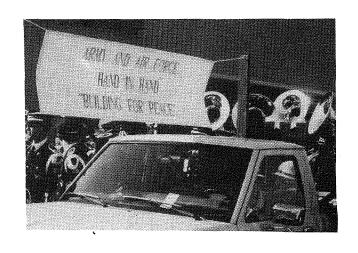
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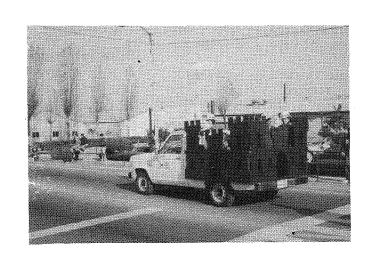
FORCE

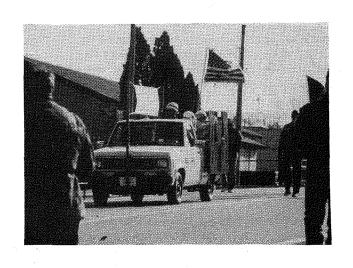
THANKSGIVING

DAY

PARADE







SAFETY TIPS



BACK FACTS . . Warming up muscles

BASIC BACK EXERCISES

Before any strenuous exercising, it's important for you to warm up your back muscles to avoid injury. Remember, regular exercising gives your muscles the ability to protect your back from injury.

To get the most from each exercise described below be sure to: 1) stay relaxed; 2) keep breathing, and; 3) use a mat or thick rug for support. Do each exercise five times in the beginning, slowly working your way to ten repetitions. And as always, consult your physician before starting any exercise program.

Back Roll This exercise is designed to stretch your back, buttocks and neck muscles. To start, lie on your back and bring your knees to your chest. Clasp your hands behind your knees and rock back and forth, from your buttocks to your neck. Return to the starting position.

We Partial Sit Ups These sit ups strengthen Seoul, Korea VOL VI, No 66

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District Engineer Col. Howard E. Boone
Chief Public Affairs E. N. "Al" Bertaux

your abdominal muscles. Simply lie on your back with knees bent and arms at your side. Tuck in your chin and and tighten your abdomen. Slowly curl your head and shoulders foreward until your hands touch your knees. Be sure your feet, hips and middle back are flat on the floor. Hold for five seconds. Curl back slowly to your original position.

Pelvic Tilt The pelvic tilt reduces sway back by strengthening abdominals. To begin, lie on your back with your knees bent. Clasp your hands behind your head, tighten your buttocks and abdominals, and press your lower back against the floor. Count to five. Relax and release buttocks and abdominal muscles.

Relieving Pain

- **Rest** Most pain will go away after a few days of rest. Remember, though, rest is lying down not just slowing down.
- **Heat** You might find that a warm bath helps loosen your back and lessen pain. Remember to keep your knees bent while soaking in the tub.
- **Stretching while standing** Try relaxing a tired back by stretching. Stand up and reach for the sky, but be careful not to arch your back.
- ** Stretching while sitting This type of stretch is good if you sit for many hours. Sit on the edge of your chair with your hands on your knees. Relax your body and let your head drop between your knees. Your shoulders should rest on your knees and your hands will hang alongside your legs. Hold for two minutes. Then, using your hands for support on your knees, begin curling back into an upright position. Bring your head up last.

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