



Sink the Kitty Chi

6. Hulk with Laser Beam Eyes (3x both sides)



Sink the Kitty Chi

7. Villain's Short-Lived Triumph (3x)



8. GODZILLA! (3x)

Sink the Kitty Chi



Balance the Pokeball (3x)

Sink the Kitty Chi while bending knees

Raise hands to heart while standing up

Arc hands out and down, bending knees

Raise hands to heart while standing up

Lower hands and bend knees

Sink the Kitty Chi standing up and then bending knees

Raise hands to heart while standing up

Remain standing and push hands out in a diamond shape,

lower hands in front of self and bend knees (keep knees straight the final time).



Sink the Kitty Chi

Bring feet together



Sink the Kitty Chi

Take a bow!

NERD CHI

The Gathering



NERD* CHI

Make sure that you're in proper alignment!



1. Sink the Kitty Chi (1x)

2. Zen Zombie (4x)



3. Happy Flappy Bird (4x)

4. Super Grover (1x)



5. Overhead HALO (hold)

6. Shoulder Roll (3x)
pause

7. Press Up & Bend over/down



8. Cross arms, raise up, hold Pokeball, spin Pokeball and step out.
Come to neutral stance.
Repeat 8. but with opposite arm on top.

Sink the Kitty Chi



8 Tokens of Arcade



1. Spider-Man #33 (4x)

2. Katniss (3x both sides)



3. Mario Hits the Star (3x both sides)

4. Action Figure (3x both sides)



5. Smaug (4x both sides)