

Action be said of "What is it?"

I searched the internet and couldn't find anything like that, but this morning I realized it was possible.

「Turn your upper body 180 degrees straight back」

If you can do this, even if someone calls you from behind, you can just say,
"What is it?"

And since this is true, I made it into a work of art.
I think you might not understand the meaning,
so I'll express it specifically on the cover.

(That's when I realized I could do this)

* During the flexibility exercises that accompany my daily ballet practice, I do a Matrix-like backwards bending exercise...it really strengthens my legs and hips. It's best not to try this at home...it's dangerous if you fall backwards on your head.

* Practice touching your left heel with your right hand (and vice versa)

That's all.