

地 水 KUDEN 風 空

JUNAN TAISHO

Junan Taisho relates to knowing how to warm up and stay flexible. In our classes, there will be times when you will be expected to warm up by yourself or to lead others in a warm up before the main class starts.

The text below outlines some of the basic steps you may take in class (or at home).

Slow neck rotations.
Slow shoulder rotations.
Swing each arm in turn backwards (try to brush your ear).
Swing both backwards.
Now swing them in opposite directions.
Pull each arm across the body.
Swing arms out as to stretch the chest.
Now swing the arms from side to side, twisting at the hips.
Put your hands on your hips and rotate the trunk of your body.
Repeat with the knees.
Now rotate the wrists in various directions and stretch the fingers.

Sit down on the floor with your legs out straight.
Taking each foot in turn, rotate the ankle and stretch the leg out.
Grab your toes and breathe out.
With each side, do the hurdlers' stretch.
And then grab your toes and breathe out once more.
Staying on the floor put your legs at right angles and lean forward
Lean over each side in turn and try to touch your toes.
Bring your legs back together and grab your toes once more.

Stand up once more and place your feet a comfortable distance apart.
Lean over and place your hands between your feet.
Repeatedly go from your left ankle, to your right a couple of times.
Now grab each ankle in turn and breathe out.

Keeping your feet apart, turn to the side and stretch out the opposite side.
Repeat on the other side.
Now shrink down on one leg and stretch out the other, repeat on the other side.

The above is only a guideline, often in training the warm up may be more physical or involve a wider range of exercises. However, use the above as a guide if you have to warm up yourself and are not sure what to do.

Note: You do any and all of these warm up exercises entirely at your own risk.