

Warm-up Routine

Bow
Mukso (meditate)
Student creed
Head knods
Look left and right
Face out and back (turtle stretch)
Chin to chest and neck rolls 4x each direction
Arm Circles back and forward
Wrist Stretches - Ikkyo(2), Nikyo, Sankyo, Kote Gaeshi
Chest Stretches- middle of chest - forward and back
Squats
Hip rolls - feet apart - full circles - hip joints
Knee Circles
Ankle Circles
Feet apart - turn to side - hip flexor stretch
Feet apart - squatting with leg straight to side
Butterfly
One leg straight, other foot crossed over and body twists towards knee
Both legs straight
Legs apart - stretch left, right, middle
Walk up on hands, turn left and do full split, then turn right and do full split
on stomach, cobra stretch
Frog stretch
Cat-cow stretch
downward dog
Walk hands to feet and hang down
Come up slowly and stretch to ceiling on toes
Shoulder stretch
Front of leg stretch (reach behind and grab foot)
Rocking Side Falls and sitting-back back falls (rolly polly if there is room)
Falling kata
Standing rolling kata with kicks
Rolling high falls
Ki Exercises (unbendable arm, and others)