



- 1 - To begin, stand easy with your feet shoulder-width apart, hands hanging easily at your side. Take a few seconds and feel your connection to the earth. (\*Those marked as BASIC STRETCH should be done first, and memorized, then add in the rest as you are able and comfortable. Stretching should take about 30 minutes max prior to training so you will need to mix and match eventually.)



- **2 - BASIC STRETCH:** Roll the head back and forth, left and right, clockwise and counter clockwise ten times. Be careful to avoid spinal injuries.

- 3 - Keep the head facing forward and with the eyes only, look up, look down, look left, look right, look diagonally, then roll the eyes clockwise and counterclockwise ten times.



- 4 - **BASIC STRETCH:** Pull all fingers and thumb back for maximum stretch for a 10 count. Ideally, reach under the elbow of hand being stretched and grab from the inside as shown. If arm size prevents this method,



- grab all fingers from above or other direction. Once completed, press wrist back other way and rotate in both ura and omote as shown 3 times.



- **5 - BASIC STRETCH:** Press arm straight down the center of your back as far as you can for a 10 count, again, maximum stretch. Alternatively, you can face a wall and press your elbow against it to force it back.



- 6 - **BASIC STRETCH:** Press arm straight up back by pressing on elbow, preferably. If you cannot reach, you could also grab a door edge then bend knees to “pull” arm up your back. 10 count.



- **7 - BASIC STRETCH:** Rotate shoulders 10 times each way, making sure to keep hands shoulder width in front and not any closer, with palms in.



- 8 - Rotate single shoulder, then both, both forward and backward 5 times each. Then rotate 1 shoulder forward and the other one backward at the same time, 5 times, then switch directions, 5 times.



- 9 - Rotate elbows at the joint as shown, 5 times each direction.



- 10 - Shushi Kata Mawashi: Turn the fingers in circles, one by one, ten times, pulling them three times each. Clasp hands and rotate wrists 8 times in each direction, challenging their range of motion.



- 11 - Extend and close fingers hard 5 times.



- 12 - Flick slap 5 times with the 4 edges of the hands as shown.



- 13 - Start in dual omote, then pull hands in to hips in ura, focusing on 3 last fingers. Do this 5 times as shown. Then start opposite, in ura and pull hands to hips in omote, focusing on first 2 fingers. 5 times.



- 14 - Stand in shizen tai w/ both hands loose, then breathe deeply to protrude belly, causing your shift forward, then step and sanshin punch. 5 times each side.



- 15 - Punch to the chest by snapping out arm then twisting to go down against the grain of the muscles. 5 times each side.



- 16 - Stretch legs archer's stance: from ichimonji, reach forward as if grabbing a bow string, then pull back tight. 3 times each side.





- 17 - Same as last stretch, except use ihen throughout. 3 times each side.



- 18 - From shizen tai, twist left and right and twist arms omote and ura respectively (as shown), to go with the grain of the body. First do flat footed 5 times each side, then progress by turning onto the balls and heels of your feet to get a more effective and natural twist, 5 more times.



- 19 - Breathing exercises (always keeping diaphragm flexed to absorb unexpected strikes and to focus on the center of your ki). Raise arms up laterally over head, head up, eyes closed, then lower back down using same path, exhale (soft and hard) by breathing deep, extending stomach, chin tucked. Do this 3 times, either soft or hard.



- 20 - Raise arms up laterally over head, then bring them into chest, then lower straight down with stiff hands, exhale (soft and hard) by breathing deep, extending stomach. Do this 3 times.



- 21 - Extend arms in front of you and separate them w/ palms apart (as swimming), then return to chest and press down, exhale (soft and hard) by breathing deep, extending stomach. Do this 3 times.

- 22 - **Shin Kokyo Sanaden** (3 deep breathing exercises)

Whole body respiration and relaxation exercises. Perform each exercise 8 times per day. Deep stretching respiration, stretch naturally and breath.

#### EXERCISE #1

Sit in Seiza. Inhale and at the same time, bend the shoulders and head backwards, naturally, but as far as possible. Exhale by reversing the process by bending your head and shoulders forward. Use your body weight to push out as much air as possible. At this time, your lungs should be empty. It is now a matter of repeating the process.

#### 23 - EXERCISE #2

Sit in Seiza. Grab your ankle & knee to stretch hard behind each way. Inhale, and at the same time, turn the head over the right shoulder, naturally, but as far as possible. Exhale by rolling the head down to the front. Once again, you must use your body weight to squeeze out as much air as possible. You then start inhaling and at the same time turn your head over the left shoulder, naturally, but as far as possible. Then, once again, you exhale by rolling your head to the front and squeeze air out with the use of your body. Repeat the process 3 times.

#### 24 - EXERCISE #3

Sit on the ground with your legs stretched out in front of you. Keep your legs together throughout the exercise. Raise your arms over your legs, parallel to the ground. From this position, stretch your arms sideways and inhale. You exhale by bending forward and reaching out to grab your toes. Ensure that you keep your back straight for this exercise. The squeezing action should help to expel the air from your lungs. Repeat the process.



- 25 - Purge by tucking in hard and grab knees, exhale hard. Do this 3 times.



- 26 - Purge by grabbing fist in front of you and w/ 5 quick bursts, you exhale your breaths and inch down in a hunch as you do. Do this 3 times.



- 27 - Slap yourself using centrifugal force 5 times on each side, first without moving feet, then 5 more times by rotating on the balls of your feet.



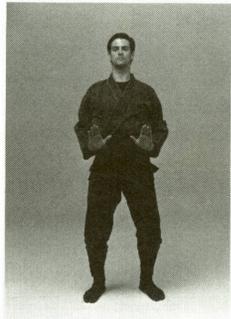
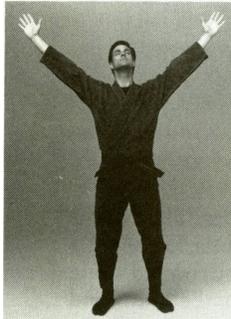
- 28 - Using a partner, have them grab your lower body to keep you solid, then twist hard each direction & hold 5 times. Then reverse positions and twist feet hard each direction 5 times. Alternatively, grab a door frame and twist feet in this manner, and twist upper torso sans partner, or, swing back & forth w/ elbows out.



- 29 - Self massage: skin respiration technique, important for grappling techniques. Before training, you should slap your whole body with the palms of your hands to stimulate the circulation. Lie on your back and bring your knees to your chin. Grab the back of your thighs with both arms and hold the legs to your chest. From this position, rock back and forth from head to tail. Also, roll from side to side.

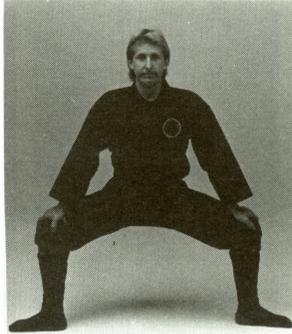


- 30 - Take a deep breath, hold it, and let the bones and muscles relax around that ball of breath. Take a few more seconds to see if you feel totally and naturally upright. Quietly let the breath go. Do this 3 times.



- 31 - Reach up and out with your arms as far as you can as you breath in. Breath out, deeply, from the base of your stomach, pushing your hands together and forward. Be sure that

your knees are relaxed. Feel as if your whole body is required to perform this movement. Do this 3 times.



- 32 - Stand up, spread your legs apart, and place your hands on your knees. Take a deep breath. As you let the breath go, twist your entire upper body to the limit. You should feel a stretch in the hips, back, and neck. When the breath is gone, relax back to the starting position as you breathe back in. Do this an equal number of times to the right and left.



- 33 - This particular exercise loosens the muscles around the thighs as well as the stomach and back muscles.

- 34 - Bend the waist as well as rolling them ten times.



- **35 - BASIC STRETCH:** With hands on knees, ankles not touching, rotate knees 10 times each way.



- **36 - BASIC STRETCH:** Hands on knees, similar to ichimonji, glide back and forth. Do not bob and keep back straight. Look straight ahead. Go straight into next stretch without stopping. 20 times all together.



- **37 - BASIC STRETCH:** After last stretch, continue right down onto one heel while other foot remains flat on floor. Hold for a 10 count, then proceed with other side.



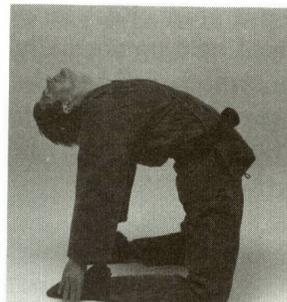
- **38 - BASIC STRETCH:** One foot above the other knee as shown, use elbow to press knee out while turning hard to rear. 10 count on each side.



- **39 - BASIC STRETCH:** In a push-up type position, wrap one arm around ankle near head and go down as far as possible. Do not touch the floor with chest, shoulder, or opposite knee. Keep straight leg as straight back as possible, preventing it from sliding in to reduce resistance. 10 count bounce per side.



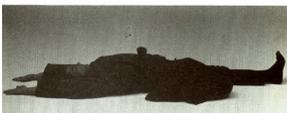
- **40 - BASIC STRETCH:** (Sesuji Nobashi) Arch back as far as possible and look up hard. Hold for 10 count, then go back as in next picture to stretch back and arms. Hold for 10 count. Do this 3 times, then go immediately into next stretch.



- **41 -** Press your thumb into your heels and push your hips out for a count of nine.



- **42 -** Sit with your feet straight out in front of you. Bend one knee and gently try to lean all the way back. Go only as far as you can go without excess discomfort. Sit back up and repeat to the other leg.





- **43 - BASIC STRETCH (Kokutsu):** Go all the way back and hold for 10 count. Use assistance if you cannot complete this alone. Raise your arms above your head and move them around, then press your buttocks up off the floor.



- 44 - Lie on the ground with the small of your back flat against the ground. Pull one foot at a time toward the crotch, feeling the stretch in the hips. Eventually, pull both feet in together and gently bounce your knees toward the ground.



- **45 - BASIC STRETCH (Ashi Soko Awase Zenkutsu):** Feet together, clasp hands over toes and pull in as tight as possible to groin, then bounce knees down to floor 20 times. Next, press knees down using elbows 10 times. Have someone stand behind you on your knees while they hold onto your back for stability. Furthermore, have 2 helpers lay a 6 foot bo across your legs and press down while you bounce completely forward and attempt to touch your chest to the floor. Do this about 10 times also, holding it on the last bounce. After this, press up (& stand, if possible) to strengthen and stretch the ankle joints.



- 46 - Lie flat on your back. Reach between your legs and grab your big toes with each hand. Straighten one leg out and to the side, relax back in and do the other one. Eventually you should be able to do both at the same time while holding the heels rather than the big toe. Work up to it gradually.



- 47 - Ashi Hiroge Zenkutsu: Sit down with your feet straight out in front of you, then spread them wide, as far as you can. Massage and gently pound the inside of your legs briefly to loosen them up. Reach out for

your feet or big toes, pull them back toward you, breathe out, and lower your chest to the ground. Again, keep your back straight and your head held normally. Relax off the stretch as you need to breathe back in. Repeat this exercise for nine long breaths.



- **48 - BASIC STRETCH:** Next, you will ideally want to do 180° splits flat on the floor, unassisted, with your toes pointing straight up. To work up to this, either buy a split machine



and practice for 10 minutes per day, or use a partner to help you by grabbing your belt while sitting in front of you and pressing out on your legs with their feet as shown. Help loosen your tendons and ligaments while doing this by gently hammer fist your inner thighs. This will also ease some discomfort.

- 49 - Ashi Narabe Zenkutsu - Sit with the legs straight out in front. Without bending the knees, reach out and touch the toes ten times.
- 50 - Ashi Age Kokutsu - Lay face up, body straight with the palms down and lift the legs over the head, placing the feet on the floor, breathe slowly three times then return the feet slowly to the ground. Repeat ten times.



- 51 - You can next have 2 people pull your legs apart while you lean all the way forward with your arms outstretched. Do this twice while you hold for a 10 count.



- 52 - Keri kaeshi: rotate knees 5 times each direction, w/ each leg, as if you were using them to block a kick. Touch floor after each turn to recenter.

- 53 - Teashi no Furi Mawashi - Standing upright naturally in shizen tai no kamae, swing the legs and arms in front and behind. Repeat ten times each.



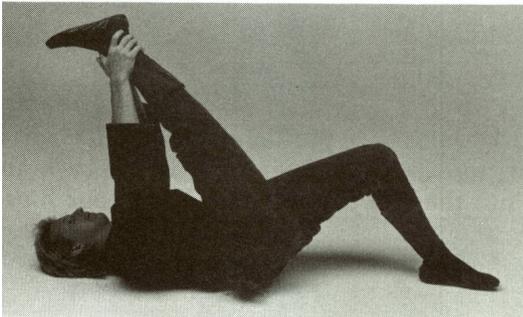
- 54 - Ankle hooks, as if hooking a uke and tripping him. 5 times each leg. Same thing for sweeps in opposite direction.

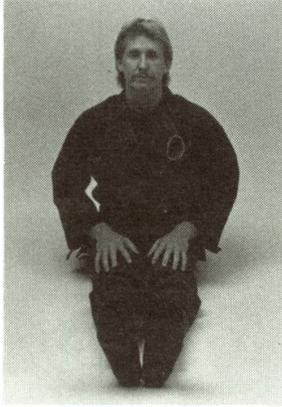


- 55 - Gari barai: heels up (gari), then toes up (barai) as a method to inch your own foot or to press out an uke's foot. Also sweep in this manner by reversing directions. 5 times each side, each direction.

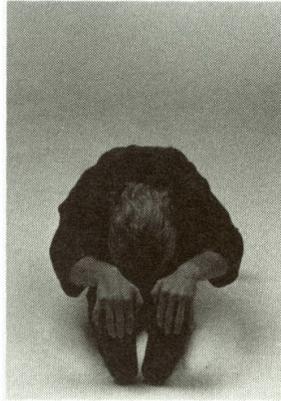


- 56 - Lie flat on your back with your knees slightly bent. Lift one leg up and grasp it with both hands, feeling a good stretch. Gently lift your torso slightly off the ground, in as natural a way as possible, to increase the flex. Repeat with the other leg. Breathe with all movements and don't strain. If you can't remain relaxed you are trying too hard. Go for quality of movement and a good feeling, rather than excessive stretch.





- 57 - Stretch your feet out in front of you, toes curled slightly toward you. Twist to the right and twist to the left a few times as you breathe out and relax. Take a deep breath, reach out and grab your feet or big toes and pull them toward you as you slowly breathe out. Press forward and try to put your chest on your legs remembering to keep your head held up normally. When the breath is gone, relax off the stretch and breathe back in. Do this for a total of nine repetitions.



- 58 - Stand up with your feet shoulder width apart and knees straight but not locked. Allowing your back to remain as natural as possible, slowly lower your hands to the floor. Go down slowly, breathe in, breathe out, and lower, breathe in, breathe out; and go lower. When you are hanging at your limit, relax your knees and go all the way to a squatting position with both feet flat on the floor. Return to your standing position using the reverse process. Keep your palms on the floor if possible. Take your time and breathe, breathe, breathe.



- 59 - Hiza Koshi no Kushin - Standing naturally, stretch the Achilles tendon for ten seconds.



- **60 - BASIC STRETCH (Ashi Yabi / Ashi Kubi no Undo):** Sitting with the legs crossed, do the following: Turn the toes individually or in pairs 15 times each, both clockwise and counter clockwise. Massage the bottom of your feet toward your toes, then rotate ankles 10 times each direction. Relax legs & feet and make large circles, challenging them to reach a new range of motion. Hold the foot by the toes and bend them all forwards and backwards ten times.



## W STRETCHES

Lean over and grab the ankles. Drop to one side and try to straighten the leg. Then the other side.

Now pull the head down to the knee, then over to the other knee. Finally drop down in the middle and try to touch the head to the ground.

You can also drop the elbows to the ground



Hold each stretch for 3 to 5 seconds



## V STRETCH

Sit on the ground and spread the legs as wide as you can. Now lean to the right and touch the head to the knee, then the left.

Finish touching the head to the ground in the middle.



## AMERICAN SPLITS



To really stretch the hips you should push hard to do the American Splits. Spread the legs as wide as possible directly in front of the body. Try to touch the hips to the ground.

You can use your hands to help support your body weight, and you may lean forward to drop the hips down.



- 64 - The Spine Decompression Hang: Hang onto a bar and let your body sag and your spine will decompress.

- 65

## PARTNER SHOULDER STRETCH



Have your partner pull your arms straight back across your body to stretch the shoulders. Go slow and easy.