



- 1 - Roll the head back and forth, left and right, clockwise and counter clockwise ten times. Be careful to avoid spinal injuries.



- 2 - 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.



- 3 - 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.



- 4 - 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.



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



- 6 - With hands on knees, ankles not touching, rotate knees 10 times each way.



- 7 - 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.



- 8 - 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.



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



- 10 - 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.



- 11 - Arch back and look up. 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.



- 12 - (Kokutsu) Go all the way back and hold for 10 count. Use assistance if you cannot complete this alone.



- 13 - (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.

- 14 - Splits flat on the floor, with your toes pointing straight up. 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.



- 15 - (Ashi Yabi / Ashi Kubi no Undo) Rotate 10 times each direction, challenging them to reach a new range of motion.