

JUNBI-UNDO

(PRELIMINARY EXERCISES)

Ashi saki o ageru undo (Heel pivots) - Hands on hips, heels together, toes apart, lift ball of right foot off floor & pivot outward on heel of foot. Two repetitions each foot.

Kakato o ageru undo (Heel lifts) - Hands on hips, heels together, toes apart, raise heel off floor (keeping leg straight & using hip to lift) as high as possible turning heel to outside. Two repetitions each foot.

Ashikubi o mawasu undo (Ankle circles) - Hands on hips, heels together, toes apart, lift right leg up (thigh parallel to floor, lower leg bent 90 degrees at the knee). Make four circular motions to the outside with lower leg & foot, then four circular movements to the inside. Tilt the foot up & down as you perform this exercise, flexing the ankle joint. Repeat with left leg.

Hiza o mawasu undo (Knee circles) - Heels together, toes apart, bend at the waist. Place both hands on knees. Bend knees making two circular movements to right. Push knees backwards twice while bending forward at the waist. Repeat in other direction.

Ashi o mae yoko ni nobasu undo (Leg lift and turn) - Heels together, toes apart, hands on hips, lift right leg up & extend it straight out in front, turn leg 90 degrees to the right, return to front, bend it, & set down on floor. Repeat with left leg.

Ashi o mae uchi naname ni ageru undo (Straight leg kicks) - From left Sanchin stance, swing right leg up over right shoulder, then over left shoulder (keep leg straight when swinging). Change into right Sanchin stance & repeat with left leg.

Tai o mae ni taosu undo (Waist scoops) - Heels together, toes apart, hands at sides in Sanchin ready-double thrust position, bend at the waist, make four scooping motions letting hands brush the floor. Stand. Bring both arms up in front, placing right fist into left nukite. Twist twice to the right side, and then twice to the left side (stretch everything between feet & shoulders).

Koshi no nenten (Trunk stretch) - With feet far apart bend at the waist touching right foot. Make a 360 degree clockwise circle returning to, & passing by, the right foot, going to the left hip. Reach from left hip to right foot twice. Go to left foot & repeat in opposite direction.

Ude o mae yoko shita ni nobasu undo (Double arm strikes) Heels together, arms at your sides in Sanchin ready-double thrust position, thrust straight out in front, squeeze into tight fists & return to sides. Open in ready thrust position & thrust straight out to sides. Squeeze into tight fists & return hands to hips, opening hands into Sanchin opening-double thrust position. Thrust straight out in front keeping hands parallel to floor & palms facing each other. Squeeze into tight fists & return to sides as in starting position.

Kubi o mawasu undo (Neck circles) - Heels together, toes apart, hands clasped together at waist, lower chin to chest. Rotate head 360 degrees clockwise returning chin to chest. Lift head as far back as possible, return to chest & repeat in opposite direction.

NOTE: Each exercise should be repeated at least two times (except with the youngest students, where one set of eight for each exercise can be enough).

HOJO-UNDO

(SUPPLEMENTARY EXERCISES)

Sokuto geri (Side kick) - From right Sanchin turn right arm & look 45 degrees to the right, perform right hirate Mawashi uke & right Sokuto geri. Turn left arm & look 45 degrees to the left. Perform left hirate Mawashi uke & left Sokuto geri.

From left Sanchin perform the same exercise except start with left hirate Mawashi uke.

Shomen geri (Front kick) - From right Sanchin perform right hirate Mawashi uke & right Shomen geri. Perform left hirate Mawashi uke & left Shomen geri.

From left Sanchin perform the same exercise except start with left hirate Mawashi uke.

Mawashi zuki (Hook Punch) - From right Sanchin perform left hirate Mawashi uke & right Mawashi zuki. Perform right hirate Mawashi uke & left Mawashi zuki.

From left Sanchin perform the same exercise except start with right hirate Mawashi uke.

Hajiki uke hiraken zuki (Snap block, flat-fist punch) - From right Sanchin use right hiraken from guard position to mid-point to perform upper-area snap block, return hiraken to ready punch position. Punch out returning hiraken guard position. Perform middle-area snap block, return hiraken to ready punch position. Punch out returning hiraken to guard.

From left Sanchin perform the same exercise except with left hiraken.

Seiken zuki (Regular-fist punch) - From left Sanchin perform left hirate Mawashi uke & right seiken zuki. Perform left palm heel block & right seiken zuki.

From right Sanchin perform the same exercise except start with right hirate Mawashi uke.

Uke, shuto uchi, ura uchi, shoken zuki (Block, sword-hand strike, back-fist strike, single-knuckle punch) - From right Sanchin perform a left hirate Mawashi uke while bringing right hand up to shuto ready-strike position. Perform right shuto strike returning hand to a closed fist position, guard level (palm of hand facing shoulder). Perform right back-fist strike. Return hand to shoken ready-punch position at side. Perform shoken punch.

From left Sanchin perform the same exercise except start with right hirate Mawashi uke.

Hiji zuki (Elbow punch) - From right Sanchin drop right arm to side in Sanchin ready thrust position except turn palm of hand over facing floor & make a hiraken. Perform left hirate Mawashi uke & right rising elbow punch by raising the elbow to a position straight out in front of the shoulder, ending the movement with hiraken at the corner of right eye (at this point, bend hiraken forward as far as possible at the wrist while performing elbow punch). Reach across to left shoulder & perform elbow punch to right side ending with arm bent & elbow straight out from right shoulder. Reach out in front with hand & perform elbow punch to the rear ending with arm in ready thrust position - palm of hand facing up. Return to the guard position.

From left Sanchin perform the same exercise except start with right hirate Mawashi uke.

Ten-shin, zen soku geri (Step-turn, kick front foot) - From right Sanchin, step forward slightly, while turning 45 degrees to the left (maintain right Sanchin). Perform a left hirate Mawashi uke & right Shomen geri. Push heel of right foot inwards, bring left foot (leading with heel) along horizontal & step back with right foot ending in left Sanchin facing 45 degrees to the right of original position. Perform a right hirate Mawashi uke & left Shomen geri. Push heel of left foot inwards, bring right foot (leading with heel) along horizontal & step back with left foot ending in right Sanchin. Perform a left hirate Mawashi uke & right Shomen geri. Continue.

Ten-shin, ko soku geri (Step-turn, kick rear foot) - From left Sanchin, step forward slightly, while turning 45 degrees to the right (maintain left Sanchin). Perform a right hirate Mawashi uke & right Shomen geri. Push heel of left foot inwards, bring right foot (leading with heel) along horizontal & step back with left foot ending in right Sanchin facing 45 degrees to the left of original starting position. Perform a left hirate Mawashi uke & left Shomen geri. Push heel of right foot inwards, bring left foot (leading with heel) along horizontal & step back with right foot ending in left Sanchin. Perform a right hirate Mawashi uke & right Shomen geri. Continue.

Ten-shin, shoken zuki (Step-turn, single-knuckle punch) - From right Sanchin, step forward slightly while turning 45 degrees to the left (maintain right Sanchin). Perform a left hirate Mawashi uke & right shoken zuki. Perform a right hirate Mawashi uke & left shoken zuki. Push heel of right foot inwards, bring left foot (leading with heel) along horizontal & step back with right foot ending in left Sanchin. Perform a right hirate Mawashi uke & left shoken zuki. Perform a left hirate Mawashi uke & right shoken zuki. Push heel of left foot inwards, bring right foot (leading with heel) along horizontal & step back with left foot ending in right Sanchin. Perform a left hirate Mawashi uke & right shoken zuki. Perform a right hirate Mawashi uke & left shoken zuki. Continue.

Shomen hajiki (Front snaps) - From left Sanchin, slide step forward while bringing hands down in front of solar plexus. Perform a double handed front snap strike, leading with finger tips, eye level. Slide step back. Return hands to solar plexus & perform a double-hand front snap strike, leading with finger tips, eye level. From right Sanchin perform the same exercise.

Koi no shippo uchi tate uchi (Vertical fishtail strikes) - From right Sanchin & hands in guard position, bend hands downward with fingers pointing toward floor, leading with wrist bone (the one on the thumb side, top of forearm). Perform a rising crane-head strike with both hands (rising to forehead height), keeping elbows in. Turn hands over pointing fingers upwards leading with wrist bone (the one on the pinky side, top of forearm). Perform a downwards strike with both hands (to solar plexus height), keeping elbows in. Turn fingers inwards, pointing at fingers of opposite hand & hands bent at wrist, with elbows in Sanchin position, & perform crane-head strikes to the side with both hands (to just outside of shoulders), leading with wrist bone (the one on the thumb side, top of forearm). Flip hands over (fingers now pointing outwards away from fingers of opposite hand) & perform a wrist bone (at the bottom of the inside of the heel of the hand) strike inwards with both hands.

Koi no shippo uchi yoko uchi (Horizontal fishtail strikes) - From left Sanchin & hands in Sanchin position, bend left hand at wrist with fingers pointing toward right hand. Bend right hand at wrist with fingers pointing away from left hand. Perform a crane head strike to left side with left hand & wrist bone strike (at the bottom of the inside of the heel of the hand) with right hand, ending with left wrist just outside left shoulder. Flip both hands over facing in opposite direction. Repeat to right side.

NOTE: Each exercise should be repeated for at least two sets of eight-counts (except with the youngest students, where one set of eight for each exercise can be enough).

Shin kokyu (Deep breathing) - With feet shoulder wide, breathe in through nose drawing air into lower abdomen (diaphragm), while raising arms upwards, then out to the side (palms facing up) and stretching shoulders forward. Then, breathe out through mouth bringing arms to your center, palms facing each other. Three repetitions are generally enough. This breathing exercise can be and should be done at various times throughout the class.