

宮城長順先生の予備運動 Miyagi Chōjun Sensei No Yobiundō

A. Feet

Excercise # 1 — Big toe up. Big toe down, other toes up.

Excercise # 2 — Stand on outside edge. Switch to inside edge.

Excercise # 3 — Stand on ball of the foot. Switch to foot heel.

B. Groin & Legs

Excercise # 4 — Leg rotation to the inside.

Excercise # 5 — Leg rotation to the outside.

Excercise # 5 — From the floor. Push out bended leg w/ elbow.
Push down on stretched leg from hip joint.

Excercise # 6 — Knee rotations: circular, down, up & squeeze.



C. Head & Neck

Excercise # 7 — Turn to the left. Turn the to right.

Excercise # 8 — Rotate down (inhale). Rotate all the way back & center (exhale HA).

Excercise # 9 — Double head rotation from left to right. Switch directions.

D. The Core – Arms, Shoulders & Back

Excercise # 10 — Vertical arm stretch. Up, then down, then all the way back.

Excercise # 11 — Lateral arm stretch. Half way, then all the way. Switch sides closing body flank.

Excercise # 12 — Oblique arm rotation to the left as the eyes follow the left hand. Switch sides.

Excercise # 13 — Core rotations, stretch all the way forward & backward: hands, wrists & forearms.

E. Legs & Hip Bone

- Excercise # 14** — Legs vertical movement all the way up & down. Keep arms like flowing water.
- Excercise # 15** — Legs lateral movement all the way up & down. Keep arms like flowing water.
- Excercise # 16** — Legs circular movement from the inside to the outside.
- Excercise # 17** — Hips isolated vertical movement all the way up & down. Hands cover ribs.
- Excercise # 18** — Knee strike to the hand w/ diagonal motion. Left knee, right hand. Switch sides.

F. Finger Stretching

- Excercise # 19** — Hands forward & back to chest as fingers stretch & shoulders/elbows relax.
- Excercise # 20** — Hands upwards & back to chest as fingers stretch & shoulders/elbows relax.
- Excercise # 21** — Hands forward down & back to chest as fingers stretch & shoulders/elbows relax.

G. Hand Strikes w/ Shizen Dachi to Shiko Dachi Up & Down Motion

- Excercise # 22** — From Shizen Dachi (natural stance), start w/ palms up, shiboru.
Inhale as arms move to chamber & sit down in Shiko Dachi (horse riding stance).
Slow exhalation w/ double tsuki. Stand fast in Shizen Dachi as palms rotate up.
- Excercise # 23** — From Shizen Dachi, inhale as hands move up, keep back hands touch.
Sit down in Shiko Dachi as hands cross down in front of the knees.
Stand fast in Shizen Dachi as palms rotate, strike up & arms back to chamber.

H. Push ups

- Excercise # 24** — Low squat position, jump back as high as possible. Push ups (close body flank).
- Excercise # 25** — Low squat position, jump back as high as possible to the left & land.
Bring chest to ther floor as body rotates to the left & eyes focus on right foot.
Bring right foot down. Jump back to the front low squat position. Switch sides.
- Excercise # 26** — From the push up position, inhale as body swings back & the tailbone moves up.
Slow exhalation as body swings forward & face up towards the ceiling.
Swing back & end parallel to the floor (Martial Arts push ups).

I. Core Rotations from the floor

- Excercise # 27** — Lay down face up w/ feet together stretch back left, then full frontal legs split.
Feet together stretch back right, then full frontal legs split.
Feet together stretch back center, then frontal stretch w/ closed legs.