

Goju-Ryu Karate do Seiwakai

Suggested Class Warm Up

(Note: Not everything below can fit into the 20 to 30 minute warm up, so mix it around a bit from lesson to lesson)

- 1) 100 to 150 star jumps (alternatively running across dojo and back x5, push-ups x5, sit-ups x5, squats x5 then 10 of each etc up to 15 or 20 and back down again).
- 2) Standing in Heikodachi, bring knees up to hands to the front x10, side to side x10 and to the right and left side of body x10.
- 3) From a squatting position, jumping up in the air, knees to chest x10.
- 4) Toe/feet stretches (either with both feet on the ground or by standing on one leg and doing one foot in the air at time for good balance).
- 5) Standing with feet apart, rotate hips in circles both ways x10.
- 6) Standing in Heikodachi, body stretching to the right x10, to the left x10, behind you 45 degrees x10 to right and left and then straight back x10.
- 7) Leg stretches (hold each for at least 20 to 30 seconds):
 - a. Standing with legs apart, bend down to the right leg and hold, then to the left and hold, finishing in the centre and hold.
 - b. From there squat down on the right leg, with the left leg out straight, toes pointing to the sky and hold, then switch to the left leg and hold.
 - c. From there sit down with right leg out, left leg pulled back, stretching forward over right leg, chin to your chest. Change legs and repeat.
 - d. Sitting with legs apart, stretch over the right leg and hold, change to the left leg and hold.
 - e. Sitting with feet together, legs straight, grab ankles, pull yourself down and stretch over legs, chin to your chest, hold.
 - f. Grab your toes, pulling feet off the ground if you can and hold.
- 8) Sit-ups with partners down centre of dojo x200 to 300, then with feet still linked, leaning back x30, then leaning to the right x30, then leaning to the left x30.



- 9) Still with feet linked to your partner, both sides laying on back, coming up to clap hands and down again x20.
- 10) From there, one partner stands, the other lays down, with the head at the base of their partner, grabbing the ankles, leg raises straight x10, to the left x10 and to the right x10.
- 11) Back in lines, lying on our backs, neck strengthening exercises. With the knees in the air, lift head off the ground and facing the left, turning back and forth x20, quick rest, then head up again and looking to the right, back and forth x20.
- 12) Still laying on your back, with arms by your side, feet straight out, 6 inches above the floor, keeping the back flat on the ground. Hold there for 10 seconds, apart for 10 seconds. Repeat 2 more times.
- 13) Whilst lying on the back, bring the knees in the air, hands on the knees, stomach crunches 30 to 50.
- 14) Laying on back, hands behind head and kicking with the heel straight x10 slow, 20 fast, then kicking to the right side sokuto geri x10 slow, 20 fast, finishing with sokuto geri x10 slow, 20 fast to the left..
- 15) Sitting down finger and hand stretching exercises.
- 16) Push-ups x 20 to 30 then holding with arms straight, half way down, then nose almost touching the floor, repeat the holding part.
- 17) Plank for back strengthening, 1 minute 30 seconds to 2 minutes.
- 18) Coming back for back stretch, forward back stretch, downward dog stretch.
- 19) Standing up into heikodachi, arms out straight, clenching fists to the count x50 or so. Swing arms out to the sides, small and large circles both ways.
- 20) Change into shikodachi with arms still out to sides. Hold in shikodachi for 1 to 2 minutes, ensure knees are pulled back, and back is straight.
- 21) While still in shikodashi, bend down with hands going on the insides of the legs, grab ankles and stretch.
- 22) Hands on knees, drop right shoulder and stretch, swap and drop left shoulder.
- 23) With hands still on knees and in shikodachi, bounce up and down x30.
- 24) Up and shake legs out, do squats x100 or so.
- 25) Stretch arms, neck around in half circles.
- 26) Drink break.

