

Taiso (Warm-ups)

Taiso onegai-shimasu

Taiso o hajime masu

1. choyaku
2. kussin
3. hiza mawashite
4. shinkyaku
5. fukaku
6. zenkoukutsu
7. taisoku
8. kaisen
9. mune no undo
10. kata mawashite
11. kubi no undo zengo
12. sayu
13. mawashite
14. choza (after sit down) ashikubi
15. hantai
16. junan mae
17. ashi o hiraite hidari
18. migi
19. hinette
20. mae
21. ashi o tojite kokansetsu

22. mae
23. mo ichido
24. ashi o nobashite ushiro

25. tatte (after stand up) kubi
26. miyashi o mae ni dashite akiresuken
27. hantai
28. koshi ire
29. hantai
30. koshi mawashite
31. te o awasete mae
32. ue
33. hidari
34. hantai
35. ushiro
36. ushiro no sayu
37. mae
38. naotte kata
39. yonkajo
40. kote-gaeshi
41. nikajo
42. sankajo
43. te o futte
44. udetate youi
45. koho ukemi youi
46. koshi mawashite

Taiso o owari masu

Taiso arigatou gozai mashita

(to sensei) we start the warm-ups

(to students) star the warm-ups

1. jump
2. crouch down and stretch the knees
3. circle the knees
4. lunge to the left/right side
5. lower
6. bend forward and back from the waist
7. bend to side
8. circle the body at the hips
9. stretch the chest
10. rotate the arms and the shoulders
11. bend neck forward and back
12. to the side (left and right)
13. circle the neck
14. sit down, turn the ankle
15. other side
16. touch toes while stretching to the front
17. legs apart, and to the left
18. to the right
19. twist to the side
20. forward
21. bring the feet's soles together and stretch hip joints
22. forward
23. once more
24. straighten the legs and take your legs back over your head
25. stand up, circle the neck
26. put the right foot forward and stretch the Achilles tendon
27. other side
28. hip twist to the front
29. other side
30. turn the hips
31. interlock the fingers and stretch to the front
32. stretch up
33. stretch to the left
34. other side
35. bend back
36. to the side (left and right) of the back
37. bend forward
38. back to standing and circle the shoulder

43. shake your wrists
44. get ready for the push-ups
45. get ready for the koho ukemi
46. turn the hips

(to students) finish the warm-ups

(to sensei) thank you, we've finished the warm-ups

