



## STANDARD WARM UP -- IRVINE GOSHIN KAI

### Standard Warm-up

#### I. Bow in.

#### II. Stretching warm-up

- Hands \*
- Neck \*
- Shoulders \*
- Knees \*
- Feet \*
- Trunk (body twists)
- Kiba Dachi -- legs then shoulders
- Splits
- Ground Stretches
  - middle (hold toes) -- left -- right x 2
  - both legs in front x 2
  - Butterfly stretch x 2
  - Hurdler Stretch -- left leg then right leg
- Leg Swings

\* The actual stretch for these body parts will be determined by person conducting the warm-up (e.g., shoulders can be stretched in "swimming" movement or both arms swinging simultaneously. Either one is acceptable, as long as the shoulders are stretched and warmed-up).

#### III. Cardio-vascular Warm Up

- Cross over
- Stiff-legged shuffle
- Push Ups (knuckles)
- Sit-ups and/or leg lifts and/or jack-knives
- Shadow boxing

#### IV. Basic Techniques Warm Up \*\*

- Kihon #1 Uke
- Basic Kihon Uke Ido
- Basic Kihon Tsuki Ido
- Kihon #1 Keri (Basic Kicks)
- Kenpo striking exercise or Kicking Kata (Optional -- discretion of Instructor)

\*\* Focus will be on correct, powerful techniques and proper, solid stances.