



## Warm Up Exercises (Junbi Undo)

Warm up the muscles farthest from the heart first and finish with the muscles closest to the heart.

1. Warm-up muscles.
2. Warm-up tendons (stretch).
3. Jumping.
4. Running less than 1/5 mile usually around the dojo, first in one direction and then turning and running the other way.

**Feet:**

**Squats (Kusshin)**

10 half-squats with heels off the ground.

10 to 20 full squats with heels off the ground.

**Legs:**

Leg raises -- 10 each.

Begin with hands at 45 degrees, in front, at side.

Be sure that the hands are above the shoulders.

**Neck:**

Head left to right.

Head up and down.

Two fingers on side of neck 10 times each side.

Open hand gentle chops or massage the neck.

(Be sure to keep the hand not being used on the hip)

Head rolls switching directions each revolution.

**Torso:**

10 to 20 times bend forward and touch the ground with feet open and stretch back.

10 to 20 times left over right and then right over left keeping hand not in use in karate pocket.

**Stretch Legs:**

10 times back and forth with supporting foot under bottom and other foot stretched out with toes pointing up.

Sit down with legs spread open. Stretch left, right & center.

Close legs. Pull up on toes OR sit almost in seiza with knees open and go back.

