DFWKIK Iaido Warm-ups

Pamela Carlson

May 6, 2014

The commands in quotations are given by the kenshi who leads the warm-ups:

1. Hajime-rei

“Ki-o-tsuke.” (Attention)

“Shomen ni, rei.” (Bow to the shomen)

“Otagai ni, rei.” (Bow to fellow kenshi)

Warm-ups are 8 counts each exercise unless specified.

2. Head

“Let’s begin with our heads to the left.”

Turn head left.

Turn head right.

Tilt head to left shoulder.

Tilt head to right shoulder.

Tilt head down center front.

Tilt head back center.

“All around.....”

Rotate head, clockwise.

Rotate head, counter-clockwise.

3. Wrists Routine Stretches

“Our Wrists......”

Left wrist rotation stretch.

Right wrist rotation stretch.

Left wrist extensor stretch. ( 2 sets of 8 counts )

Right wrist extensor stretch. ( “ )

Left wrist flexor stretch. ( “ )

Right wrist flexor stretch. ( “ )

4. Te-no-uchi

“ Te-no-uchi…..”

Articulate fingers opening and closing. (2 sets of 8 counts)

5. Wrist Rotations

“Wrist rotations.....”

Rotate wrists inwards.

Rotate wrists outwards.

6. Shoulders

“Our shoulders......”

Rotate shoulders forward.

Rotate shoulders backward.

7. Chest

“Our chest.......”

Open chest in coordination with arms moving forward to side, and legs moving forward and back to starting position. Start with left leg. (2 sets of 8 counts)

8. Torso

“Side to Side......”

Lean torso to left with right arm overhead. (4 counts)

Lean torso to right with left arm overhead. (4 counts)

Repeat.

9. Back

“Our back.....”

Bend from waist to floor keeping knees easy. (4 counts)

Rise up to a position of tilting upper back slightly backward with breast-bone (sternum) aimed towards the ceiling. Maintain ease in knees. (4 counts)

Repeat.

10. Waist

“Twisting at the waist.....”

Starting to the left, twist at the waist while the arms move naturally with the rotation of the body. Keep the knees easy by bending them slightly.

(2 sets of 8 counts)

11. Knees

“Knee rotations.....”

Rotate knees clockwise.

Rotate knees counter clockwise.

“Deep knee.........”

Deep knee bends. (2 sets of 8 counts)

12. Ankles

“Our ankles....”

Rotate left ankle clockwise.

Rotate left ankle counter clockwise.

Rotate right ankle clockwise.

Rotate right ankle counter clockwise.

13. Jumping

“Jumping.....Hajime!”

Jump in place. (2 sets of 8 counts)

14. Leg Stretches

“Leg stretches..........”

Start left, bending at left knee while stretching the muscles of the right leg.

(4 counts)

Reverse to right. (4 counts)

Repeat.

15. Calves

“Our calves.........”

Start by stretching the left calf muscle. (2 sets of 8 counts)

Reverse by stretching the right calf muscle. (2 sets of 8 counts)

16. Groin

“Our groin..........”

Start by kneeling on the right, apply “koshi” with left leg forward bent at 90 degrees. (2 sets of 8 counts).

Reverse sides and repeat.

“Please rise.......”

2 steps back, left, then right.

17. Owari-rei

“Doumo arigatou gozaimashita.” (Bow)