

# Tabata Basic Warm Up Exercises

The following exercises are designed to provide a standardized warm up for students of any skill level, and must be memorized in order to pass the Class "C" Instructor License Exam. Beginning with a brief stretch of the entire body, it follows from the top down. Head stretches are followed by shoulder stretches, followed by hip stretches, stance stretches, leg stretches, and the leg and back stretches on the ground. This method provides a warmup for all of the body parts, and helps to ensure that no injuries occur during practice.

Moves are abbreviated in short form as this is intended as a study guide, not a demonstration.

1. Upper body
  - a. From up to down
    - i. Stretch up left - right - up
    - ii. Shoulders left - right
    - iii. Arms across front left - right
    - iv. Arms pull down behind left - right
    - v. Down to the front - down
    - vi. Swinging arms
    - vii. Arms straight out
    - viii. All the way up.
  - b. Neck
    - i. Neck up down
    - ii. Neck left right
    - iii. Neck shoulder to shoulder
    - iv. Neck rolls
  - c. Shoulders
    - i. Swing arms forward

- ii. Swing arms backwards
- iii. Swing arms in front across chest
- iv. Combination
- v. Swinging left and right
- vi. Swinging left and right in deeper stance
- d. Initial leg stretch, legs apart.
  - i. Stretch down to the left, down to the right
  - ii. Down in front
  - iii. All the way back
  - iv. Circles all the way around
- 2. Lower body
  - a. Stances
    - i. Horse stance stretch - ankles - shoulders
    - ii. Back stance stretch - ankles - knife hand block
    - iii. Front stance push forward - counterpunch down, knee touch - back
    - iv. Fudodachi stretch - ankles - counterpunch
  - b. Legs
    - i. Left leg stretch out - Right leg - both legs out
    - ii. Stretch to the left, stretch to the right - all the way down
    - iii. Hands behind the head - touching the foot - down left, right, front
    - iv. All the way back
    - v. Butterfly loosen up, butterfly push down.
    - vi. Foot over leg: Massage foot - pull leg to chest - push knee to ground - touch toe across leg - back stretch - other side of the back. Other foot same thing.
    - vii. Leg behind, down on the foot - knee - middle - front - all the way back - front kick - leg up - side kick - grab your ankle and back. Roundhouse kick - side kick - hook kick. Other side same thing.

- viii. Frog stretch - down on your elbows - on hands - knees. Massage toes.
- c. Slowly up
  - i. Swing
  - ii. Knees
  - iii. Waist
- d. Partner
  - i. Side to side stretch.
  - ii. Back to back stretch.
  - iii. Leg stretch against the wall.
  - iv. Stance practice against the wall.
  - v. Kick practice on the ground.
  - vi. Kick practice against the wall.