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.


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.