

Whole-Body Wake Up

Tenshin Juso Ho, Warm ups Practice

Jumping or Jogging on spot, followed by eight steps to right and left.

Shoulder rotations: eight times forwards, eight times backwards.

Arm swings: Releasing tension and breathing in, lift your arms forward and up above your head, then drop them down while breathing out.

Shaking light: Lift your hands up above your head and shake your hands out and away from your body, maintaining a high level.

Windmills – Arm rotations: Opening your shoulder sockets, make a wheel with your left arm across the front of your body (five times); then a wheel alongside your body (five times) from behind, then pointing forwards; then a wheel from behind your body, pointing to the side (five times). Repeat with your right arm.

Neck and Throat tension release: Bend down, draw your arms towards each other, and cross them over and up the center of your body, as if to take off a sweater. While breathing in, raise your arms above your head and open them out wide. Circle them around. Breathing out, bring them down again. Repeating several times.

Head rotations: 1) Interlock your hands behind your head and draw your head forwards and down, breathing out. Hold. Let go, breathe in. Repeat exercise. 2) Cup your chin in your left hand, place your right hand on back of your head, and rotate your head. Repeat in the other direction with your chin cupped on your right hand and your left hand behind your head 3) Facing forward, place your right hand over to left side of your head and stretch down to the right. Repeat with your other hand, to the left.

Wakame (Seaweed): Establish a grounded stance and keep your feet rooted in one place. Breathe naturally. Close your eyes and relax your body, letting it flow around on your central axis: imagine you are a piece of seaweed waving in the ocean.

Arm swings: Step forward one pace, open your arms out wide horizontally, sound a loud strong “Ha,” and step back one pace. Repeat several times.

Pelvic rotations 1: Set your feet apart. Hands on your hips, move your pelvis side to side, diagonally, and all around.

Pelvic rotations 2: Repeat with your feet together.

Sword swings: With an imaginary sword in your right hand, swing it diagonally in a strong sweeping movement from the ground on your left to above your head to the right of your body. Repeat. Next, swing it from the ground on your left to your right side at **shoulder** level.

Repeat. Finally, swing it from high above your head down to the ground, to the side of your right foot, close beside your body. Repeat. Repeat the whole sequence with the invisible sword in your left hand.

Body Massage: Open your stance and your arms out horizontally. Make an arc over your head with your right arm, then spiral your body down, with your head and arms hanging from your waist, and massage your back, the sides of your legs and your feet. Rise up and repeat, this time making an arc over your head with your left arm.

Knee Rotation: Bring your feet together and massage your knees (front and back). Bend your knees together, supported by your hands, and look out. Open your stance a little and, still holding your knees with your hands, rotate them inwards eight times and outwards eight times.

Foot stamps: Stamp your feet, ten times each, starting with your right foot. Repeat starting with your left foot. Repeat both ways.