

W A R M I N G U P E X E R C I S E S

Warming-Begin by jogging around or along the room then continue with a variety of types of kendo footwork (sliding, shuffling, stamping, short, long and circular). Concentrate on moving the feet and legs very quickly this should warm the whole body and raise the heart rate whilst developing the foot movements required for kendo. This set of exercises should last for about 10 minutes. Don't work too hard as this is only a warm up. Stretching-Muscles work more efficiently and are less likely to be damaged if they are pre-stretched (never try to stretch or pre-stretch cold muscles). The following stretches are I believe good for kendo:



GASTROCNEMIUS-Stretch forward with the feet parallel and the heel of the rear foot on the floor. Mild pain should be felt in the upper half of the calf muscle.



ACHILLES-Set the feet parallel and the heel of the rear foot on the floor. Allow the knee of the back leg to bend. Mild pain should be felt in the lower half of the calf muscle and the Achilles tendon.



TIBIALIS ANTERIOR-Support your weight on the front leg as you bend over your toes. This should stretch the top of the foot and the shin.



HAMSTRING-Support your weight on a bent rear leg and extend the other leg forward with your heel on the ground and the toes stretched upwards. Pull back with the front leg as you push it into the floor to stretch your hamstring.



QUADRICEPS-Stand on your right leg. Lift your left leg behind and take hold of it with your right hand. Push your hips forwards to stretch the quadriceps muscles. Use the other arm to maintain your balance.



ADDUCTORS-Stand with the feet wide apart. lean over to one side and bend the knee but do not allow your feet to move or twist. This should stretch right between the legs.



SARTORIUS/ADDUCTOR MANGUS-Turn your front foot and stretch forwards. Do not allow the rear foot to move or to twist. Stretch the groin by straightening your rear leg.



WAIST-With your feet shoulder width apart rotate your hips. Do 20 each way and try not to let your head move position. This loosens the sacrospinalis and maintains temperature.



LATISIMUS DORSI/TRAPEZIUS-Twist round as far as you can but keep the hips facing forward. Hold the position



OBLIQUES/SERRATUS ANTERIOR-Lean over supporting your weight with one hand as you stretch/reach over with the other hand.



TRICEPS & LATS DORSI-Interlock your fingers and reach up and back as far as you can without letting your heels leave the floor.



PECTORALS-Interlock your fingers and reach down and back as far as you can.

Lightly shake out arms shoulders elbows and wrists by flexing and rotating them.



STERNOCLEIDOMASTOID-Stand naturally pull your chin in and then turn your head as far as you can and hold in position.

STERNOCLEIDOMASTOID-Stand naturally pull your chin in and then tilt your head as far as you can to the side. Hold in position and point the fingers of the opposite hand.

TRAPEZIUS/SACROSPINALIS-Place the hands behind the neck then carefully curl forward and pull in your stomach. This should stretch the spine and back of your neck. Carefully straighten up and vigorously rub the back of your neck.

All stretches should be held for a slow count of ten. Never bounce (ballistic stretching causes damage).

S U B U R I

JOGE BURI, NANAME BURI. Big swings to prepare and relax the arms and shoulders
SHOMEN SUBURI, RENZOKU SHOMEN SUBURI, SAYU MEN, TAI SABAKI. Cutting practice to improve:
footwork, breathing, timing, the action of the hands, posture, and the shape and direction (hasuji) of the cut
HAYA SUBURI. Include jumping backwards and forwards and swapping feet. This is a vigorous action to be used as
a final warming exercise to raise the heart rate, and as a plyometric exercise to increase the strength of all the
muscles used in the cutting action of kendo. It should be done sharply and without pause