

準備運動

Preliminary exercise



親指を反らす
Bend the first toes



四指を反らす
Bend the other toes



腓腹筋の運動
Exercise of the calf



足首の前後
Swing the ankle



足首の回旋
Rotate the ankle



アキレス腱の伸張 1
Extend the Achilles tendons 1



アキレス腱の伸張 2
Extend the Achilles tendons 2



膝の屈伸
Bend the knee



膝の屈伸
Bend the knee



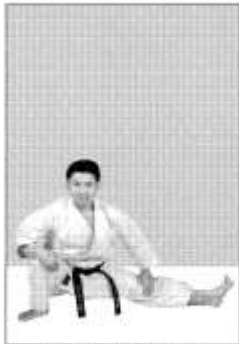
膝の回旋
Rotate the knee



膝の内回し
外回し回旋屈伸
Rotate the knee inward
and outward and bend the knee



側方へ深く伸展
Extend the knee deep to the side



膝の伸展、深く屈伸する
Knee extension, bend the knee deep



手首の運動 1
Exercise of the wrist 1



手首の運動 2
Exercise of the wrist 2
胸の前で合わせる

Put the hands together in front of the chest



手指関節の運動 1
Exercise of the hand joints 1



手指関節の運動 2
Exercise of the hand joints 2

胸の前で押し合う
Push the hands together in front of the chest



手指関節の運動 3
Exercise of the hand joints 3

胸の前で押し合う
Push the hands together in front of the chest



手指関節の運動 4
Exercise of the hand joints 4

頭上で合わせる
Put the hands together over the head



手指関節の運動 5
Exercise of the hand joints 5

胸の前で押し合う
Push the hands together in front of the chest



手指の運動 1
Exercise of the hand 1



手指の運動 2
Exercise of the hand 2



腕の回旋
Rotate the arm



首の運動
Exercise of the neck
前屈
Bend the neck forward



首の運動
Exercise of the neck
後屈
Bend the neck backward



首の運動
Exercise of the neck
捻転 1
Turn the neck 1



首の運動
Exercise of the neck
捻転 2
Turn the neck 2



首の運動
Exercise of the neck
側屈 1
Bend the neck to the side 1



首の運動
Exercise of the neck
側屈 2
Bend the neck to the side 2



首の運動
Exercise of the neck
回旋
Rotate the neck



体の前屈 1
Bend the body forward 1



体の後屈 2
Bend the body backward 2
(息を吐く)
(Breathe out)



横押しの準備 1
Prepare side pushing 1



横押し 2
Side pushing 2
体側屈 (息を吐く)
Bend the body to the side (Breathe out)



斜後方捻転の準備 1
Prepare bending the body
backward obliquely 1



捻転斜後方押し 2
Bend the body backward
and push backward obliquely 2
(息を吐く)
(Breathe out)



斜前方捻転の準備 1
Prepare bending the body
forward obliquely 1



捻転斜下方押し 2
Bend the body forward
and push downward obliquely 2
(息を吐く)
(Breathe out)



肩入れの準備 1
Prepare Kataire 1



肩入れ 2
Kataire 2



体落としの準備 1
Prepare Taiotoshi 1



体落とし 2
Taiotoshi 2
(息を吐く)
(Breathe out)



天突き(片手)の準備 1
Prepare Tentsuki (one hand) 1



天突き(片手) 2
Tentsuki (one hand) 2
(息を吐く)
(Breathe out)



天突きの準備(両掌) 1
Prepare Tentsuki (both hands) 1



天突き(両掌) 2
Tentsuki (both hands) 2
(息を吐く)
(Breathe out)



掌底当ての準備 1
Prepare Shotei-Ate 1



掌底当ての準備 2
Prepare Shotei-Ate 2



斜前方捻転の準備 1
Prepare bending the body
forward obliquely 1



捻転斜下方押し 2
Bend the body forward
and push downward obliquely 2
(息を吐く)
(Breathe out)



肩入れの準備 1
Prepare Kataire 1



肩入れ 2
Kataire 2



体落としの準備 1
Prepare Taiotoshi 1



体落とし 2
Taiotoshi 2
(息を吐く)
(Breathe out)



天突き(片手)の準備 1
Prepare Tentsuki (one hand) 1



天突き(片手) 2
Tentsuki (one hand) 2
(息を吐く)
(Breathe out)



天突き(両掌)の準備 1
Prepare Tentsuki (both hands) 1



天突き(両掌) 2
Tentsuki (both hands) 2
(息を吐く)
(Breathe out)



掌底当ての準備 1
Prepare Shotai-Ate 1



掌底当ての準備 2
Prepare Shotai-Ate 2



後方掌底当て 3
Koho-Shotei-Ate 3
(息を吐く)
(Breathe out)



両拳にして脇に引く 4
Grasp the both hands and pull them to the side 4



波状の腕立て伏せ 1
Wavelike push-up 1



波状の腕立て伏せ 2
Wavelike push-up 2



波状の腕立て伏せ 3
Wavelike push-up 3
あごを出して前方をみる(息を吐く)
Push out the jaw and look ahead (Breathe out)



波状の腕立て伏せ 4
Wavelike push-up 4



波状の腕立て伏せ 5
Wavelike push-up 5
上方をみて胸を張る(息を吐く)
Look up and firm up the chest (Breathe out)



後ろ跳びの準備 1
Prepare Ushiro-Tobi 1



後ろ跳び 2
Ushiro-Tobi 2



後ろ跳び 3
Ushiro-Tobi 3



後ろ跳びの着地 4
Landing after Ushiro-Tobi 4
(息を吐く)
(Breathe out)



踵蹴り(屈伸) 1
Kakato-Keri (bending) 1



左右交互に蹴る 2
Kick in turn 2