

003-1001: Warm-Ups

Warming up with a combination of one of the below patterns, a short fundamental kata (like Sanchin or Tensho), and Kihon-Waza is how classes are structured normally. This can be adapted to each sensei's style, and for each cohorts nuances.

Standard warmup

Designed for kids karate primarily, focus on energy & cardio.

- [TBC]

Alternate warmup

Designed for adults primarily, focus on stretching & blood-flow.

Each dot point is repeated for 30secs:

- With shoulders straight, rotate neck clockwise until a stretch is felt. Hold for 5secs, then release. Repeat counter-clockwise.
- Rotate both arms forward (windmill) 10 times, then repeat backwards.
- With arms raised to shoulder level (joint is flat), rotate torso clockwise until a stretch is felt. Hold for 5secs, then release. Repeat counter-clockwise.
- Raise both arms above body. Roll clockwise at the hip until arms are back pointing upwards. Repeat counter-clockwise.
- With a wall as support, swing leg up until level with hip then back pointing downwards. Repeat 10 times, then swap legs.
- With a wall as support, raise leg and rotate foot at ankle. Rotate 10 times, then repeat on right leg.

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