

UW Kendo Warm-ups

The purpose of a warm up is to prepare the kenshi for activity. Stretching the tendons, ligaments, and circulating the blood greatly reduces the chance of injury. Warm ups are usually done in a circle facing inwards. We begin by bowing in (sonkyo) and putting our shinais down. Remember to show respect to our swords by putting the left knee to the ground when we put down or pick up the shinai. Everyone should be counting their loudest, as the volume of the warm up is a direct reflection of the *ki* or energy of the entire practice.

The leader of the stretching routine counts the first four counts (ichi, ni, san, shi) and then the whole group counts the last four counts (go, roku, shichi, hachi)

Stretching Routine:

1. Jumping
2. Waist
 - front to back
 - side to side
 - twist left to right
 - full rotation
3. Leg stretches
 - Left Achilles
 - Left Calf
 - Left Groin
 - Left Hamstring
 - Right Hamstring
 - Right Groin
 - Right Calf
 - Right Achilles
4. Neck
 - front to back
 - side to side
 - twist left to right
 - full rotation*
5. Shoulders
 - windmills
 - side to side
6. Wrists/Ankles

(If you feel you aren't doing the stretch correctly don't hesitate to ask the sensei or senpai because incorrect stretching may also lead to injury.)

**doing the neck rotation too vigorously can lead to injuries so be certain to do the exercise gently*

Suburi:

The ultimate purpose of suburi is to perfect one's kendo. Through the use of basic footwork and the principle of "Ki Ken Tai Ichi" the foundations of one's kendo are built. A solid foundation in *kihon* (basics) is where all future long-term improvement stems. Suburi also stretches out the arms and circulates the blood. Ideally one should do suburi outside of kendo practice as well.

1. Joge-buri (A fan like motion from the Jodan position to the Gedan position)
2. Sho Men / Men uchi (strike to the center of the opponent's forehead)
3. Sayu Men (with side to side footwork the cut is made right above each of the opponent's eyes. The left fist should not leave the center line)
4. Hayai Men (quick men strike using the footwork in kata number five. The last strike is a committed men strike with fumikomi footwork and follow through)

Breathing (shin-kokyu):

Deep breathing after warm ups offer a gradual way to cool down before we begin our usual kendo routine.

1. Step forward to Jodan position then down to sonkyo
2. Then stand up to Jodan and step back to kamae
3. Continue until command to end