

Karate Warmup

- * Feet forward/back – fighter's stance shuffle – jumping jacks
- * Chamber leg in front, circle at knees, ankles
- * Extend toward low side kick, both sides
- * Toes Up and Down, heels on ground
- * Knees Together and Circling
- * Bending and Straight Leg Stretch
- * 3-Way Hip Stretch– 4 Times

----- (down to floor) -----

- * Hurdler's Stretch
- * Side Stretch–4 Times/ 2 Times Slow
- * Straddle Stretch–Turn at your Waist a Few Times
- * Forward Stretch/ Forward Stretch with your hand to the back– 10 seconds
- * Rocking on Knife Edge– 5 Times
- * Either Knee Bounces or Leg Stretch–5 Seconds

---- (roll up to standing w/o hands) ----

- * Horse Stance Stretch–5 Seconds
 - * Standing Side Stretch–5 times each side
 - * Standing Tall on the tips of your feet with your hands up in the air. Clap
 - * Forward Straight Leg Stretch– hands forward and back of your legs
 - * Bend and Come Up
 - * Neck Stretch– Head Up/Down, Side/Side, Left/Right, Half Circle
- * Either Gaisho or Shuto Enke Uke