

WARM UP EXERCISES AND STRETCHING

Carried out before training to prevent damage to the muscles and joints. It increases the heart rate allowing increased levels of oxygen to the limbs and vital organs. Here is the warm up exercise and stretching routine favoured by GMSTKD.

WARM UP EXERCISES UTILIZING BALISTIC MOVEMENTS

Students run steadily around the outside of the room in the same direction, in single file without passing one another. Students maybe asked to run forwards, sideways, backwards, with high knees touching hands or kicking own hands placed behind. At the instructor's command students repeat the following exercises (ten for seniors and five for juniors). Students resume running until a further exercise is given.

PRESS UPS, REVERSE CRUNCHES, SQUAT THRUSTS, JUMPING JACKS, STAR JUMPS, BURPEES, LEG RAISE, PRESS UP WITH CLAP (ADVANCED), PRESS UP WITH BODY FLIP (ADVANCED), BURPEE WITH A PIKE (ADVANCED)

JOINT MOBILITY AND STRETCHING EXERCISES

NECK

MOVE FORWARDS AND BACKWARDS, SIDE TO SIDE HORIZONTALLY, SIDE TO SIDE VERTICALLY (DO NOT ROTATE, KEEP HANDS BY SIDES AT ALL TIMES)

ARMS, SHOULDERS, BACK AND ELBOWS

CIRCLE WRISTS CLOCKWISE AND ANTI-CLOCKWISE; LIGHT PUNCHES IN VARIOUS DIRECTIONS
WHOLE ARM ROTATIONS FORWARDS, BACKWARDS, ONE ARM FORWARDS AND ONE ARM BACKWARDS
SIMULTANEOUSLY.

PLACE ONE ARM AT SHOULDER HEIGHT ACROSS THE BODY, PLACE OPPOSITE HAND ON ELBOW AND GENTLY PULL TOWARDS THE BODY TO FEEL THE STRETCH, ALTERNATE SIDES.

PLACE ARM BEHIND THE HEAD AND BEND AT THE ELBOW. WITH OPPOSITE HAND PUSH ELBOW DOWNWARDS TO FEEL THE STRETCH.

INTERLOCK FINGERS, PLACE ARMS VERTICALLY IN THE AIR AND PUSH UPWARDS.

HIPS

ROTATIONS; KEEP HEAD CENTRE AND FEET SHOULDER WIDTH APART.

START IN PARALLEL STANCE, LIFT KNEE TO WAISTE HEIGHT MOVE LEG BACKWARDS IN CIRCULAR MOTION RETURNING TO PARALLEL STANCE, ALTERNATE SIDES (OPENING THE GATE).

START IN PARALLEL STANCE, LIFT KNEE TO SIDE OF BODY AT WAISTE HEIGHT, ROTATE LEG FORWARDS IN CIRCULAR MOTION RETURNING TO PARALLEL STANCE, ALTERNATE SIDES (CLOSING THE GATE).

LEGS, KNEES AND ANKLES

ROTATIONS; WITH KNEES TOGETHER; CLOCKWISE, ANTICLOCKWISE AND FIGURE OF EIGHT STRETCH TO THE SIDE, FRONT KNEE OVER FRONT HEEL, BACK LEG STRAIGHT. THE BACK LEG SHOULD BE PUSHED TOWARDS THE GROUND WHILE BOTH HANDS ARE ON THE FRONT KNEE. THE BACK MUST BE KEPT STRAIGHT.

LIFT THE LEG OVER THE KNEE OF OPPOSITE LEG AND CIRCLE AT THE ANKLE BOTH WAYS.

PLACE LEGS DOUBLE SHOULDER WIDTH APART, BEND ONE KNEE LOWERING BODY TOWARDS FLOOR WHILE REMAINING VERTICLE (SIDEWAYS LUNGE).

LIE FACE DOWN ON THE FLOOR, GRAB BOTH ANKLES FROM BEHIND AND PULL, LIFTING THE CHEST AND LEGS OFF THE GROUND.

STNDING UPRIGHT ON ONE LEG, GRAB THE ANKLE FROM BEHIND AND PULL.

SITTING DOWN, TAKE HOLD OF THE FOOT SWORD AND STRETCH THE LEG OUT AND UP. THIS CAN BE DONE ALTERNATELY OR BOTH SIDES TOGETHER (STANDING FOR ADVANCED VERSION)

GROIN, LEGS AND BACK

SIT ON THE FLOOR, SOLES OF THE FEET TOGETHER, PRESS KNEES TOWRDS FLOOR.

BEGINNING WITH FEET PARALLEL, SHOULDER WIDTH APART REACH DOWN TO THE FLOOR WITH FINGERTIPS. BRING FEET TOGETHER IN INCREMENTS, REACH DOWN TO THE FLOOR. FINISH WITH FEET TOGETHER FINGERS TOUCHING TOES.

FEET SHOULDER WIDTH APART REACH FORWARD AS FAR AS POSSIBLE, THEN REACH BACKWARDS THROUGH LEGS AS FAR AS POSSIBLE. WALK FORWARDS ON HANDS LOOKING UP TOWARDS THE CEILING. LYING ON BACK, LIFT THE LOWER TORSO UP VERTICALLY, SUPPORTING THE LOWER BACK WITH ARMS. PEDAL FORWARDS AND BACKWARDS.

SIT DOWN WITH FEET WIDE APART ALTERNATE TOUCHING OPPOSITE TOES AND FINGER IN SIDE TO SIDE MOTION.

FRONT SPLITS (ADVANCED), BOX SPLITS (ADVANCED)