

Master Su's Special Warm-ups

1) TIGER PALM FINGER WARM-UPS

Spread fingers, curl knuckles

- a) Palm faces out
- b) Palm faces down
- c) Palm faces up

2) RELAX WRISTS-LIGHTLY SHAKING

- a) Up and down
- b) Left and right
- C) palms facing chest
- d) Palms facing outward, elbow slightly up

3) SOFT FIST CIRCLES

Elbows relax down slowly

- a) Inward
- b) Outward

4) HANDS PRESSING TOGETHER

Breathe in at chest level, breathe out and lower X 4

5) STRETCH WRISTS & FOREARMS

- a) Left arm straight, fingers up, palm out- reach with right hand to stretch, relax in (r/hand horizontal) then repeat X 4.
- b) Same with right arm
- c) Left arm straight, fingers down, palm out- right hand to stretch. Relax in then repeat X 4.

6) SHOULDER ROLLS

Hands on waist-big, slow circles

- a) Forward
- b) Backward
- c) Touch fingers to shoulders- raise elbows. Make small, fast circles Forward X 8, then backwards X 8. Do twice.

7) LARGE ARM CIRCLES

- a) Extend both arms straight out in front, palms down. Left arm circles to back to front (2-4 times). Keep right arm straight. Repeat with right arm circling back to front.
- b) Reverse direction- Extend both arms with palms up, left arm circles down and back to hand. Repeat with right arm circling down and up.

(cont)

8) NECK WARM-UPS

- a) Turn head left 90 degrees, look and stretch
- b) Turn right
- c) Stretch head to left (ear to shoulder)
- d) To right
- e) Chin to ceiling (look up)
- f) Chin to chest (look down)
- g) Look up, then large circles to right X 2
- h) Look up, circle left X 2

9) CLASP HANDS- PALM OUT & EXTEND UP STRETCH

- a) Lean right
- b) Lean left
- c) Turn palms down- rest on top of head. Extend arms up, then raise heels. Hold three seconds. Do X 4. For balance.

10) SIMPLE PUSH STRETCH

Clasped hands, palms out, arms straight, chest level.

- a) Turn left 90 degrees, look farther to back
- b) Turn right
- c) Turn left 90, then to 135, look farther
- d) Turn right

11) HIP WARM UP

- a) Hands on hips, stretch two seconds each: left side, right side, back and forward. Circle to left X 2, circle to right X 2.
- b) Make step bigger (toe/heel X 1), repeat circling.

12) KNEE BOUNCING

- a) Return to shoulder width feet (heel/toe X1)
Hands on bent knees, slow bouncing X 8.
- b) Circle knees: inside/out X 4, outside/in X4.

13) FORWARD STRETCH FOR LEGS

Clasp hands, extend arms, bend over, *Keep legs, body and arms straight- head up.

- a) Stretch forward (4 seconds)
- b) 45 degrees left
- c) 45 degrees right
- d) back to front

(cont)

14) DEEP HIP & LEG STRETCH

- a) Step out (toe/heel X1). Hands on hips. Shift weight to right side, bend knee. Keep knee over toe. Turn left heel upwards, open left hip (body stays), right buttock out for stretch.
- b) more, stretch left elbow to left knee.
- c) more, reach with left hand past left toes.
- d) Grab left foot with left hand
(4 seconds each stretch. Repeat on other side)

15) HORSE STANCE STRETCHING

- a) Step out one more (toe/heel X1) Hands on hips. Sink into Mabu, hold 4 seconds, relax up for 2 seconds. Do X 4.
- b) Clasp hands in front of chest, elbows in close to stomach, keep head up, back straight. Tail bone up, waist back. Stretch 4 seconds X 4 times.

16) GUN BU STRETCHING

- a) Turn left toe 90 degrees left, raise right heel, hands on left knee. Leg straight, stretch 4 seconds.
- b) Turn to right- same
- c) Turn left- right hand on knee, left hand on right butt, look back
- d) Turn right- left hand on knee, right hand on left butt, look back

17) ANKLE CIRCLES

- a) Return shoulder width (heel/toe X 2 in) circle left ankle X4 in, X 4 out
- b) Repeat on right side.