



White Tiger Tae Kwon Do

-Stretching-

- 1) Shake it out
- 2) Knee rotation
- 3) Waist rotation
- 4) Shoulder rotation x2 front and back
- 5) Neck rotation
- 6) Short stretch to the leg x2
- 7) Short stretch toes up x2
- 8) Long stretch leg spread
- 9) ^inside
- 10) ^bounce
- 11) Knee down instep(right)
- 12) Knee down instep other side(left)
- 13) Repeat #10,11,12
- 14) Horseback riding stance shoulder stretch
- 15) Side side
- 16) Big circle
- 17) Palm stretch
- 18) Cross arms x2
- 19) Hand on waist, grab elbow x2
- 20) Hand behind head and lean x2 (left, right)
- 21) Grab back of neck and press down
- 22) Thumbs on chin and press up
- 23) Feet together and touch the ground stretch out shoulders
- 24) Feet together, touch toes. Pt 2) hands up, touch heels.
- 25) Ankle rotation x2
- 26) ^press knee down
- 27) ^bring feet up to chest.
- 28) Stretch out knees in air x2
- 29) Touch toes x2
- 30) Put leg behind, touch toes and go center
- 31) Sit ups x2
- 32) Spread out leg and massage
- 33) Spread out legs stretch right side and left
- 34) Spread out leg, touch right and left side 10x
- 35) Spread out leg and go center
- 36) Butterfly and head down
- 37) Knees up, go side side
- 38) Lie on your back, left leg to right side
- 39) Lie on your back, right leg to left side.
- 40) Shoulder stand, move legs side side.
- 41) Lie down on your stomach, right leg to left hand
- 42) Lie down on your stomach, left leg to right hand
- 43) Back stretch
- 44) And shake it out.