

**Part 1 before class Dynamic stretches warm up**  
**Professor Bob Karnes 11-10-2020 Golden Sage Martial Arts**

**If you are clear of injuries the following is for prevention of injuries. Begin with cardio or some dynamic warm up exercises like those found on this you tube link**

<https://www.youtube.com/watch?v=f8knLSFeQ84>

Also included below are some traditional dynamic warm ups used at the Bushidokan Dojo.

Dynamic stretching is a form of stretching in which a person goes through their full range of motion until they feel a stretch and quickly returns to a normal position. Do this for several repetitions.

From Saint Peter's Sports Medicine Group

**1. Frankensteins**



While stepping forward these are good for back of leg. Kick one leg to the opposite hand with your heel on the ground. Do 10-20 reps.

**2. Side lunges**



While moving sideways these are good for stretching the groin muscles. Step out to the side shift your weight out onto your leg bend your knee. Keep your back straight. Shift your weight to the opposite leg and repeat.

## Dynamic stretches warm up

### 3. Knee Huggers



While stepping forward these are good for hip and knee mobility. Pull your knee up towards your chest until you feel a stretch in your gluts, hold this position for one to two seconds. Perform a calf raise with the foot that is on the ground as you raise your knee to your chest. Do 10-20 reps.

### 4. High knees



This is good for hip flexor and calf muscles. While jogging forward try to raise your knees above your hips. Do 10 -20 reps.

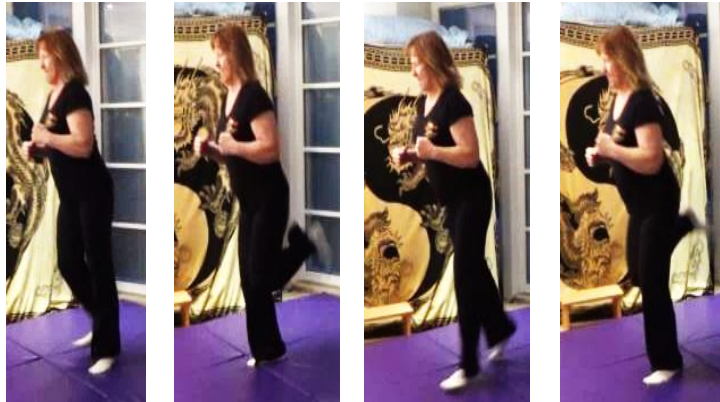
### 5. Skipping



This is good for stretching the lower extremities. Take off and land on the same leg while lifting the opposite hand in the air, step forward and repeat. Do 10-20 reps.

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### 6. Butt Kickers



This is good for stretching hamstrings. While jogging try to kick your back side with your heels.

### 7. Lunges



Good for lower extremities. Take a front step and do not let your knee to come over your front toes. Allow your knee to bend while keeping your back straight. Hip knee and ankle should be aligned. Do 10-20 reps.

### 8. Frankensitz



Good for back of legs and calves. Keep your front knee straight toes up. Hing at your hip not your back. Lean forward and reach for your toes. You should feel a stretch in the back of your leg and in your calf. Do 10-20 reps.