

Therapeutic Stretching 1 and 2 is a project  
for our Martial Art School  
Golden Sage Martial Arts  
Introduction to Dynamic Warmups  
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25 years ago, our sensei at the Bushidokan Martial Art Temple asked the black belt instructors to modify the 15-minute warm up and stretching before rolls and falls to be more efficient with less stagnant stretches and without the traditional stretching and cardio exercises that were used for increasing strength. My research began at that time to formulate a 15-minute warm up to meet the needs of a soft style Jujitsu warmup for all ages as the current one was best suited for the young and the fit in their prime of life.

The possible history of our Dojo martial art warm up and strengthening exercises were from the us military.

Physical Fitness U.S. Army (1967) <https://www.youtube.com/watch?v=W6WrPvmKFt0>

The more modern PT test for the us military appear more demanding.

WHAT ARE THE PHYSICAL FITNESS TESTS OF THE US MILITARY?

<https://www.youtube.com/watch?v=14w3UK36Y4s>

These Physical Training Exercises and warmups prepare the soldiers for the battlefield in the most effective and time efficient manner and using group and partner exercises promote group effort for the mutual benefit of the unit. If the soldier cannot “cut it” they would drop out of the military “wash out” and not become a liability on the battlefield.

High School Fitness (1962)

<https://www.youtube.com/watch?v=NGa6BPj3Mcw>

Modern Physical Exercises for Junior High and High School

Phys Ed Tutorial: Large Group Activities

<https://www.youtube.com/watch?v=3lPyu-02yvs>

Kid's Karate Warmup

<https://www.youtube.com/watch?v=fyOs8-tLk-k>

Example of Traditional soft style martial art warmups.

Aikido Warm up exercises

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

We use these sources for our Therapeutic Stretching part 1 and 2 Ohana Classes  
Workout Stretching and Easy Warm Up Exercises - Static and Dynamic Stretching

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

Golden Sage Martial Arts Therapeutic stretching video 2

<https://www.youtube.com/watch?v=DVs5l86kIWw>