

IFK Warm up

Last revision : Sep 22, 2006

The following sequence of 38 techniques is the standard IFK warm up sequence which can be expected to be practised in any IFK dojo around the world. It might be performed in forward sequence, reverse sequence, in any stance, moving in *ido geiko*, or in any other way that might improve your performance. Learn the moves, and learn the names.

This is a series of kihon exercises that takes you through the whole gamut of limb movement, starting with 17 hand and arm techniques, and followed up with 21 leg and foot techniques.

Despite its name though, it is technically not a warm-up, and could be harmful to your muscles, the legs in particular, if you were to treat it as such. It should ideally NOT be performed too enthusiastically unless you already are warmed up. Treat it as a karate warm-up i.e. to get used to the techniques, and not as a body warm-up. The body warm-up should be done before starting these exercises.

- | | |
|------------------------------|--|
| 1 Seiken jodan tsuki (zuki) | 1 Hiza ganmen geri |
| 2 Seiken chudan tsuki (zuki) | 2 Hiza mawashi geri |
| 3 Seiken gedan tsuki (zuki) | 3 Kin geri |
| | 4 Chudan mae geri |
| 4 Seiken jodan ago uchi | 5 Jodan mae geri |
| | |
| 5 Uraken ganmen uchi | 6 Mae ke(ri)age |
| 6 Uraken sayu ganmen uchi | 7 Teisoku mawashi soto ke(ri)age |
| 7 Uraken hizo uchi | 8 Haisoku mawashi uchi ke(ri)age |
| 8 Uraken oroshi ganmen uchi | 9 Sokuto yoko ke(ri)age |
| 9 Uraken mawashi uchi | |
| | 10 Gedan mawashi geri |
| 10 Shuto sakotsu uchi | 11 Chudan mawashi geri |
| 11 Shuto yoko ganmen uchi | 12 Jodan mawashi geri |
| 12 Shuto uchi komi | |
| 13 Shuto hizo uchi | 13 Yoko kansetsu sokuto geri |
| | 14 Mae kansetsu sokuto geri |
| 14 Seiken jodan uke | 15 <i>Same leg as previous</i> - Yoko chudan sokuto geri |
| 15 Seiken chudan uchi uke | 16 Mae chudan sokuto geri |
| 16 Seiken chudan soto uke | 17 <i>Same leg as previous</i> - Yoko jodan sokuto geri |
| 17 Seiken mae gedan barai | 18 Mae jodan sokuto geri |
| | |
| | 19 Gedan ushiro geri |
| | 20 Chudan ushiro geri |
| | 21 Jodan ushiro geri |