

Ki Taiso

Ki exercises for health

The exercises at the beginning of the lesson are designed to warm the muscles, enhance flexibility and co-ordination.

Many people incorrectly stretch 'to warm up' the muscles. Stretching cold stiff muscles can result in overstretching and tends to damage ligaments and tendons. It also increases the risk of damaging muscle tissue when moving into full exercise or technique.

The Ki Taiso exercises are designed to realign the body and gently increase blood supply to muscles with a specific movement, thereby increasing strength and flexibility.



1. Rotate the trunk

2. Bend laterally

3. Bend the trunk

4. Shoulder blades

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8



5. Lateral neck rotation

6. Forward & back neck rotation

7. Left & right neck rotation

8. Flexing knees & ankles

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8



9. Stretching knees & ankles

10. Rotating one arm

11. Rotating both arms

12. Rotate arms & bend knees

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8

1-2
5-6

3-4
7-8