

BASIC WARMUP EXERCISES

<i>Tewaza</i>	hand or wrist exercises
<i>Kotegaeshi</i>	wrist out-turn
<i>Ikkyo</i>	first control
<i>Nikkyo</i>	second control
<i>Sankyo</i>	third control
<i>Aikitaisho</i>	mind-body coordination exercises
<i>Tekubi furi undo</i>	wrist shaking exercise
<i>Shomenuchi ikkyo undo</i>	defense against strike to head, preparing for ikkyo
<i>Zengo undo</i>	shomenuchi ikkyo undo with pivot
<i>Sayu undo</i>	sideward leaning balance exercise
<i>Sayu choyaku undo</i>	sayu undo with step
<i>Happo undo irimi</i>	eight direction entering exercise
<i>Happo undo tenkan</i>	eight direction turning exercise
<i>Tekubi kosa undo</i>	wrist crossing exercise
<i>Tekubi joho kosa undo</i>	high wrist crossing exercise
<i>Ude mawashi undo</i>	arm rotating exercise
<i>Funa kogi undo</i>	rowing exercise
<i>Ude furi undo</i>	arm swinging exercise
<i>Ude furi choyako undo</i>	arm swinging exercise with stepping turn
<i>Ushiro tori undo</i>	exercise for defense against rear bear hug
<i>Ushiro tekubi tori zenshin undo</i>	exercise for defense against wrists being grabbed from behind; stepping forward
<i>Ushiro tekubi tori kotai undo</i>	exercise for defense against wrists being grabbed from behind; stepping backward
<i>Tenkan undo</i>	turning exercise
<i>Koho tento undo</i>	back rolling exercise, from seated, kneeling and standing
<i>Ukemi</i>	(falling)
<i>Mae ukemi</i>	front roll
	front roll breakfall
<i>Tobi ukemi</i>	front breakfall
<i>Ushiro ukemi</i>	back roll
	back breakfall