

## BASIC WARM UPS

- Breath
  - Draw Hands Up Center of the Body
  - Draw Hands Down the Center of the Body
- Neck
  - Push in Chin
  - Touch Chin to Chest
  - Gaze at Fingers (*Both Sides*)
- Shoulders
  - Rolling Together (*Both Directions*)
  - Rolling Opposite (*Both Directions*)
- Arms
  - Circling Forward & Reverse (*Both Sides*)
- Wrists
  - Circling (*Both Directions*)
- Waist
  - Circling (*Both Directions*)
- Back
  - Hold the Ball
    - Separate Heaven & Earth (*Both Sides*)
    - Carry & Roll the Ball (*Both Sides*)
- Legs
  - Touch Heel Forward, Toe Back (*Both Sides*)
- Ankles/Feet
  - Touch Toe, Touch Heel (*Both Sides*)
  - Touch Outside & Inside Edge (*Both Sides*)
  - Rolling on Ball of Foot (*Both Sides*)

## ADVANCED WARM UPS

- Arms to Side, Touch Out Opposite Foot  
(*One Side, then the Other, then Alternating with Flow*)
- Step to Punch with Opposite Fist (*Both Sides*)
- Lift Knee, Kick with Opposite Fist (*Both Sides*)
- Wave Hands Through Clouds  
(*Shifting, Add Waist Turn, Add Hands, then Add Steps*)

## COOL DOWNS

- Kick out Feet, Swing Arms (*Both Sides*)
- Open & Close Fist while Walking in Circle
- Drop Fist onto Lifting Knee