

Orange County Ki Society

Adult Ki – Toitsu Taiso (Exercises for Health)



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The purpose of this series of exercises is to relax and coordinate the mind and body while moving. The series contains 12 exercises and a final relaxation exercise. Each exercise is done 2 times in each direction. Two sets are completed each with an 8 count. For example, a single exercise would contain 16 repetitions with a count as follows:

Movements	Count
Left, Left	1, 2
Right, Right	3, 4
Left, Left	5, 6
Right, Right	7, 8
Left, Left	1, 2
Right, Right	3, 4
Left, Left	5, 6
Right, Right	7, 8

Exercise Sequence

1. Swing the arms to the side (Sayu Udefuri Undo)
2. Stretch to the side (Sayu Jotai Shincho Undo)
3. Stretch forward and backward (Zengo Jotai Shindo Undo)
4. Stretch shoulder blades (Kenko-Kotsu Shincho Undo)
5. Tilt head side to side (Sayu Kubi-Suji Shincho Undo)
6. Stretch neck forward and backward (Zengo Kubi Suji Shincho Undo)
7. Turn head left and right (Sayu Muki Undo)
8. Bend knees, come up on toes (Ryo Ashi Kussin Undo)
9. Stretch legs (Sayu Kyakubu Shincho Undo)
10. Swing one arm in a circle, left and right (Kata Ude Mawashi Undo)
11. Swing both arms in a circle, alternate directions (Ryo Ude Mawashi Undo)
12. Same as 11 but bend knees on the down (Ryo Ude Mawashi Kusshin Undo)
13. Shake the wrists, no counting (Tekubi Shindo Undo)

Important Points

- Ki goes first then body follows.
- Many times Ki does not go first on an initial movement so we do the exercises two times on each side.
- The count is when Ki goes, not when body moves.
- Balance should be at your one point.
- Bend at the one point. Do not bend from your waist.
- Practice Chido Setsu - Extend Ki in all directions and don't brace yourself.
- The entire set of exercises should take exactly 3 minutes to complete.