

## Procedure for Leading Stretches

(All stretches will be done mirror-image starting with the left then the right for a count of **15-20.**)

Class **Line-Up.** (*Count students, determine number of students per line (\*). You should have 4-5 lines, depending on how much of the gym we have*)

Count off **loudly** in column lines of     \*.

(*If new students present, say:*) Count off **loudly** in English if you do not know Korean.

**Sijak.**

(*After students have counted off, make sure each line has adequate space for stretching. Slide lines down if we have extra gym space.*)

Class **Charyut.**

Face me, **Kyungrae.**

Raise your right hand and repeat after me. **Student Creed....**

**Barro.**

Twenty **Jumping Jacks**, on my cadence. Speed up after ten. *Sijak...Faster....*

*Kuman.*

### **Neck Stretches.**

Turn your neck to the left: *Hana, Dul...*

Turn your neck to the right: *Set, Net.*

(*Repeat two more times*) *Hana, Dul...Set, Net. Hana, Dul...Set, Net.*

*Kuman.*

### **Arm Stretches.**

Keep your arms straight and swing them forward.

Reverse.

Pull your left arm across your chest.

Switch.

Put your left arm behind your back, and push down on the elbow.

Switch.

*Kuman.*

### Feet together for **Standing Pike Stretch.**

Place your hands on your knees and bend down to the floor.

Straighten your legs and bend over your knees.

Bend down to the floor again.

Straighten your legs, and try to touch the floor.

*Kuman.*

Right leg forward, left leg back for **Calf Stretch**.  
Push the back heel into the floor, bend your front knee.  
Switch.  
*Kuman.*

Stand in **Dwitt Kubi**, left foot forward.  
Point your toes...toes up...flexed ankle.  
(Repeat once more)  
Switch. Point your toes... toes up...flexed ankle.  
(Repeat once more)  
Switch. Bend down further, stretch your hamstring.  
Switch.  
*Kuman.*

Slide out into **Standing V-splits**. Bend over and try to touch the floor.  
Tighten your inner leg muscles and hold.  
Breathe in...Relax your muscles as you breathe out. (*Muscles should be tense for about 8 seconds*)  
Widen your splits and hold.  
Carefully sit down under control.  
Stretch to your left.  
While maintaining the stretch, slowly walk your hands over to the right.  
Stretch down the middle. Keep your back straight.  
*Kuman.* Slowly bring your legs in, shake them out.

Sit in **Butterfly Position**.  
Hold down both knees with your elbows, and flap your knees up and down.  
Pull your feet in closer, stretch down the middle. Keep your back straight.  
*Kuman.*

Sit back for **Ankle Rotations**.  
Left ankle forward...Reverse.  
Switch; Right ankle forward...Reverse.  
*Kuman.*

Left leg over right for **Hip Stretches**. Pull your left leg into your body.  
Place your right arm over your left leg, and turn to the right.  
Switch. Right leg over left.  
Place your left arm over your right leg, and turn to the left.  
*Kuman.*

Both legs straight in front of you for **Sitting Pike Stretch**.  
Stretch forward. Try to touch your toes.  
*Kuman.*

Left leg back for **Quadriceps Stretch**.

Switch.

*Kuman.*

Left leg forward, right knee on the floor for **Hip Flexor Stretch**. Push your hips forward.

**Straighten** your front leg, and bend over it. Stretch the hamstring.

Go down into half splits. (Remain here for only a few seconds)

Tighten your leg muscles and hold.

Breathe in...Relax your muscles as you breathe out. (*Muscles should be tense for about 8 seconds*)

Widen your splits and hold.

Switch; Right leg forward, left knee on the floor for **Hip Flexor Stretch**.

**Straighten** your front leg, and bend over it. Stretch the hamstring.

Go down into half splits. (Remain here for only a few seconds)

Tighten your leg muscles and hold.

Breathe in...Relax your muscles as you breathe out. (*Muscles should be tense for about 8 seconds*)

Widen your splits and hold.

*Kuman.*

Roll over on your stomach facing the northwest corner\* of the gym for **Abdominal Stretches**. (\*typical direction, may change if we are not in ARC gym 3)

Try to see the ceiling. *Hana...Kuman.*

Try to see the wall behind you. *Dul...Kuman.*

Class **Stand-Up**.

Turn around, *Dolra*. Straighten your *Dobok*, tighten your belt,

Turn back around, *Dolra*.

Class **Charyut**.

(for Instructors 1-3 Dan) *Kyosa Nim Kae Deahayo, Kyungrae*

(for Instructors 4-5 Dan) *Sabeum Nim Kae Daehayo, Kyungrae*

(for Instructors 6-7 Dan) *Kwanjang Nim Kae Daehayo, Kyungrae*