Choose 4 exercises

**FLEXIBILITY & AGILITY**

- **JUDO PUSH-UP** **W**ide-legged position. Make a head roll backwards. Place both hands on the tatami. Circulate the upper body.
- **POWER WORM** **W**alk with the hands on the tatami as far as possible. Legs are stretched out. Walk with the feet to the hands.
- **SPIDERMAN*** Start in push-up position. Horizontal walk with the right knee to the right elbow, than the left knee to the left elbow.
- **3-STEP HANDSTAND*** Place both hands on the tatami. Try to move in vertical position in 3 steps. Use more power every step.
- **HANDSTAND ROLL** **W**ith one slightly curved leg. Stretch the stretched out leg and continue.
- **STUT** Roll backwards over the head. Place both hands on the tatami. Try to push yourself in vertical position.
- **SQUAT ROLL** **W**ith one leg. Jump backwards 3 times. Squat position. Roll on the back, back and forth. Stand up with 2 feet.
- **SUTEMI SQUATROLL, FORWARDS** Roll forwards over the head. Try to stand up on one leg, from squat position.
- **SUTEMI SQUATROLL, BACKWARDS*** Position on one leg. Jump backwards 3 times. Squat position. Roll on the back, back and forth. Stand up with one leg.
- **UCHI-MATA DIVER, CURVED*** Position on one slightly curved leg. Place the arms and other leg in horizontal position, than in vertical position. Raise the curved leg and continue.
- **UCHI-MATA DIVER, stretched*** Position on one slightly stretched out leg. Place the arms and other leg in horizontal position, than in vertical position. Place the stretched out leg and continue.
- **UCHI-MATA LUNGE** **W**ith the other leg in horizontal position, than in a lunge position.

**BALANCE & COORDINATION**

- **WAVE JUMP** Place the feet on the tatami. Jump forwards with 2 feet, than jump forwards with 1 foot while the other leg is curved. Switch.
- **CROSS JUMP** Place the feet on the tatami. Jump forwards and cross both feet. First the right foot in front of the left foot, than switch feet.
- **O-UCHI-HOP** Place the left foot on the tatami. Stretched out both arms. Circulate clockwise with the right foot. Jump forwards with the left leg.
- **SODE TWIST** Choose a partner. Hold the sleeves crossed. Step 3 times sideways. Turn 360 degrees on your axis and continue.
- **SODE BACKWALK** Choose a partner. Hold the sleeves crossed. Turn 180 degrees on your own axis. Move sideways in a straight line over the tatami.
- **BARAI TWIST*** Choose a partner. Hold the sleeves. Move sideways. Sweep the foot from the partner 3 times, than turn 360 degrees on your own axis.
- **FOOT SALSA** Walk forwards. Tap the left foot with the right hand. Tap the right foot with the left hand. Repeat behind the back.
- **FOOT SALSA DUO** Choose a partner.Tap each others feet. Always start with the outside of the right foot.
- **FOOT SALSA BALANCE** Stretch out both arms and repeat the exercise ‘FOOT SALSA’
- **ICESKATE JUMP** Jump sideways from the left leg to the right leg. Curve the supporting leg. The other leg crosses behind.
- **JUDO JUMP** Jump sidwards from the left leg to the right leg. Curve the supporting leg. The other leg corses in front.
- **JUDO JUMP BALANCE*** Stretch out both arms and repeat the exercise ‘JUDO JUMP’

**STRENGTH & STABILITY**

- **WHEELBARROW WALK*** **W**alk 3 steps forwards. The partner let loose one leg for 3 seconds. Stay horizontal!
- **WHEELBARROW PUSH** **W**alk 3 steps forwards. 1 push-up with both elbows backwards.
- **PIKE PUSH** Squat position. Place both hands on the tatami. Move head and shoulders up and down towards the tatami. Make a head roll.
- **TAP GAME*** Choose a partner. Start in push-up position. Try to tap the back of each other hand. It is forbidden to pull the arm!
- **PULL GAME** Choose a partner. Start in push-up position. Hold the stretched crossed. Try to pull each other down.
- **MIRROR GAME*** Choose a partner. Start in push-up position. Lift in turns a body part of choice. The partner imitate all movements.
- **KATA PUSH** Choose a partner. Hold the sleeves on top. Move over the tatami. Try to push the stretched out arms of the partner.
- **KATA PULL** Choose a partner. Hold the sleeves down below. Move over the tatami. Try to pull the stretched out arms of the partner.
- **KATA GRIP*** Choose a partner. Hold the sleeve down below. Move over the tatami. Try to push the stretched out arms of the partner.
- **KATA POSITION*** Start position behind the partner with both hands on their shoulders. Jump and push yourself up. Stretch the arms for 5 seconds.
- **KATA RUN** Repeat the exercise ‘KATA POSITION’, but now the partner walks in lines. Try to stay vertical and correct yourself.
- **KATA TWIST** Repeat the exercise ‘KATA RUN’, but now the parter turns 360 degrees on their own axis.

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