



THE PEACEFUL DRAGON

MARTIAL ARTS, TAI CHI, YOGA & MORE!

The Daily Warm-up and Conditioning Routine

Warm-ups

1. Circle hips and knees 5x each side
2. Circle body 10x
3. Elbow to toes 10x each side
4. Pendulum leg stretch 10x each side
5. Outside wheel kick 10x each side
6. Lying leg stretch 10x each side
7. Front/side combination high kicks 10x each side
8. Back high kick 10x each side

Standing deep breathing 30 seconds

Power Set

1. Raise & lower palms 30x
2. Cat stretches forward and backward 10x each
3. Cross-legged roll backs 20x
4. Back arches 10x

Lying down deep breathing 30 seconds

Stretching Set

1. Side split 1 minute
2. Sitting side stretch 1 minute each side
3. Front split 1 minute each side
4. Pigeon 1 minute each side

Circling arms breathing qigong 10x at own pace

Approximate Total Time: 25 minutes