

Ryutai Undo

(Dragonbody exercises)

Fundamentals of Junan Taiso 1

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Fundamentals of Junan Taiso

One of the most overlooked aspects within the art of Ninjutsu - the part of training that is loved by some students while hated by others - is the ninja body conditioning exercises known as the *Junan Taiso*. Love it or hate it the importance and necessity of this critical element of your progress and eventual mastery of ninjutsu should not be overlooked! These exercises are designed to increase not only the ninja's flexibility, but also with a supple and flexible body, it is a great deal easier to escape a joint lock, survive a fall, or even absorb a strike.

Here is a list of the additional benefits that the ninja warrior receives from engaging in daily practice with the junan taiso:

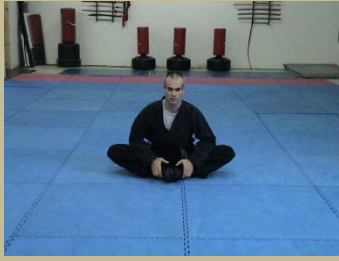
1. Increased flexibility
2. Opening of the joints to increase the flow of fluids and electrical impulses to the extremities
3. Increased energy
4. Stress relief
5. Opening the major points at the base and top of the spine, which promotes greater flow of energy up and down the spinal cord and through the chakra

During my 35 years of training many of my teachers have said that junan taiso practice slows the aging process. And, based on what I have seen and experienced first-hand, I would agree!

Fundamental Principles

- ❖ Think relaxed. I know this sounds simple, but many people try to stretch after a hard, stressful day and can't seem to get anywhere with their stretching routine. Relax, take a warm bath or listen to relaxing music while you stretch.
- ❖ Warm up your muscles prior to stretching. Start with a very mild walk or some type of movement before you start to stretch.
- ❖ No ballistic (bouncing) motion during any stretch.
- ❖ Breathe fluidly and deeply
- ❖ Don't rush and keep your routine regular.

Fundamental Exercises



Butterfly Stretch



Side Split



Hamstring stretch 1



Hamstring stretch #2



Toe Touch



Hip Flexor stretch aka: The native squat



Inside thigh stretch #1



Inside Thigh stretch #2



Back Stretch and spinal alignment



Advanced Back and abdominal stretch



Triceps and shoulder stretch #1



Triceps and shoulder stretch #2



Shoulder rotation # 1 (counterclockwise)



Shoulder rotation # 2 (Clockwise)



Neck



stretching series (not performed in a rotational manner)



Finger pull



Wrist stretch

This is only a small sample of many stretches that exist. Don't limit yourself, try what works best for you and stick with it. Remember you will not progress unless you train regularly and intelligently.

Prevent injuries, stretch and warm up properly before training in any vigorous activity.

Additional Training Tip!!!!

Massage before training

Massage the body all over with the palms of the hands to increase circulation. This should also include massaging of the feet, arms, legs, neck etc. With the increased circulation it will aid in your flexibility improvement and healing after a hard core workout or practice session.