**Exercise:** *LEARNING THE FULL TADASHI SUZUKI WARM UP***(1 - 1.5 hour)**

The coach should allow and encourage stretching for 5 minutes or so. They will then call out positions beginning with “Zero” (hold position for 3 count) then “One” (hold position for 3 count) then “two” (hold position for 3 count) then “three” (hold position for 3 count).

**Zero Position**: Weight centered with feet flat, heels together and knees slightly bent. Arms down and slightly bent at the elbow with hands flat on the abdomen thumbs and forefinger touching.

**First Position**: Left leg straighten while Right foot stomp out to the right with the body leaning into the stomp and centering over the slightly bent right leg.  Feet in a “V” like position. Right arm extended out to the right with elbow slightly bent and hand up in the “stop” position. Left arm bent at elbow and brought up to the chest and the hand in the “stop” position.

**Second Position**: Heels of the feet brought back together with feet flat. Weight centered and legs slightly bent at the knees. Left arm swing out and extend to mirror the Right hands up in the “stop” position.

**Third Position**: Drop into a squatting position while attempting to keep heels together. Arms raised above the head directly with palms of the hands touching.

Back to Zero Position and REPEAT X 5 ending with “Zero”. Then we begin again and add the next positions.The coach will then call out positions beginning with “one” (hold position for 3 count) then “two” (hold position for 3 count) then “three” (hold position for 3 count) then “four” (hold position for 3 count) and so on until “ten” and finally back to “zero”

**Fourth Position**: Heels still together the feet and knees move to a forward position and slightly bent. The arms lengthen out in front, elbows slightly bent and hands palms out with fingers curled into fists.

**Fifth Position**: Right leg is brought up as the leg is kicked out at the knee and dropped to a hanging place while keeping the foot parallel to the floor. (three count) then back down.

**Sixth Position**: Left leg is brought up as the leg is kicked out at the knee and dropped to a hanging place while keeping the foot parallel to the floor. (three count) then back down.

**Seventh Position**: While the Right foot is slid forward so that the heel is beside the toes of the Left foot the body leans forward so that the weight is centered over the Right leg. The left leg will straighten and the Right knee will bend slightly. The arms will bend into the chest.

**Eighth Position**: The arms straighten at the sides and the student comes up on their toes. (three count) then back down onto flat feet and arms back up, bent at the elbow to the chest.

**Ninth Position**: While the Left foot is slid forward so that the heel is beside the toes of the Right  foot the body leans forward so that the weight is centered over the Left leg. The right leg will straighten and the Left knee will bend slightly. The arms will bend into the chest. (Three count) then back.

**Tenth Position**: The arms straighten at the sides and the student comes up on their toes. (three count) then back down onto flat feet and arms back up, bent at the elbow to the chest.

Back to Zero Position.

From Zero Position we move into the stomping. This should be rhythmic (a one two type rhythm) and drum music can be used.

About 45 seconds of the stomping should pass before the coach stops the music (or stops the count) then the students will “melt to the floor” as if their legs must rest.

From the floor they will begin the shakuhachi portion of the warm up and this should last no less than 3 minutes, maybe more but not less. This is about slow movement. The students, beginning from their positions on the floor and upon hearing the music, should begin rising slowly (slowly is an understatement). They begin by lifting the head and finding a focal point with the eyes. This focal point will be their goal. Keeping their eyes on the focal point they then begin to slowly rise. Rise as if they are attempting to sneak, as if they are attempting to make no sound and not be seen. They must move slowly but eventually onto their feet. From a crawling motion or crouched to a standing position then walking to reach their goal. When everyone is up and walking the coach will stop the music.