

準備 (じゅんぴ) – junbi

運動 (うんどう) – undo

体操 (たいそう) – taisho

鍛錬 (たんれん) – tanren

練習 (れんしゅう) – renshu

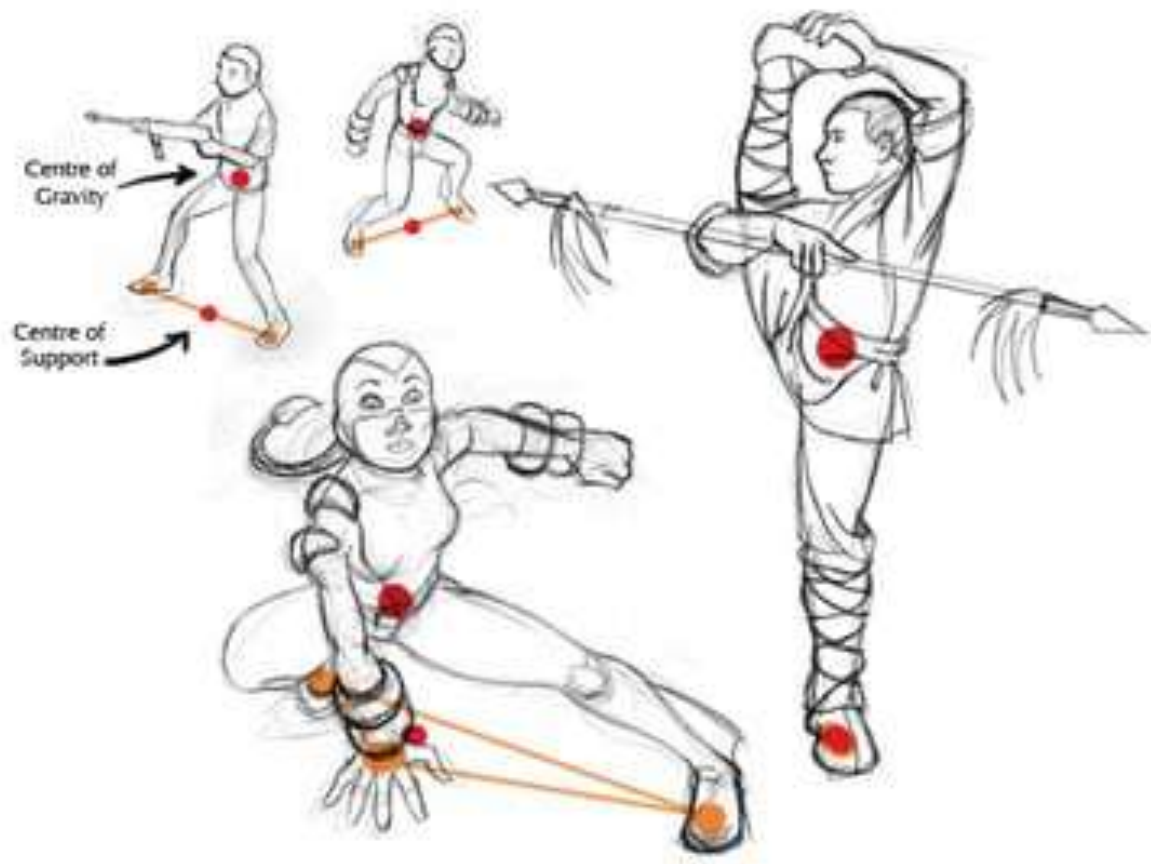
動作 (どうさ) – dosa, kretanje tijela

中心 (ちゅうしん) – chushin, centar tijela

重心 (じゅうしん) – jushin, centar gravitacije

重力 (じゅうりょく) – juryoku

引力 (いんりょく) – inryoku, „privlačenje“





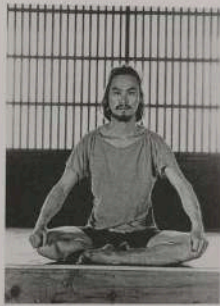
(a) seiza



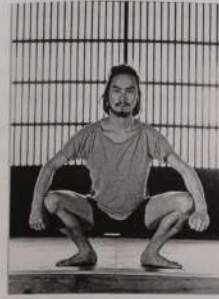
(a) seiza variant



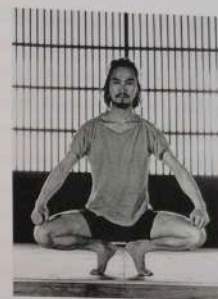
(b) wariza



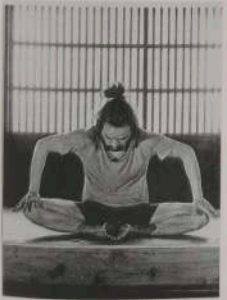
(c) koza [agura]



(j) sonkyo variant one



(j) sonkyo variant two



(d) gakuza



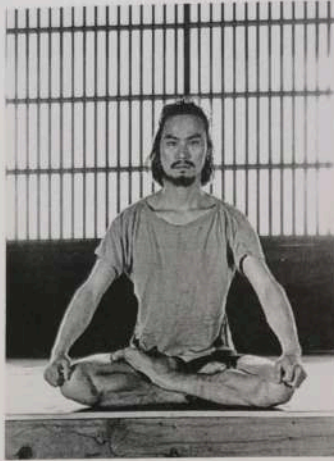
(e) hankafuza



(k) kiza



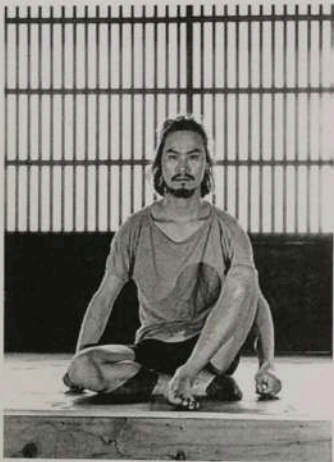
(k) kiza variant



(f) kekkaфуza



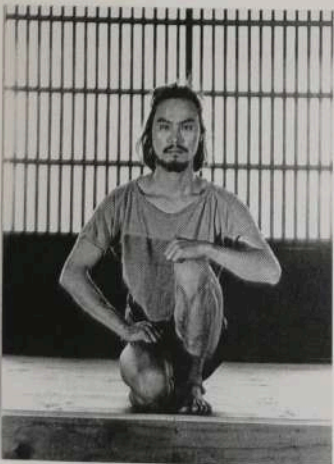
(g) kikyo [nageashi]



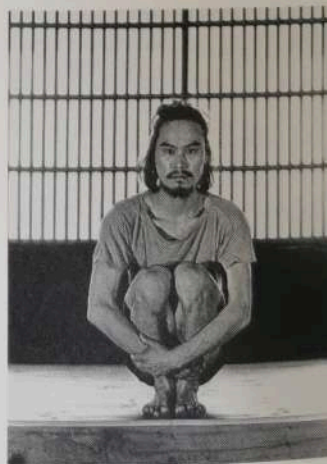
(h) utahiza



(i) tatehiza



(i) tatehiza variant
(katatatehiza)



(j) sonkyo

陰陽 (いんよう) – inyo (yinyang)

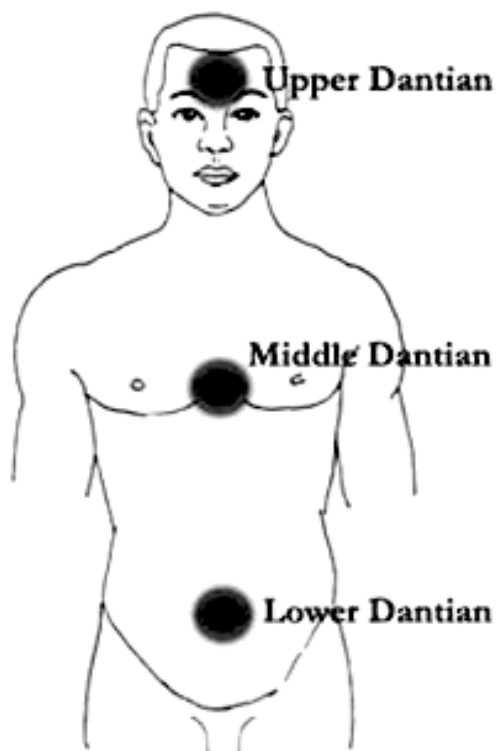
経絡 (けいらく) – keiraku

壺 (つぼ) – tsubo

- 1- 母穴 (ぼけつ) – boketsu
- 2- 兪穴 (ゆけつ) – yuketsu
- 3- 原穴 (げんけつ) – genketsu
- 4- 井穴 (せいけつ) – seiketsu

丹田 (たんでん) – tanden

- 1- 下丹田 (かたんでん) – katanden / 仕舞下丹田 (しまたんでん) – shimatanden
- 2- 中丹田 (ちゅうたんでん) – chutanden
- 3- 緒丹田 (しょうたんでん) – shotanden



呼吸方 (こきゅうほう) – kokyū ho

- 1- 陰呼吸 (いんこきゅう) – inkokyu
- 2- 陽呼吸 (ようこきゅう) – yokokyu

心血 (しんけつ) – shinketsu

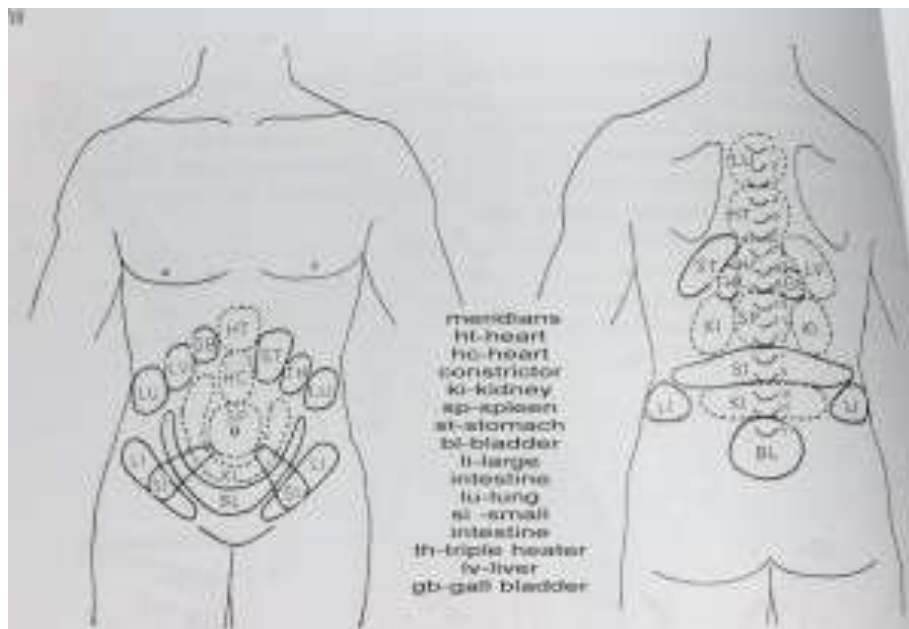
中間 (ちゅうかん) – chukan

呼吸技 (こきゅうわざ) – kokyū waza

- 1- 丹田の呼吸 (たんでんのこきゅう) – tanden no kokyū
- 2- 中間の呼吸 (ちゅうかんのこきゅう) – chukan no kokyū
- 3- 心血の呼吸 (しんけつのこきゅう) – shinketsu no kokyū
- 4- 喉の呼吸 (のどのこきゅう) – nodo no kokyū
- 5- 頭の呼吸 (あたまのこきゅう) – atama no kokyū / 上の呼吸 (かみのこきゅう)
– kami no kokyū

腹 (はら) – hara

*** Masunaga – „hara-dijagnoza“



虚 (きょ) – kyo

実 (じつ) – jitsu

準備動作 (じゅんぴどうさ) – junbi dosa

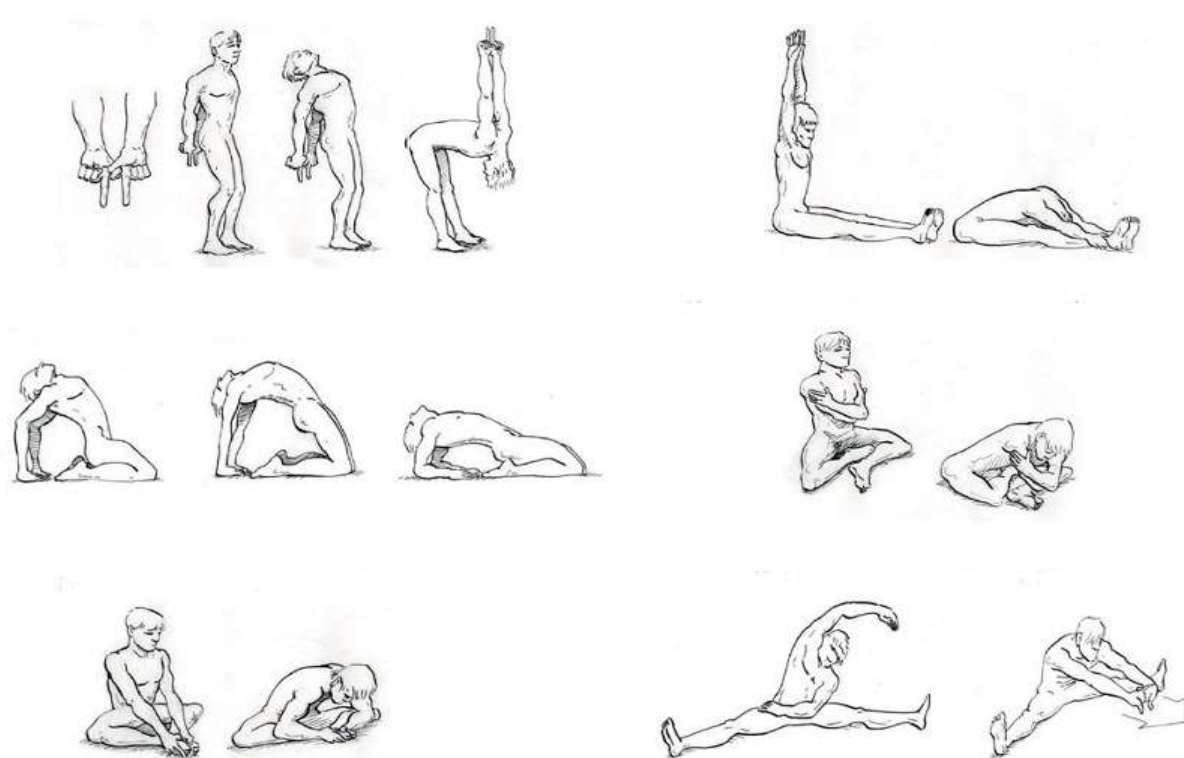
- 1- 船漕運動 (ふなこぎうんど) – funakogi undo / 天の取り船の行 – ame no torifune no gyo – „ame“ (nebo), e-ho zvuk
- 2- 振魂の行 (ふりたま) – furitama no gyo, „trešnja duha“, ispred shinketsua i tandena, uz brojanje 1-10 (starojapanski) + kruženje iz furitame, malo, srednje, veliko
- 3- 金魚運動 (きんぎょううんど) – kingyo undo, „vježba kretanja ribe“
- 4- 振るべ (ふるべ) – furube, „trešnja“
- 5- 小手返し (こてがえし) – kote gaeshi undo
- 6- 小手捻る (こてひねる) – kote hineru undo
- 7- 膝行 (しっこ) – kretanje na koljenima

自彊術 (じきょうじゅつ) – jikyo jutsu (Fusagoro Nakai)



真っ向法 (まっこうほう) – makko ho / 経絡調整 (けいらくちょうせい) – keiraku chusei (Katsuzo Nishi)

- 1- meridijan pluća i debelog crijeva – „stojeće preklapanje“
- 2- meridijan slezene, gušterače i želuca – „seiza istezanje“ + „preklop“
- 3- meridijan srca i tankog crijeva – „leptirić“
- 4- meridijan bubrega i mokraćnog mjehura – „istezanje ispruženih nogu“
- 5- meridijan osrčja i trostrukog grijača – „agura/hanza s prekriženim rukama“
- 6- meridijan jetre i žučnog mjehura – „istezanje raširenih nogu“



早朝 集方 (そうちょうしゅうほう) – kompilacija ranojutarnjih vježbi

均整集方 (きんせいしゅうほう) – vježbe ravnoteže (simetrije)

古方あん摩 (こほうあんま) – „drevna“ masaža / 自分のあん摩 (じぶんのあんま) – samomasaža

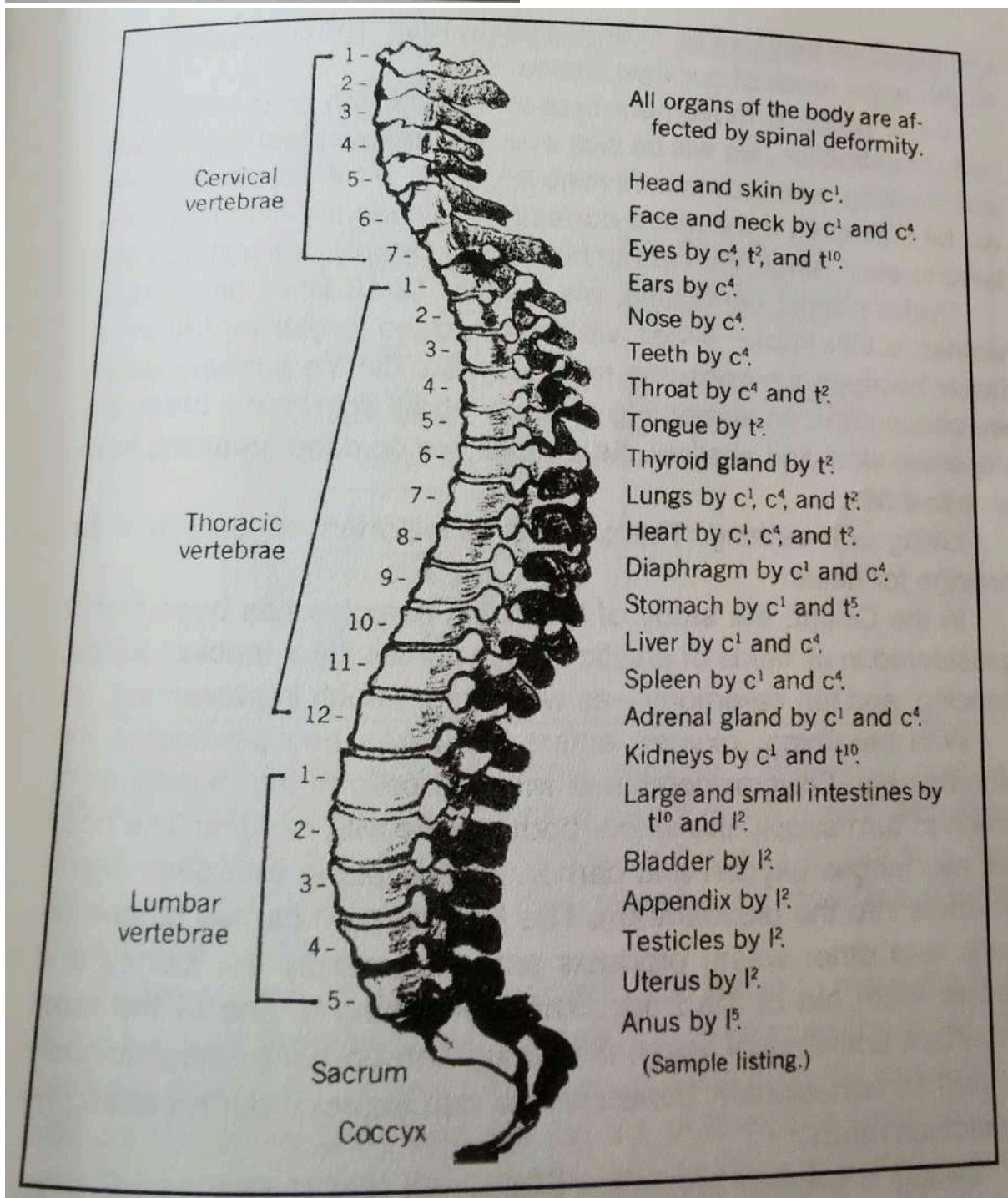
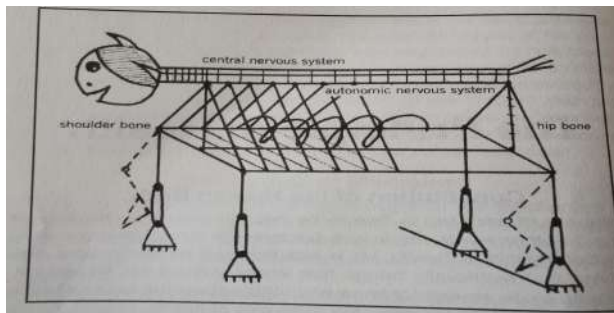
按腹 (あんぷく) – anpuku / 腹通り (はらとり) – haratori, „trbušna masaža“

漢方 (かんぽう) – kanpo, tradicionalna kineska medicina

和方 (わほう) – waho, tradicionalna japanska medicina

指圧 (しあつ) – shiatsu (Tokujiro Namikoshi, Shizuto Masunaga)

総体 (そうたい) – sotai (Keizo Hashimoto)

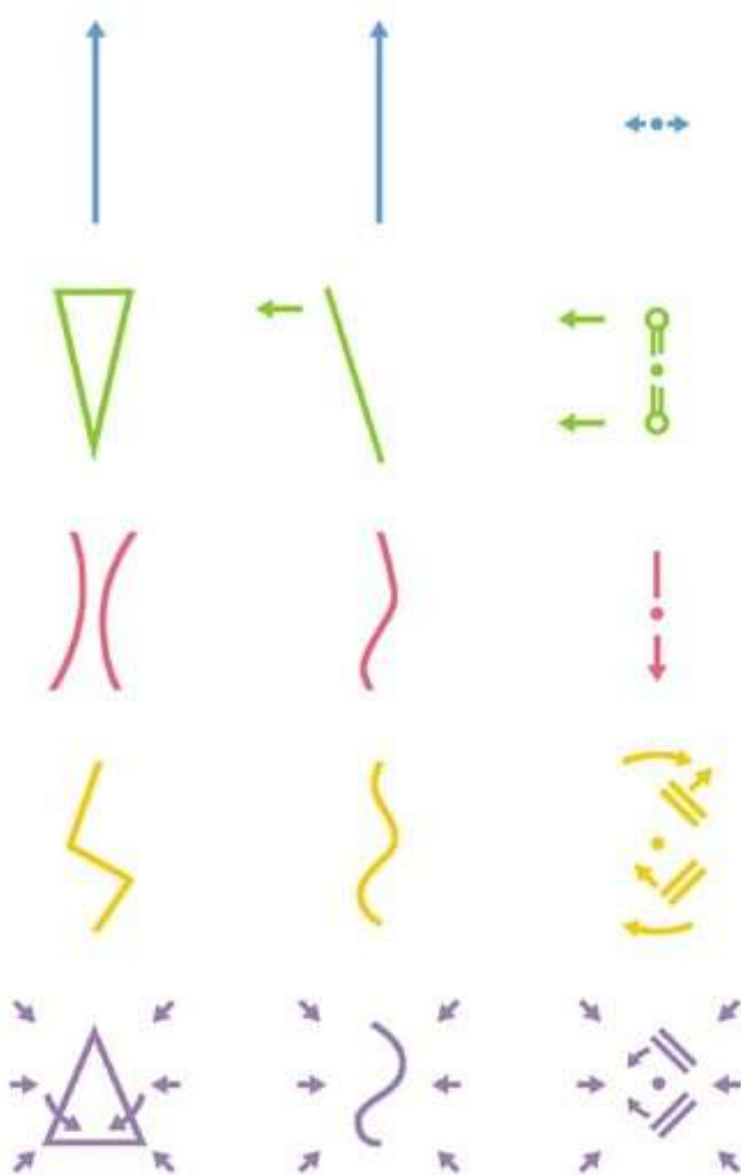


活元運動 (かつげん うんどう) – katsugen undo (Michizo Noguchi)

整体体操 (せいたいたいそう) – seitai taiso (Itsuo Tsuda), „spontanost pokreta“

反応性 (はんのうせい) – hanosei, reaktivnost (u seitai metodi – „prirodna postura“ u odnosu na CVP-sustav)

- 1- vertikalni osei
- 2- frontalni osei
- 3- lateralni osei
- 4- rotatorni osei
- 5- centralni osei



相撲健康体操 (すもうけんこうたいそう) – sumo kenko taiso

One: 氣鎮めの型【Kishizume-no-kata】 Concentration exercises

Adopt the starting position.

Crouch down as shown in the diagram.

Allow your back to extend naturally.

Open your knees as wide apart as possible without undue strain.

Quietly focus your mind.

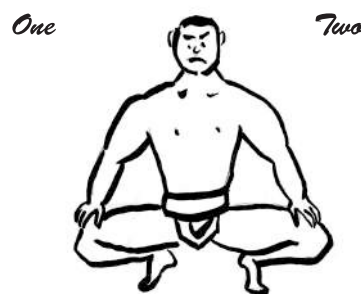
Use your stomach muscles to breathing slowly through your nose and breathe out through your mouth.(Abdominal breathing)

Sonkyo no shisei/ Crouching position

* This position expresses respect for your opponent

* Relax and focus.

* In sumo, this position allows both wrestlers to relax and control their building excitement before the bout.



One: Breath in slowly and deeply through the nose

Two: Breathe out slowly and deeply through the mouth

Two: 塵浄水の型【Chirichouzu-no-kata】 Clapping and rubbing the palms

This exercise has the same effect as the previous concentration exercise.

Rubbing your hands together stimulates the nerves.

Spread your arms and open your chest to extend your chest muscles.

This exercise also extends the shoulder joints.

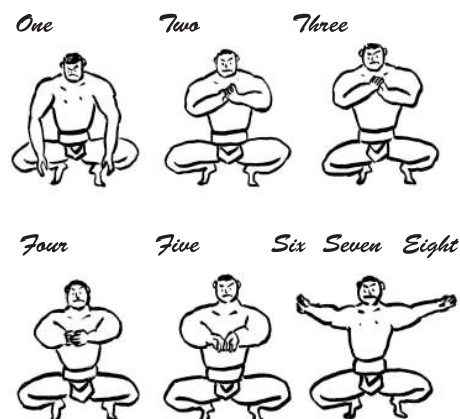
* This exercise expresses the wrestler's promise to fight fairly and cleanly.

* Chiri means weeds and tree leaves.

Chouzu means washing your hands.

* Long ago, when sumo bouts were fought out of doors, wrestlers rub their hands together before the bout to cleanse themselves by wiping off any blades of grass or leaves.

* The wrestler spreads his arms wide to shake off any blades of grass or leaves which may be stuck to his hands. This action is described by the phrase "Chiri o kiru".



One: Allow both arms to hang down inside the knees. (Drop your head as you stretch arms down.)

Two: Put your hands together

Three, four: Rub your hands together and clap

Five: Turn your palms forward.

Six: Spread your arms wide.

Seven: Turn your palms downwards

Eight: Return your arms to the centre

Three: 四股の型 [Shiko-no-kata] Stamping

Adopt the shiko position as shown in the picture.

Your knees and toes should be facing forward at a 45 degree angle and your posture should be relaxed.

Raise your leg, and bring it down with vigor to stamp the ground. Stamping stimulates the souls of the feet and strengthens the muscles around the legs and lower back. Standing on one leg improves the body's sense of balance.

This exercise strengthens the hip joints, legs and lower back.

This is a fundamental exercise for the legs and lower back which stabilizes the whole body's centre of gravity. It is also beneficial for people whose hands and feet are sensitive to the cold.

*This exercise strengthens the hip joints, the legs and lower back.

Standing on one leg also helps improve balance.

*Long ago, shiko was written with the Chinese character for "ugly",

*Shiko pacifies evil spirits and cleanses the ground.

*Shiko has its origins in a religious rite for stamping out negative vibes from the ground.

Shift your weight onto your left foot.

Ready, one, two, three

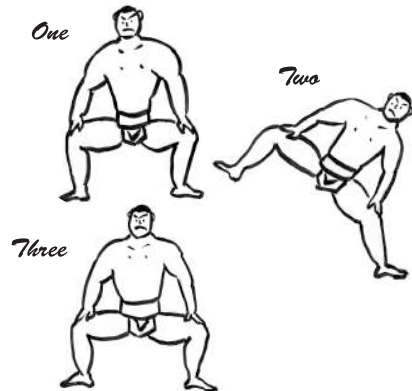
Right leg, left leg, squat down

Right leg first

One: Shift your centre of gravity onto your right leg without rising from the squatting position.

Two: Raise your right leg as you straighten your left leg. Pause briefly once your left leg is straight.

Three: Vigorously bring your right leg back to the original position.



Repeat for the left leg

Four: 伸脚の型 [Shinkyaku-no-kata] Leg Stretching

This exercise stretches the muscles of the leg and increases flexibility.

It increases blood flow around the knee joints and is also effective in maintaining joint stability.

This is an exercise for the hip joints which builds lower body strength and flexibility.

* Do not lift the left heel.

* Point the toes of your right foot upwards and push the right heel outwards to stretch the leg.

Return to position one.

Ready, one, two, three

The starting position is the same as for the shiko exercise.

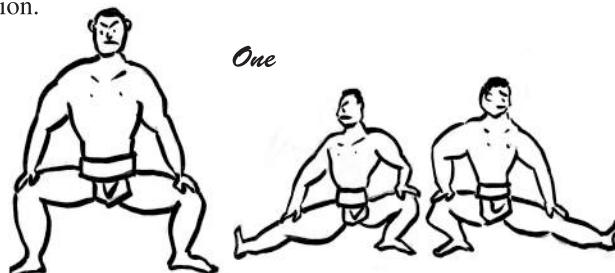
Begin with the right leg.

Move your right leg outwards slightly, about half a foot's width.

One: Put your body weight over the stretched leg.

Two: Return your upper body to a central position.

Repeat for the left leg.



Five:股割り【Matawari】Extreme leg stretching

This exercise is to open and stretch the legs.

It helps build flexibility, focusing on the muscles of the inner leg and the hip joints.

As this is a difficult exercise, you should start off with light, slow exercise.

Only stretch as far as you are comfortable, stopping if you feel pain.

This exercise increases the activity of internal organs and is also effective in preventing back pain.

If you are currently experiencing pain in some part of your body, approach this exercise with caution.

If you have unstable symptoms, you should avoid this exercise.

* Extend the abdominal flanks.

Sit down and extend your legs wide apart.

Raise your right arm and place your left leg arm on your left leg as shown in the picture.

One, two, three: Bring your upper body down over your left leg three times.

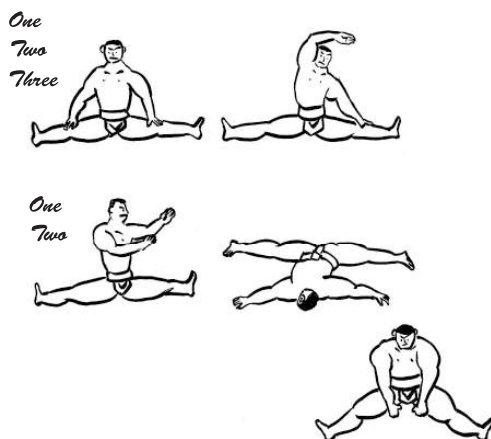
Repeat for the left side.

Put both hands out in front of you and swing them from left to right, twisting the upper body.

One: Swing from right to left

Two: Swing from left to right.

Bend your upper body forwards towards the floor while breathing outwards.



* Make a fist with both hands, and swing your body forwards and stand up.

Six:仕切りの型【Shikiri-no-kata】Preparing to wrestle

Grasp the ground with your toes and focus your mind.

Make a fist with both hands, and push arms out in front of you while breathing outwards

This exercise strengthens the toes, knees and lower back.

Ready, one, two, three. Adopt the starting position with your elbows on top of your knees.

Place your elbows on top of your knees, stare straight ahead and get ready.

One: Put your right fist on the ground.

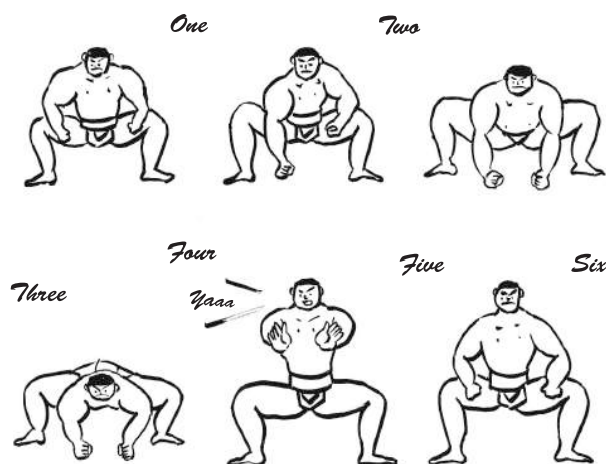
Two: Put your left fist on the ground beside your right fist.

Three: Tense your whole body and tilt your upper body forwards.

Four: Lift your upper body and thrust both palms forward, accompanied by a shout.

Five, six: Return to the starting position.

When performing this exercise, make sure you shout out loud.



Seven:攻めの型【Seme-no-kata】Attacking exercises

This exercise strengthens the ankles and knees through transferring your body weight.

Use your diaphragm to shout out.

These attacking moves also improve your low body balance as you shift your centre of gravity.

Also strengthens the legs and lower back.

Make a fist with both hands, draw your arms into your chest, then shout as you push arms forward.

Stretch arms and shoulders.

Be sure to put some spirit into this exercise.

This exercise stimulates both arms.

Ready, one, two, three

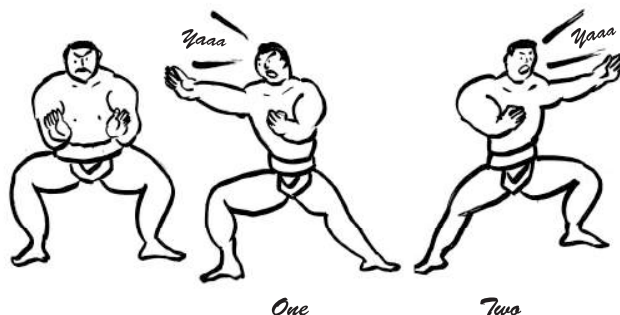
Bring your arms into your sides.

Begin with the right-hand side.

One: Shift your weight onto your right foot as you stretch your right arm forwards.

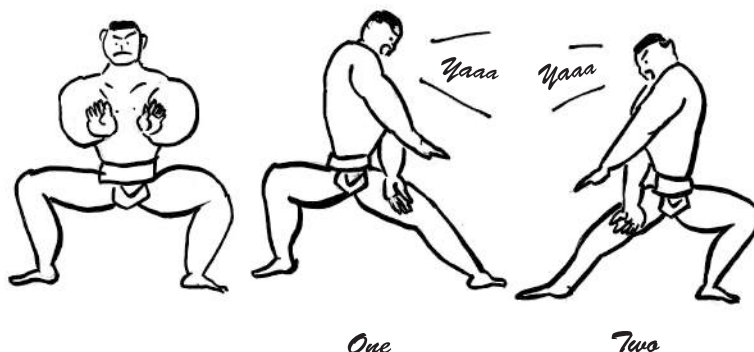
Focus your eyes on your outstretched hand, and keep your other hand tight into your side.

Two: Repeat for the left-hand side.



Eight:防ぎの型【Fusegi-no-kata】Defensive exercises

These exercises strengthen ankles and knees by transferring your body weight.



Ready, one, two, three

The starting position is the same as for the attacking exercises.

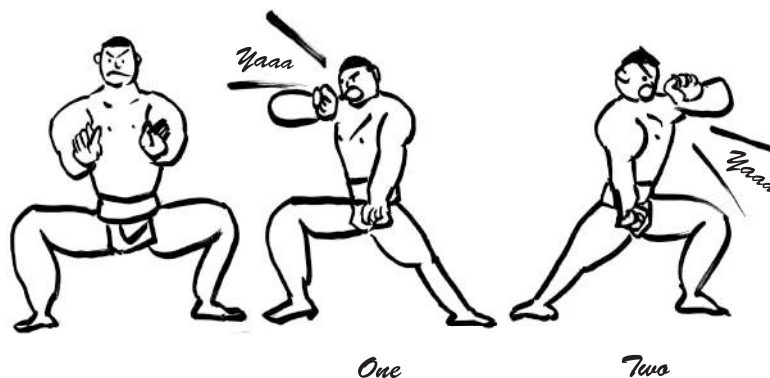
Begin with the right-hand side.

One: Transfer your weight as you raise your right elbow and then bring it straight down. Keep your eyes on both hands.

Two: Repeat for the left-hand side.

Nine: 四ッ身の型【Yotsu-mi-no-kata】Belt-grabbing exercises

This exercise works out the ankles, knees and both wrists.



Ready, one, two, three

The starting position is the same as for the attacking exercises.

Begin with the right-hand side.

One: Shift your weight onto your right leg, raise your right arm, turn your elbow out and bring your palm towards your forehead.

Turn your other outstretched hand inwards, and bring it down towards your crotch.

Two: Repeat for the left-hand side.

Ten: 反りの型【Sori-no-kata】Bending backwards

This is principally in upper body workout.

By bending backwards, you can increase your spinal flexibility.

Twisting and bending backwards also strengthens the abdominal flanks and stomach muscles, and is beneficial to the lower back and the shoulders.

This exercise can also help you loose weight around the waist.

Stretch your shoulders and your arms.

Do the exercise with determination.

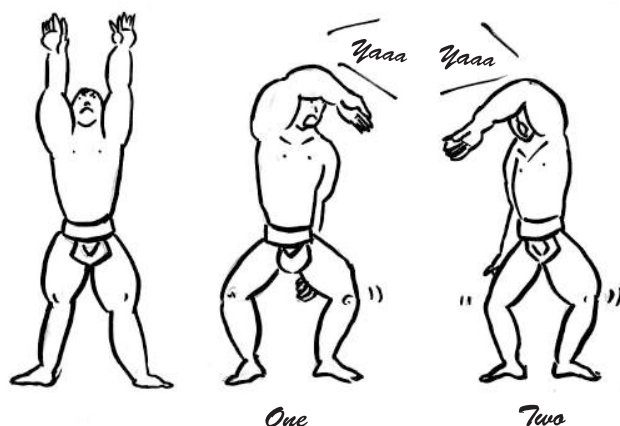
Ready, one, two, three

Lift both arms and look at your fingertips.

Begin with the right-side.

One: Bring your arm downwards while continuing to twist your body and bend slightly backwards. Flex your knees and return to the starting position.

Two: Repeat for the left-hand side.



Eleven:均整の型【Kinsei-no-kata】Balance exercises

Focus your mind in the lower abdomen.

These balance exercises are the culmination of the sumo health exercises.

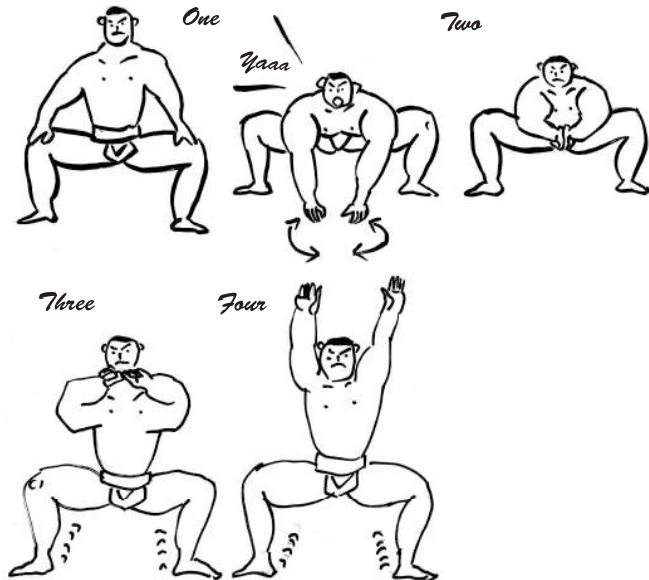
Put your determination into the base of your gut.

These exercises help energy flow around your body and make you feel good.

Turn your heels inward and shuffle forwards.

You should leave marks behind you on the ground.

Return your feet to the starting position.



One: Draw a circle two or three times with both hands at in front of you.

Two: Press both hands together and slowly raise your upper body while shuffling slightly forwards.

Three: While keeping your hands still together, turn your elbows out.

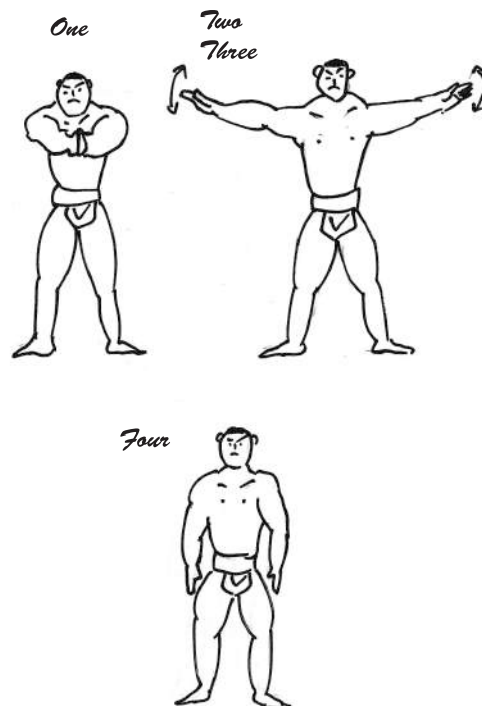
Four: Without raising your hips any further, raise both hands into the air.

Returns the original position.

Twelve:土俵入りの型【Dohyo-iri-no-kata】Entering the ring

Relax your body and mind.

Use your diaphragm to breathing slowly through your nose and out through your mouth (abdominal breathing).



One: Breathing deeply

Clap your hands together

Two: Spread your arms wide.

Three,Four: Turn your palms over and bring your arms down slowly while breathing out.

愉気 (ゆき) – yuki, „sretan ki“

気功 (きこう) – kiko, kin. qi qong, chi kung

素振り刀 (すぶりとう) – suburito

振り棒 (ふりぼう) – furibo

南部経絡体操 (なんぶけいらくたいそう) – nanbu keiraku taiso

南部天地運動 (なんぶてんちうんどう) – nanbu tenchi undo

南部自然の気運動 (なんぶしぜんのきうんどう) – nanbu shizen no ki undo

南部気運動 (なんぶきうんどう) – nanbu ki undo

GENERAL USE STRIKING POINTS

CUPRESSURE POINT
PRESSURE POINT
UPRESSURE POINT*
PRESSURE POINT
(D) ACUPRESSURE POINT
ACUPRESSURE POINT
DIAN STRIKING POINT
ITAL STRIKING POINT

