



THE PEACEFUL DRAGON

The Daily Warm-up and Conditioning Routine

Warm-ups

Circle hips 10x
Circle knees 10x
Circle body 10x
Elbow to toes 10x
Pendulum leg stretch 10x
Side leg stretch 10x
Outside wheel kick 10x
Lying leg stretch 10x
Front/side combination kick 10x
Back kick 10x
Standing relaxation 1 minute

Power Set

Raise & lower palms 50x
Cat stretches forward 10x
Cat stretches backward 10x
Cross-legged roll backs 20x
Back arches 10x
Lying down relaxation 1 minute

Stretching Set

Side split holding ankles 1 minute
Sit back, lean to left then right 1 minute each
Head to left then right toe 1 minute each
Lean forward 1 minute
Front split left then right 1 minute each
Circling arms chi kung 10x

Approximate Total Time:30 minutes