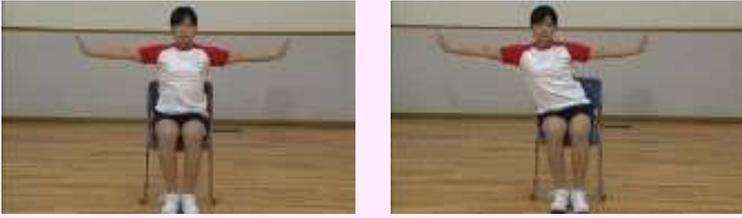
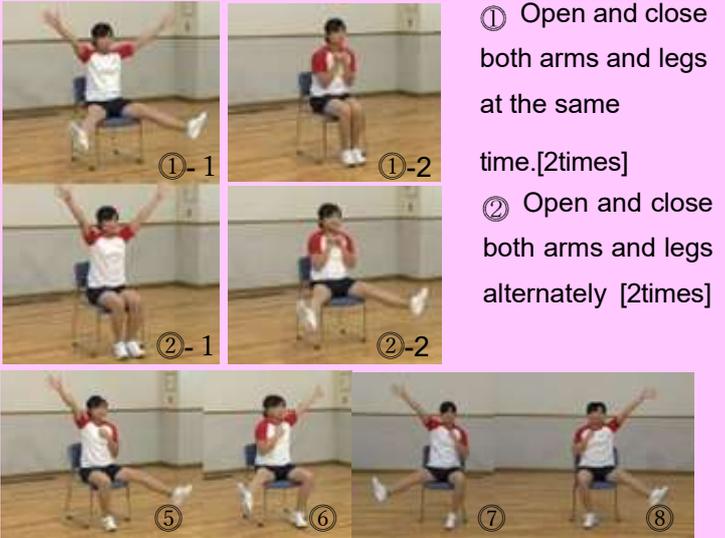
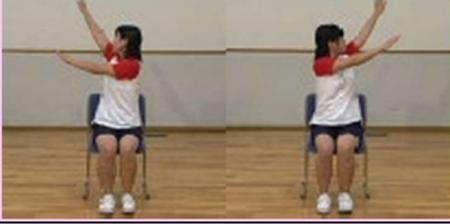


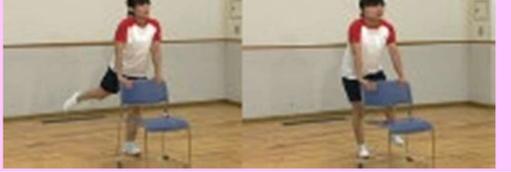
Arakawa Koroban Calisthenics

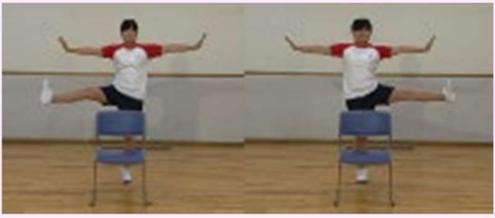
Name & purpose	Contents · Frequency	Point
<p>1.Trunk flexion</p> <p>· Upper body flexibility Enhance</p>	 <p>Bend and stretch the trunk while rotating the arms widely [4times]</p>	<p>With feet firmly planted on the ground, slowly bend forward while exhaling.</p>
<p>2.Lateral flexion of trunk</p> <p>Increase lateral flexibility of the upper body</p>	 <p>Lateral flexion of trunk [2 times each side]</p>	<p>Exhale lightly and slowly roll over to the side. At this time, stretch your armpits tightly</p>
<p>3.Lateral center of gravity shift of trunk</p> <p>Enhance the function of the abdominal muscles, back muscles, and muscles that connect the pelvis to the upper body</p>	 <p>Open both arms and move the center of gravity to the left and right [Twice on each side]</p>	<p>Keep arms horizontal at shoulder height and wrists erect. Extend arms out to the side, keeping the hips on the ground.</p>
<p>4. Ankle dorsiflexion exercise</p> <p>Strengthen the tibialis anterior muscle</p> <p>Achilles Tendon Stretch</p>	 <p>Dorsiflexion of ankle joint [16 times alternating left and right]</p>	<p>Keeping your heels on the floor, lift your toes as high as possible in rhythm with your fingers.</p>
<p>5. standstill</p> <p>Strengthen the iliopsoas muscles.</p> <p>Strengthen abdominal muscles.</p>	 <p>Foot stomping [16 times, alternating left and right]</p>	<p>Lift straight up so that the knees do not open sideways and do not turn the upper body back.</p> <p>Wave arms naturally.</p>

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6.Knee Extension Strengthen quadriceps muscles	 <p data-bbox="432 477 1157 517">Knee extension [slow: 4 beats x 2 times, fast: 2 beats x 4 times]</p>		Put strength in the thighs. Ankles should be slid forward, and when lowering the foot, do so slowly
7.deep breath Reduce elevated blood pressure and heart rate	 <p data-bbox="432 752 1157 792">Deep breath [2times]</p>		Inhale through the nose and exhale through the mouth.
8. seated. logogram Increase flexibility and coordination of lower extremity muscles	 <p data-bbox="432 1028 1157 1115">Write the character for "A-R-A-K-A-WA" one by one with your foot toward the air in front of you [twice on each side].</p>		Sing loudly and write letters as large as possible.
9. hip joints. Adduction Increase hip flexibility Strengthen quadriceps muscles	 <p data-bbox="432 1350 1157 1391">Extend both knees, strike the foot twice and return [4 times]</p>		Open and close the knees tightly and horizontally wide, ankles deflected toward you. Maintain balance so that the upper body does not deflect.
10. Combinati on exercise of hands and feet Enhances motor nerve function through whole-body exercise	 <p data-bbox="432 1946 1157 2029">③Left wrist right foot ④Right wrist left foot ⑤Left wrist left foot ⑥Right wrist right foot [Repeat steps 3 to 6 twice]</p>		<p data-bbox="1190 1397 1452 1570">Open and close arms and legs as widely as possible. Relax to music.</p> <p data-bbox="908 1397 1142 1570">① Open and close both arms and legs at the same time.[2times]</p> <p data-bbox="908 1581 1142 1704">② Open and close both arms and legs alternately [2times]</p>
11. deep breath	Deep breath [2times]	Inhale through the nose and exhale through the mouth.	

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<p>12. Standing up and sitting down</p> <p>Strengthens quadriceps and gluteus maximus muscles and improves balance</p>	<p>Stand up and sit down slowly without recoil, and those with back pain should take it easy.</p>  <p>Stand up and sit down [4 times], bowing out of the chair, and finally standing up.</p>	<p>With feet firmly planted on the ground, exhale and slowly bend forward.</p>  <p>Raise your arms wide from bottom to top, chest out [4 times].</p>
<p>13. Backbending of the trunk</p> <p>Stretch the upper body and create good posture</p>	<p>Inhale when you deflect and exhale when you bring it back. Slowly, without recoil. Don't force your neck to deflect, but keep your chest up.</p>  <p>Backbending of trunk [2 times]</p>	
<p>14. Torsion of the trunk</p> <p>Stretches the muscles from the waist to the chest and improves flexibility of the body</p>	<p>Twist your body to look at the tips of your hands. If you have back pain, do not overdo it.</p>  <p>Twist the entire body [2 times each side]</p>	
<p>15. Standing on tiptoes</p> <p>Strengthens the triceps lower leg muscles and improves front to back balance ability</p>	<p>Stand on tiptoe as high as possible while maintaining balance. If you have ankle pain, take it easy.</p>  <p>Step out with one foot and stand on tiptoe [8 times on each side].</p>	 <p>Lift and lower the heel with one foot in front of the other and the opposite foot slightly pulled back</p>
<p>16. high knee</p> <p>Strengthens iliopsoas and quadriceps muscles and improves balance ability</p>	<p>Straighten the body and lift the thighs as high as possible.</p>  <p>high knee [alternating left and right, 4 times each]</p>	

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<p>17. Diagonal abdominal exercise</p> <p>Strengthens abdominal muscles and improves body stability</p>	<p>The body should be straight when bringing the diagonal knees and elbows close together.</p> 	 <p>Alternate diagonal knee and elbow strikes [4 times, alternating left and right].</p>
<p>18. Hamstrings& Achilles tendon stretching</p> <p>Increase flexibility of hip and ankle joints</p>	<p>Bend forward to stretch the back of the thigh in front of you, then move the center of gravity forward to stretch the calf of the back leg.</p> 	<p>Extend one leg diagonally and tilt the body in the same direction. Next, deflect the ankle and stretch the back of the knee.</p>  <p>Stretch hamstrings and Achilles tendon [2 times, alternating left and right]</p>
<p>19. deep breaths</p>	<p>Deep breathing [2 times] Inhale through the nose and exhale through the mouth.</p>	
<p>20. march</p> <p>Walking with a change of direction according to the environment</p>	<p>Raise feet and knees high and in rhythm, being careful not to bump into the chair.</p> 	 <p>Move behind the chair while marching</p> <p>Stamp your feet on the spot to the music</p>
<p>21.ARAKAWA(front)</p> <p>Improve lower extremity coordination and balance</p>	<p>Sing loudly, support yourself firmly on one leg and write large letters. If there is pain or anxiety, hold the backrest. If there is pain, take it easy</p>  <p>Write with your feet toward the ground [once on each side].</p>	 <p>Write forward with your hand [once on each side].</p>

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<p>22. Front, side, back</p> <p>Increases balance capacity. Improve motor reaction time.</p>	Move your feet in a fun, big way while riding the rhythm.	
		
	Feet forward, sideways, backward, clap hands [4 times each side].	
<p>23. Cossacks</p> <p>Strengthens quadriceps muscles and builds a strong lower body</p>	Lift your toes and move your feet rhythmically while keeping your body upright.	
		
	Cossacks 8 beats [1 time each side] → 4 beats [2 times each side] → 2 beats [4 times each side]	
<p>24. deep breath</p>	Deep breathing [2 times]. Inhale through nose, exhale through mouth	
<p>25. Hip Extension</p> <p>Increase gluteus maximus muscle strength . Hip Stretch</p>	Do not lean your body. Lift your legs high back with your hips.	
		
	<p>Hip extension with hands on backrest Slowly [4 beats x 2 times on each side] Quickly [2 beats x 4 times on each side]</p>	<p>Extension of the knees and the diagonal arm directly above the knee [4 beats x 2 times] , Knee extension only [2 beats x 4 times on each side]</p>
<p>26.ARAKAWA(back)</p> <p>Increase hip and knee joint strength. Improve lower body coordination.</p>	Sing loudly. Support yourself with one foot and write as large a letter as possible.	
		
	Extend the hip joint and write with the foot [Once for each side]	Write with hands and feet at the same time [Once for each side]

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<p>27. One leg Balance</p> <p>Strengthens mid and upper body muscles and increases hip flexibility</p>	<p>Feet as far to the side as possible, arms horizontal, wrists erect.</p>  <p>Hip joints are abducted with both hands open [4 times on each side]</p>	 <p>Arms open, legs diagonally forward. [4 times on each side]</p>
<p>28. Center of gravity shift to the side</p> <p>Increases hip flexibility and strengthens lower body muscles</p>	<p>Avoid leaning back, step your feet out to the side as far as possible and place your weight on them.</p>  <p>Put your hands on your hips and shift your center of gravity to the side. [4 times on each side]</p>	 <p>Move the center of gravity of the upper body only to the side</p>
<p>29. deep breath</p>	<p>Deep breathing. Inhale through the nose and exhale through the mouth.</p>	
<p>30. Diagonal movement of the back</p> <p>Strengthens back muscles and unifies body movements</p>	<p>Keep your chest out and be aware of your back muscles.</p>  <p>Raise one hand and opposite leg behind you and deflect your torso [4 times on each side]</p>	 <p>Extend both upper extremities diagonally</p>
<p>31. walking</p> <p>Make the gait pattern dynamic.</p>	<p>Look straight ahead and straighten your back. Be careful not to bump into the chair.</p>  <p>Walking in rhythm. 4beats [2 times each, back to back]</p>	<p>Raise arms and legs wide and high.</p>  <p>Stamping your feet on the spot in rhythm</p>

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<p>32. heel-walking</p> <p>Strengthens the tibialis anterior muscle and increases the ability to balance backward.</p>	<p>Look straight ahead and straighten your back. Rhythm to the music.</p>  <p>Walk back and forth, keeping your toes up and balancing as much as possible.</p>	 <p>Step on the spot with the heel</p>
<p>33. tiptoe walk</p> <p>Strengthens the triceps lower leg muscles and increases forward balancing ability</p>	<p>Look straight ahead and straighten your back. Rhythm to the music.</p>  <p>Walk back and forth, keeping your heels up and balancing as much as possible.</p>	 <p>Raise heel high and move back and forth finely.</p>
<p>34. tandem walking</p> <p>Balance practice</p>	<p>Look straight ahead and straighten your back.</p>  <p>Alternate feet with the toe and the heel of the opposite foot. Walk as if you were walking in a straight line.</p>	
<p>35. walking with hands and feet together</p> <p>Enhance balance ability</p>	<p>Look straight ahead and straighten your back. Lift your arms and legs high and in rhythm.</p>  <p>Walk with arms and legs raised together and alternately.</p>	 <p>On-the-spot footsteps with the limbs on the same side.</p>
<p>36. deep breath</p>	<p>Deep breathing. Inhale through the nose and exhale through the mouth.</p>	

To make calisthenics effective

- ♣ Exercises are effective when performed at least two days a week, twice a day.
- ♣ Before performing the calisthenics, do some light preparatory exercises such as stretching.
- ♣ For each pose, move your body while being aware of the muscles to be strengthened.