

Aiki-Taiso

合気体操

- **Ikkyo undo** - wrist stretch with wrist flexed 5 count
- **Nikyo undo** - wrist stretch with thumb down 5
- **Sankyo undo** - wrist stretch with fingers down 5
- **Kotegaeshi undo** - wrist stretch with fingers up 5

- **Funakogi Undo** (Rowing Exercise) 4
- **Shomenuchi Ikkyo Undo** (Front 1st Teaching) 4
- **Zengo Undo** (Front and Back Exercise) 4
- **Happou Undo** (8 Direction Exercise) 8
- **Tekubi Kousa Undo** (Wrist Crossing Exercise) 5
- **Tekubi Kousa Jo-ho Undo** (Wrist Crossing Upward Movement) 5
- **Udefuri Undo** (Arm Swinging Exercise) 4
- **Udefuri Choyaku Undo**(Arm Swinging Step/Jumping Movement) 4
- **Sayu Undo** (Left and Right Exercise) 4
- **Sayu Choyaku Undo** (Let and Right Step/Jumping Movement) 4
- **Ushirotori Undo** (Back Grabbing Exercise) 4
- **Ushiro Tekubitori Zenshin Undo** (Back Grabbing Forward) 4
- **Ushiro Tekubitori Koutai Undo** (Back Wrist Grabbing falling back) 4
- **Tenkan Undo** (Turning Exercise) 4