

Bujinkan “Workout” Plan

Some important notes regarding the plan:

- Note that this is “workout” plan and not a workout plan. The intention of these exercises is to facilitate structure development as opposed to muscle development.
- Focus is midline stability and out of balance movements
- You will get more benefit out of “internal” work rather than external work. By this I mean, that there should be an internal tension working, working against yourself. In this manner, you can make the exercises as hard or as easy as you would like.
- Generally the exercises will require midline engagement to get the most benefit. It are the internal muscles that you are using.
- Comparing to something an instructor of Iyenga yoga once said to me. A millimetre externally can be a mile internally.
- I am not a personal trainer. I have no qualifications and more importantly no day to day experience in conducting personal training. This is essentially kamae practice and may
- Kuden and hiden (oral transmission and secret transmission) is very important. Words cover a very small percentage of what is occurring and it is important to conduct with correct context.

Most importantly this is a guideline only for items I find beneficial. Listen to your body and do not push beyond your limits.

Conduct at your own risk.

Lower Body

- Slap and lightly tap all over the legs to warm up and get blood flowing
- Stand in Ichimonji no kamae – 30 seconds each side
 - Knees to be in the direction of the feet. Actively push the knees outwards.
 - Pelvis tucked under and not sticking the butt out
 - Torso as profile as possible and head facing in the line of the front foot
 - Only go as deep and as wide as your body can permit. Then using internal actions to “pull” the body apart.
- Ichimonji no kamae switching – 10 switches
 - Stand in ichimonji no kamae
 - Look backwards, change hands and shift feet
 - Make change in direction “small” and not in a big circle
- Squats – 10
 - Keep knees outwards, and engage midline.
 - Only go as deep as you can with feet on floor and back straight
- Leg behind squat – 10 alternating sides
 - Apply as much weight on the back leg as required to vary difficulty. On floor or small chair
- Leg in front squat – 10 alternating sides

Hips

- Sumo squat and move side to side – 10 alternating sides
 - Feet in line with knees. If knees are inside feet then you are too low. Come up to a point where you can “pull” apart yourself. It is the internal work that is important
- Couch Stretch 30s each side
 - Right knee at wall and right shin up wall. Left leg out from wall
 - Try to lower hips
 - If too hard, place knee further away from wall
- Seiza
- Seiza lifting leg 2x20 sec each side
 - If too hard, support with hands or lift knee with hand
- From kneeling hinge at knees and keeping straight from knees to back
 - Go back as far as you can slowly.
 - 5 – 10 reps

Midline and Shoulders

- Childs pose
 - In seiza lean forward with your belly on your legs
- Plank – 30s
 - Keep midline engaged and don't sag through the middle
- Pushup - 5 (if you can)
 - elbows close to sides
 - forearms will be straight up and down in bottom position
 - treat it like a moving plank
- Cobra
 - From bottom of pushup position lift the chest
 - Squeeze glutes to protect the back
- Rest
 - Lie down prone and rest 30s
- Plank – pushup – cobra – rest
- Side to side plank 10 alternating each side
- Curl into a ball and rock back and forth to relax
- Stand tall
 - Rotate shoulders up and down the back
 - Keep shoulders in position and raise arms
 - Hands and head pull up, shoulders pull down – work against the body

Coordination

- Tobi – jumping forward backwards sideways
- Kaiten – rolling forward backwards and sideways
- Tsuki and Uke