

The Taiso

Choreography JAPAN GYMNASTICS ASSOCIATION Gymnastics for All Committee

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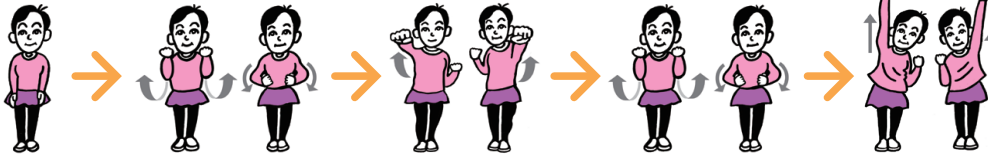
Video ▶



Music Download ▶

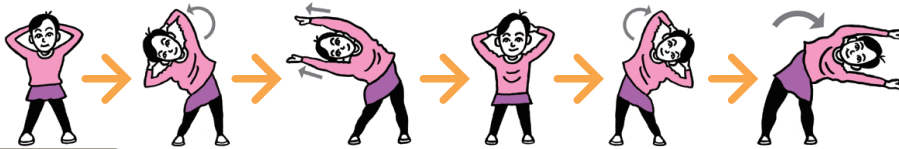


Warm up Swing and Stretch Your Arms



- Swing your arms 2 times, then punch straight ahead one arm after the other.
- Swing your arms 2 times, and this time punch straight up one arm after the other.

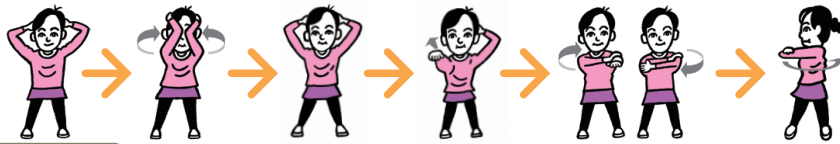
1 Bend Your Body to the Side



Preparation Position

- Open your legs and put your hands on the back of your head.
- Bend your body in the same direction 2 times.
- After that, you should bend once more slowly while extending your arms out to the side.

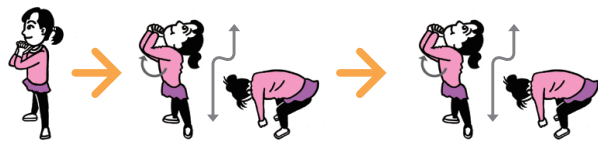
2 Twist Your Body



Preparation Position

- With your hands still on the back of your head, touch your elbows together then return to the original position.
- Put your arms straight out in front of your body one after the other.
- Then bend your arms in one after the other. Then, twist in the same direction 2 times.
- Then, start from the beginning and do the other side.

3 Bend Your Body

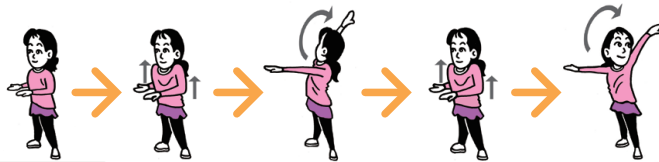


Preparation Position

- Hold your hands in front of you. Put your thumbs up and touch your chin with your thumbs.
- With your thumbs touching your chin, push your head back, bend your upper body backward, and stretch your stomach.
- Then, bend your upper body forward and lower your arms twice while bending your legs.



4 Stretch Your Chest



Preparation Position

- Bend your arms so that your palms are facing up in front of you.
- Raise your shoulders up and down, then rotate one arm up and back and stop once it is past your ear. The other arm should be extended straight out in front of you.
- Then, return to the original position and do the other side.



5 Move Your Arms and Legs



Preparation Position

- Bend your arms and keep them against your body.
- March in place and after taking 4 steps extend your arms out, bring them back in, and clap 2 times. Repeat it 2 times.
- Next, after taking 4 steps, cross your arms over your chest, touch your shoulders, and clap 2 times. Repeat it 2 times.

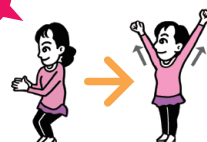
Balance and Stretch

※ Only the normal version

- Lock your fingers together, raise your leg and grab your knee. Keep your balance on one leg.



After balancing and stretching, repeat exercises 1-5 without preparation (4 counts).



- Clap 6 times while bending your legs. Then, raise your arms up and hold this final position.