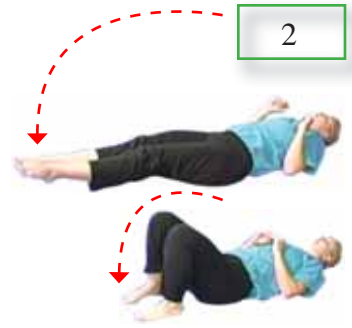


Touch-Ups

Core JKD Conditioning Exercises



1. Start on your back with your knees bent. Your elbows will help stabilize your balance through the movement.

2. Raise your knees up toward your chest with your feet pointing upward.

3. At this point your hips leave the floor in an attempt to touch the highest point possible with your toes (this can be a wall your head is against or simply the air.) Support yourself with a base consisting of your upper back, upper arms, neck and head.

4. On the return you lower yourself with control, allowing your back to straighten. Your abs will do the majority of the work raising and lowering the bottom half of your body.

5. At the end of the movement you can place your feet back to the floor as in the bottom picture, or you can extend them outward for more resistance without touching the floor as in the top picture.

Rollbacks - Seated



(As seen from the opposite side)



1. Start the movement in a seated position with one leg tucked partially under the other.

2. Roll backward, rounding out your back to help you through the movement. You will continue rolling your feet over one shoulder or the other, **not over your head.**

3. Continue the roll over one shoulder swinging your legs back and out until your feet touch the floor behind you. This is the three point position. From here you roll back to position #1.

4. Remember to go over each shoulder in turn.

Bridge Over - Partial

(Side View)



1. Start on your back with your knees bent.

2. Raise your hips off the ground to where you are fairly straight from your knees to head.

3. With one arm reach across your body to the opposite shoulder to touch the floor palm down. This should be approximately 45 degrees above your shoulder plane.

4. The finish of one side movement ends back in position #1. From here continue to the opposite side in the same manner as moves #2 & #3.

5. Here we see the left side bridge over - partial.