



Naginata Introductory Courses

Teaching Naginata step by step

Warm up

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November 2009

Warm up

1. Theory

Definition. The warming up is designed to increase the body temperature preparing it to the following training. These exercises will help preventing injuries by raising the metabolic activity, preparing the muscles and mobilising the articulations. It will enable practitioners to be in the optimal mental and physical state to participate to the course.

Timing. The warming up length will vary between **5 – 15 minutes**, depending on its intensity, the goal being to elevate the body temperature according to the student's abilities. Therefore the professor should always adapt the warming up to the type of population he/she is teaching, as well as the type of training which will follow. For example, if the following practice focuses specifically on Tsuki, it is necessary to warm-up the abductors and adductors as those are the most solicited muscles during the strike.

Level. For beginners being not accustomed to naginata movement, the course is often more constraining. Nevertheless the fact that they are not putting the bogu on, the warm-up should be light and more focused on technical aspect and basics (Kihon). The kihon is an integral part of the warming up, on top of the technical work which characterise it BUT this booklet will only dwell on the warm-up exercises letting the kihon aside.

For experimented student, the warm-up should be done starting the course and at the beginning of bogu practice.

2. Practical part

a) Running :

Length: 5 minutes → increase the temperature, using the principal muscles.

Exercises complementing the run:

Heels-butt
Knees elevation
Sidesteps (int, ext)
Legs squat-jump
Hopping (left, right)
Backward run
Quickening
Arms rotation

(these exercises can also be done on one spot)

b) Games without naginata:

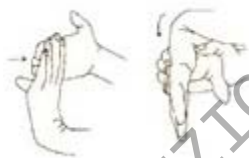
- Dispersion run, ichi = backward run / frontward run, ni = half-turn, san = jump/push-up/full stop etc...
- Dispersion run, when passing somebody, touch his/her shoulder. Next step: try not to get touch.
- Follow a partner in his/her back (change the types of movement, profiles, sidesteps, backward etc...).
- Run with ribbon on our back, try to catch the other's ribbon.
- When commending « ichi, ni, san, shi » the student have to follow Up, sit, back on the floor, front on the floor.
- When calling ichi, ni, san etc: the students have to get to a specific zone.

c) Games with naginata :

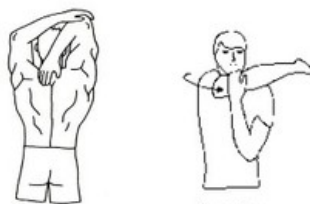
- Imitation game per two : one lead the other. Realise random moves.
- Three clans' game: Snakes, Foxes, Crows. Snakes attack foxes which attack crows which attack snakes in armour.
- « ichi,ni,san,shi » the student have to follow Up, sit, back on the floor, front on the floor with their naginata never touching the ground.

d) Articulations mobilisation + Stretching:

- Wrist: Push-up position (knees on the ground if necessary), change hand positions.
game : touch the partner hands, having yours under.
Forearm stretching :



- Shoulders: Arms rotation (forward/backward/different way).
Stretching triceps and deltoid:



- Hip joint: Hips rotation.
Back stretching:



- Neck + Head: movement in different way, and against resistance.



- Knees: Light knees rotation.
- Ankle: Star Jump, coming back in the centre or not.
Game: remember a star combination.
Stretching calf and adductors:



- Legs : Trample on the ground, jump on one spot
Game: together, back/back, push the opponent.
Stretching quadriceps and ischios:



e) Proprioception (body and movement in space) with naginata :

- Keep balance on one foot
- Idem closing your eyes
- Idem turning your head
- Realise strikes on a bogu/partner blocking closing your eyes

f) In armor

- Uchikaeshi
 - o Motodachi stay still
 - o Motodachi move backward/forward : single step
 - o Motodachi move backward/forward : tsugi-ashi
- Basic strikes (with no interruption for X seconds)
- Kakarigaeko
 - o one hit and go back to chudan
 - o Motodachi oblige the attacker to do big steps

RIPRODUZIONE VIETATA