



## All Rise Martial Arts TKD Stretching Sequences

### Tiger Stretching Sequence

1. Seated double leg toe touch
2. Seated single leg toe touch and twist
3. Seated butterfly
4. Seated split - forward, right and left

### Basic Stretching Sequence

1. Standing double leg toe touch
2. Squat and twist
3. Side Lunge
4. Front lunge, toe hold quad stretch, twist and reach
5. Front split
6. Frog stretch, Side split
7. Pigeon stretch
8. Knee and ankle rotations

### Advanced Stretching Sequence

1. Child's pose
2. Cat/cow
3. Down dog, calf stretch
4. Single leg figure 8s
5. Upward dog, twist
6. Standing double leg toe touch, twist and reach
7. Squat and twist
8. Side lunge
9. Front lunge, toe hold stretch, twist and reach
10. Front split
11. Frog stretch and single leg lift
12. Side split
13. Pigeon stretch
14. Knee and ankle rotations