



Dojo Mobility & Power Primer

Supporting Kamae, Reach & Striking Power

Purpose

This short sequence is designed to support:

- a more effective guard position (kamae)
- earlier, wider blocking range
- cleaner striking extension and power transfer
- shoulder freedom without losing stability

Key Idea

“If the chest collapses, reach shortens and power leaks.”

A collapsed kamae often:

- drops the chest
- draws the shoulders forward
- limits shoulder blade movement
- shortens blocking range
- weakens rotation and snap

We're not changing style.

We're simply restoring **usable range** in the shoulders and upper back.

5–8 Minute Sequence

1. Wall or Pillar Chest Lift

(Thoracic Extension)

- Back against wall or pillar
- Heels slightly forward
- Upper back in contact
- Hands behind head
- Lift the chest without arching the lower back

2 sets × 5 slow reps

Cue:

“Create space in the chest so the arms can move.”

2. Scapular Set → Relax

(Shoulder Control)

- Stand tall
- Draw shoulders **back and down**
- Hold 2 seconds
- Fully relax

2 sets × 8 reps

Cue:

“Set, then free — not stiff.”

3. Wall Angels

(Blocking & Guard Mobility)

- Back against wall
- Arms slide up and down
- Move only through clean, controlled range

2 sets × 6–8 reps

Cue:

“This is blocking range, not stretching.”

4. Band or Partner Rows

(Pull = Counterbalance to Strike)

- Elbows stay close to ribs
- Chest remains lifted
- Pause briefly at the end of the pull

2 sets × 10 reps

Cue:

“Every good strike has a pull behind it.”

5. Kamae Reset Hold

(Postural Endurance in Guard)

- Step into natural kamae
- Gentle chest lift
- Chin neutral (eyes forward, not down)
- Breathe normally

3 × 20–30 sec holds

Cue:

“Same stance, better structure.”

Strong kamae isn’t hunched — it’s open, ready, and mobile.