

## YOTHA DUO Program

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| Meeting and greeting  | When people meet they usually shake hands but this does not make them equals.  | New greeting ceremony. Say hello by opening hands with palms us toward each other. Bow the head. Kneel down in Zeiza and bow toward each other. Take hands and help standing up.   |
| Challenge and defend  | Both take karate position and we start with punch and block  | We stand in Zenkutsu Datchi close to each other. One gives a tsuku and the other person blocks. We use different kind of blockings. Watch the other person carefully. Is there pain? Do we need to adjust or continue?         |
| Powerhouse experience | One striking pad. One person hold the pad and the other is kicking. We take turns on holding and kicking.              | This training targets consideration of power, speed and compliance with the abilities of the other person. Can we use full power, reduce it, adjust our own and can we find the right way to excel both and enjoy the process. |
| Punching agility      | Both must wear boxing gloves. We start to do glove punching were both sides use combinations and evasion               | Both wear gloves and a set of punch and evasion combinations is trained. During this process both sides must balance speed, power, agility of the punches to the level of the other person.                                    |
| Balance exercise      | Here we do different exercise to help each other to stay in balance during the movement                                | Different exercise where both need to hold hands or assist each other in balance while performing one or more movements at the same time.  |
| Cooperation           | Both need to cooperate to perform certain exercises.   | During this session we need to cooperate to perform the different exercises.   |
| Trust exercise        | These exercises are daring and contain a certain risk in itself.   | The movements have limitations within themselves. You have to challenge the partner but also listen to the questions and body possibilities. It is a matter of feel and see. Believe and trust.                                |
| Flow                  | Movements for on the go, to let our bodies flow in a direction and under control                                       | Like a dance we move together and find the harmony of movements. There is a flow where two bodies come into a harmony of moving.   |
| Intimacy              | Trust, cooperation, balance, and all other functions come together in these exercises and people are allowed to choose | Participants become close to each other physically and spiritually. They need to connect and trust the other go  |

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|  | the partner. There must be no force in choice. | as far as permitted and felt right. Some of the exercises can feel different. |
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## THE MOVES

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| Meeting and greeting | <ul style="list-style-type: none"> <li>• Hand clap</li> <li>• Bow in standing position Japanese way</li> <li>• Wai in Thai way</li> <li>• Touch your own shoulder right hand left shoulder and right hand left shoulder</li> <li>• Touch shoulder of the other left hand to left shoulder and right hand to right shoulder (crossing)</li> <li>• Both touches not existing ball in air, each touches the side of a earth round ball and make first 3-5 left and than 3-5 right turns</li> <li>• Shake hands, first shake the right than the left and again on different distances</li> <li>• Slam open hands palm up and again palm down both sides, not hard but touching gently</li> <li>• Kou Tou with man hand left on top and female right on top first bow to the hands and than move down to the ground al the way and touch head on ground one time, sit up and do so again 5 x</li> <li>• Namaste in circle and high up like you pray to the sun and move hands down in a circle again.</li> <li>• Dance steps left front/black/right front / back while putting the hands in the side of your body</li> <li>• Touch head and give with hands, like you are giving away your head</li> <li>• Hand on hart and little bow</li> <li>•</li> </ul> |
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| Challenge and defend | <ul style="list-style-type: none"> <li>• Both standing opposing each other and throwing karate punches toward each other</li> <li>• One punches and the other person is blocking</li> <li>• One is kicking and the other is defending</li> <li>• One is pushing and the other steps aside (Aikido)</li> <li>• One is pulling and moving with the power while the other is falling over to the front</li> <li>• Both standing in horse stand opposing each other and hands touching. Left is pushing while right is taking and</li> </ul> |
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|  | <p>then the other side. During this exercise you move the arms in and out with some power</p> <ul style="list-style-type: none"> <li>•</li> </ul> |
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| Powerhouse experience | <ul style="list-style-type: none"> <li>• Work out on the striking pad (73x35) size and kick low kicks on it</li> <li>• Knee strikes on the same pad</li> <li>• Front kicks</li> </ul> |
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| Punching agility | <ul style="list-style-type: none"> <li>• Both wear boxing gloves and we do the “handschoen stoten” training starting with a simple left and right punch. The goal is to learn each other’s power and speed. During this training both sides need to feel the other person and adjust when and what is needed to get to a serious training level were both enjoy the practice and get satisfied doing so</li> </ul> |
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| Cooperation | <ul style="list-style-type: none"> <li>• Ball training. The ball (or another object) is given from one person to the other and back.</li> <li>•</li> </ul> |
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| Balance exercise | <ul style="list-style-type: none"> <li>• Balance is needed to built trust and reliability during the exercises and in life. Our first exercise is just standing with left arms entangled in each other and lifting the right leg off the ground.</li> <li>•</li> </ul> |
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| Trust exercise | <ul style="list-style-type: none"> <li>• Take the other person on your back, the strongest carry the other. Decide who does who.</li> <li>•</li> </ul> |
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| Flow | <ul style="list-style-type: none"> <li>•</li> </ul> |
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| Intimacy |  |
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## PICTURE GALLERY

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| Meeting and greeting |  <p style="text-align: right; font-size: small;">KIDS YOGA<br/>STORIES</p> |
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Challenge and defend

Powerhouse experience





Cooperation







A



B







Punching agility



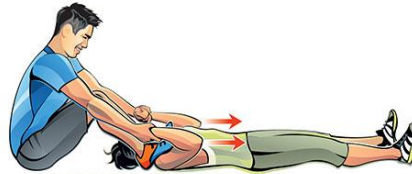
Balance exercise







Trust exercise



Yoga Sequence Builder

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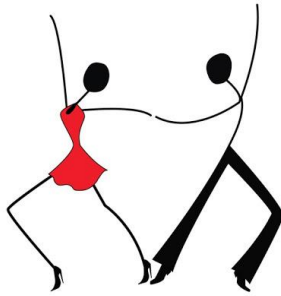


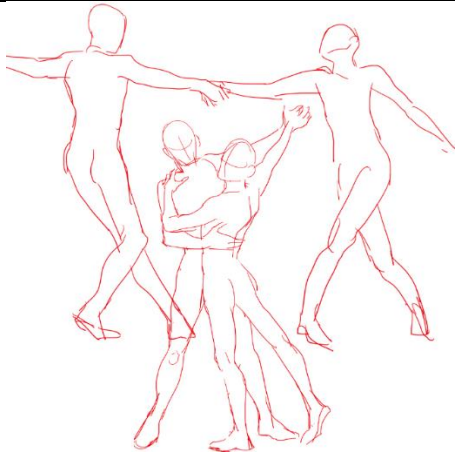
Flow





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Intimacy







