PDAE Video Clip 2

The first movement is Head Tilting
Tilt your head to the right
until you feel tension on the left side of your neck
The right ear should be close to the shoulder
and then return to the starting position
Let's try the left side now
Tilt slowly
remember to keep facing forward
and don't shrug up your shoulders
and keep them relax
Then return to the starting position
One more time now
To the right this time
return to the starting position
Then to the left
Let's try again
Move to the right
1
2
3
4
5
Good
Slowly move back to the starting position
Then move to the left
1
2
3
4
5
back to the starting position

Repeat 5 to 10 times

The second movement is Head Turning

Turn your head slowly to the right

until you feel a slight tension on the left neck

Hold for 5-10 seconds

then return to the starting position

Let's try the left side now

Remember not to lift or drop your head

Now slowly turn your face forwards

then turn to the right

Return to the starting position facing forwards again

then turn to the left

Slowly turn your face forwards

then turn to the right

1

2

3

4

5

OK. Turn your face forwards slowly

then turn to the left

1

2

3

4

5

face forwards again

Repeat this movement 5 to 10 times

The third movement is Arm Stretching

To begin, put your hands together with fingers interlocking

Turn the palms inside-out and push forwards

until the elbows are completely straight

Hold for 5-10 seconds

Next, raise your arms with palms facing upwards
and then put them down naturally
Let's do it again
Interlock your fingers
turn your palms out and push forwards
Hold 5-10 seconds
You can take a deep breath through your nose
when raising your arms
and breathe out through your mouth
One more time
Interlock fingers
turn out the palms
and push forwards
1
2
3
4
5
Raise your arms and breathe in through your nose
and out through your mouth
The fourth movement is Elbow Hugging
Place your right hand on the left shoulder
Push the right elbow back slowly with your left hand
until you feel tension
on the outer side of your right shoulder
Hold 10 seconds
Let's try the left hand
Place your left hand on the right shoulder
Push the left elbow back slowly with your right hand
Maintain the elbow at shoulder level
and not too high or too low
Body should face forwards without twisting
Let's put both hands down now and try again

Place your right hand on the left shoulder

then push the right elbow back slowly with your left hand

Relax

Do the left side now

Put your left hand on the right shoulder

Push the left elbow back slowly with your right hand

Let's put our hands down

and try the right side again

Place the right hand on the left shoulder

and push the right elbow back slowly with your left hand

1

2

3

4

5

Relax

Left side again

Left hand on the right shoulder

Push the left elbow back with your right hand

1

2

3

4

5

Put both hands down

The fifth movement is Shoulder Rolling

Place your hands on the shoulders

Guide the shoulder blades

to rotate forwards with your elbows

Make the turning circle as big as you can

3

4

5

6

7

8

9

10

then rotate backwards for 10 times

1

2

3

4

5

6

7

8

9

10

Once again

Rotate forwards

1

2

3

4

5

6

7

8

9

10

Then backwards

1

2

3

4

5

6

7

8

9

10

Put your hands down

The sixth movement is Trunk Sidebending

Standing with feet apart at shoulder width

Put the left hand on the waist

and raise the right hand

Bend your trunk to the left

until you feel tension on the right side

Hold for 5-10 seconds

and return to the starting position

Put the right hand on the waist

and raise the left hand

Bend to the right

Remember to bend your trunk

and not only your arm

Keep your body facing forwards

and don't twist to one side

Now put the hands down and try again

Left hand on the waist

right hand up

Bend to the left

Put down the hands again

This time put the right hand on the waist

and raise the left hand

Bend to the right

and then return to the starting position

Now left hand on the waist

and right hand up

Bend to the left

1

2

3

4

5

Put your hands down

Again, left hand up

Bend to the right

1

2

3

4

5

Put your hands down

Repeat this movement 5-10 times

After entering the water

we can do some marching and ankle exercise

to adapt to the aquatic environment

Let's start with marching

Lift your legs in turn

Next, we can move our feet

Lift the right leg a little above ground

Firstly, turn the foot clockwise 10 times

and then anticlockwise 10 times

Make sure you're not moving your calf but your foot

Let's try the left side

Lift the left leg slightly above ground

Firstly, turn it clockwise 10 times

and then anticlockwise 10 times