
15 MINUTE EXERCISE LIST

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This series of exercises covers pretty much the full range of body movements in a short space of time with a minimum number of exercises. It is a simplified program entirely based on what we were taught by Sifu Barry Lee in the late eighties and early nineties as part of his much more comprehensive exercise program.

As with all exercises, if you have doubt about pre-existing injuries or conditions, you should consult both your trainer and your doctor. Some of these exercises have some risk to certain people – particularly if you are middle aged, unfit and overweight, or have back or knee problems. Modifying the exercise program accordingly can allow for all of these problems. All the exercises are open ended, and as such can also be modified for those of increased fitness or flexibility, so that it is a workout at all levels, once fully understood. Many of the exercises have variants and versions and we have many more exercises that are added from time to time to things interesting. In senior classes, weekend classes and with visiting instructors, often the warm-up isn't run, and you have to do it yourself. Usually you will have fifteen or twenty minutes to do it, but if you can do it in ten, you will have a hard work-out. In order to do it like that, you need to not stop, but move smoothly from one exercise to the next, without breaks. This means the exercises need to be known well.

While learning this list, the student can do everything slowly, trying to learn them. The student should practice it carefully until they can do it smoothly and correctly, ensuring

both correct exercises and able to assess each exercise for their difficulties according to their own bodies. Over time, as they are strengthening their bodies, and after a few weeks or so start, the student can start to build up gradually to full power and speed once they have confidence that it will not damage them. It is better to be sure and accurate than to attack this with more enthusiasm than skill. Doing things at full power and speed without knowledge risks injury, and doesn't mean the exercises will work better, but rather, the reverse.

The accompanying videos are only an indication of the exercises. The students demonstrating them are relatively junior and have only learned the exercises for a short while (at the time of the video), and the videos are poor quality. As I get better ones, I will upgrade them. (The video that is, not the students.)



1) **Jumping On The Spot** – 2 to 3 minutes at least, and should build up to 5 or even 7 minutes. Start with feet a shoulder width apart. Spring from the balls of the feet rather than lope from the knees, arms relaxed by your sides. For the last ten seconds, the students should jump as high as they can. Make sure the students keep the feet a shoulder distance apart, and do not let them move around or change this from foot to foot etc. Extra loading can be given by punching as well. Should you need to rest, you should shuffle on the spot rather than stop.

As soon as you are finished, you should immediately move into the next exercise without delay.

2) **50 Knee Raises.** Hunching slightly forward, with your hands slightly extended to the front, elbows pushed forward, raise your knee so that it hits you



in the chest firmly. Bring your foot back to the ground lightly, not stomping like an elephant. The exercise is done briskly, lively. It is essential that the knees are lifted above the waist at least, and that each knee is raised equally. It should be done as fast as possible. Immediately move into the next exercise when finished without delay.



3) **20 Squats.** Elbows pushed forward and downwards in a jum sau position, back vertical, feet pointing slightly outwards, squat as far as you can go, being careful not to impact too hard on the knees at the bottom of the squat. Ensure that the knees follow the lines of the feet, and not inwards. You then completely straighten your knees. This should be started slowly for a few times then speeding up until done as fast as you can. Immediately move into

the next exercise when finished without delay.

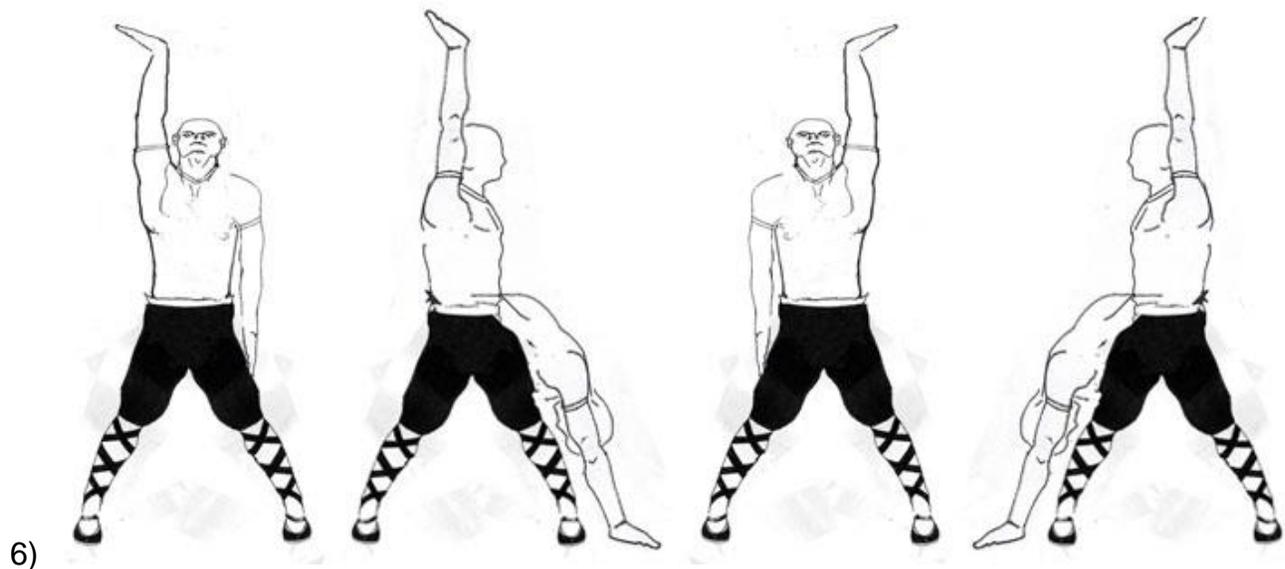


4) **Waist Bends.** This is sideways, to the outside of the knees, not to the front. 3 reps left side, each one held for ten seconds, then right side. Keeping your feet parallel and to the front, with your knees straight, turn your shoulders to the left until they are at right angles to the feet, then bend towards your knee, grabbing your ankle, and pulling firmly. Hold for ten seconds. Come up right up, turn

right around to your right with completely standing up, then go down again, hold your

ankle and pulling firmly. Repeat three times. Immediately move onto the next exercise.

- 5) **Windmills.** Windmills. These can replace the previous exercise, or be additional to them. Note that they are not included in the video. The video moves directly to exercise 6. They are very similar to the previous exercise, and are essentially a ballistic version of it. Reaching up the same as previous exercise, at full speed windmill over and slap the ground with the palm of your hand. Then stretch out the other hand, reaching up, and turning at the top to face the other way, windmill to the right, and slap the ground with the palm. Repeat 20 times.



- 6) **Inside, Outside, Inside Waist Bends.** Each held for ten seconds, left then right side. From the end of the previous exercise, or from exercise 4 (and similar to it) turn your **left foot** through ninety degrees. Keeping your knees straight throughout the exercise. Now using your hands, grab your ankle and pull your **right ear slightly** to the outside of your **left knee** and hold for 10 seconds. Come all the way up, then go down again to the **SAME LEG** and pull your **left ear slightly** to the inside of your **left knee**, grab and hold for 10 seconds. Come up to vertical again and repeat to the **SAME LEG** moving to the outside of your **left knee**. Come up, and snap your waist to the right, and repeat on the right hand side. Immediately move to the next exercise.



7) **Chin to Knees.** Feet together, 20 seconds. This is used to end exercises rather than an exercise on its own. It is used regularly. From the end of the previous exercise, immediately pull your feet together and push upwards and slightly backwards with your hands over your head (like the beginning of the Sun Asana. This is also a yoga based exercise.) Stretch the back upwards for a few seconds. Now bend down

with knees straight, and grab your ankles and pull your chin towards the floor for ten seconds. Now, bending your knees slightly, come up, and reach for the ceiling again as at the beginning of this move. Immediately move into the next exercise when finished without delay.

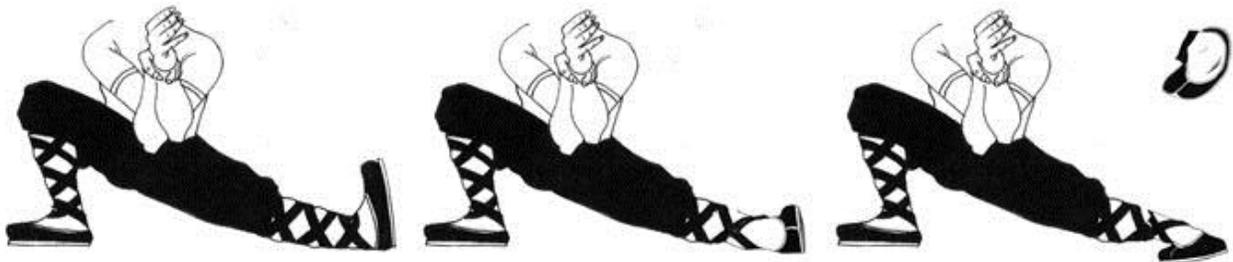
8) **Left Leg Out and Down.** Toes to ceiling, side, sole to ground 3 reps per side. Your hands can be in an arm wrap position, or in double jum sau once you can do this exercise well. Until then, it is best to use your hands to balance and support yourself as you find the right positions



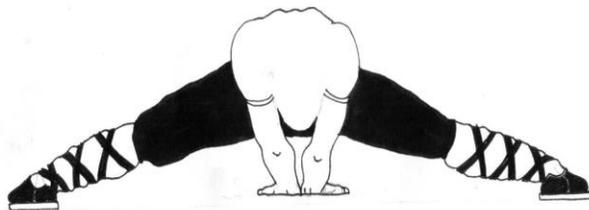
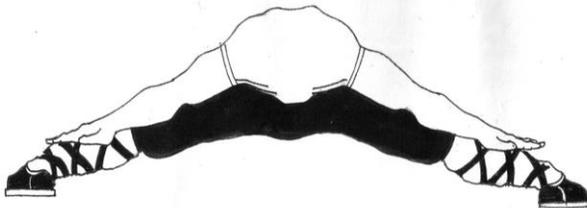
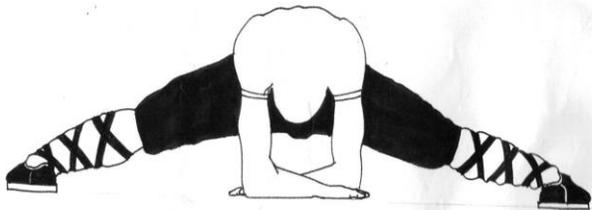
a) . Put out your left leg, bend your left foot back so the toes aim at the ceiling and the heel is on the ground. Letting your left heel slide out, bend your right leg until your right knee is above your waist, and outside of your right shoulder. Your left calf should be almost on the

floor, and you should be pushing your left heel out. Your supporting foot should be flat on the floor. Hold for ten seconds.

- b) Next, roll your left foot over so the inside ankle is flat to the floor, like a heel kick, heel out toes back. Sole is pointing to the wall. Hold for ten seconds.
- c) Now roll your foot down so the sole is flat to the floor, in a side kick position, heel out toes pulled back towards your body. Hold for ten seconds.
- d) Now change sides, staying as close to the ground as possible. You should end up with your toes pointing to the ceiling, as at the beginning of the previous side.
- e) Repeat all the steps on the right hand side.
- f) Changing to the left, repeat all the moves twice more each side.



- g) At the end of the last cycle move straight into the next exercise – don't move your feet; simply stand up where the feet are, in a very wide stance.



9) **20 Three Corner Stretch.**

(Elbows, Feet, Behind). With your knees straight, spread your legs as wide as you can so as to be slightly uncomfortable. (You should already be in this position from the last exercise.) First, using your elbows, stretch towards the ground below your shoulders, touching the ground if possible. Next, using the heels of your palms, reach over your feet as close as possible to the ground.

The third move is to reach as far back as possible with the heels of the hands, palm down, between the legs. Repeat twenty times. When finished the 20 cycles, place your hands on the ground under your shoulders, and stretch your legs as far as possible, pushing your feet into the ground. (Elbows on the ground is better, as are some other exercises progressing from this one.) Now, to finish, you have two options.

Either

- a) Bring your feet together and perform exercise 6 again, in this manner. Leaving your hands flat on the ground, snap your feet together. Straighten your knees, leaving the hands on the ground. Grab ankles, pull your chin to your knees. Bending knees slightly, reach up to the ceiling. Begin the next exercise. Or -
- b) Leave your feet apart, standing up in a wide stance, and move immediately into the next exercise.

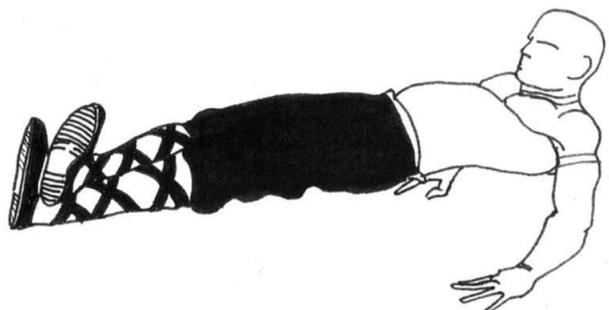
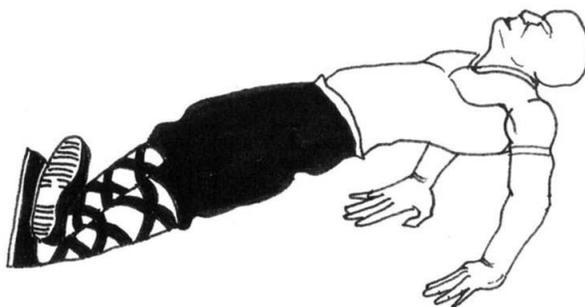
10) **“Pole” Stance**, 30 Seconds. **50**



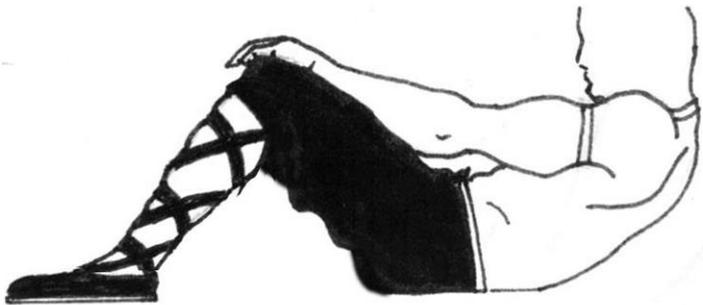
Punches. Leaving your feet where they were at the end of the previous exercise, stand up, turn your toes in, bend your knees and push your waist forward in a kind of exaggerated training stance. Pull your hands back to the side of your body, making fists in your armpits, the same as a wide version of the neutral training stance. Now, if you know how to punch well

enough, do really 50 hard punches. Students who do not know how to punch can simply wait in this position, or do lighter punches etc. At the end of this you can either drop onto your backs for the next series of exercises, or do exercise 6 again.

11) **Triceps Dips.** 3 Slowly To a Count of Ten. Think of this as sort of like a backwards push up. First, drop to the ground if not already there. (Not get down slowly like old men; hit the deck, without using your hands to get down.) From a sitting position, place your palms on the ground, fingers pointing towards your toes, directly under your waist. Lift your waist up and tilt your head back, trying to put the soles of your feet on the ground (or point them like a ballet dancer). Keep your knees straight, and your waist in a straight line with your shoulders and ankles. Keeping the waist and feet and shoulders in line, tilt your head and look forward to your feet. Keep your waist up; now bend your elbows slowly so as to lower your body towards the ground – but not quite reaching it – over a count of ten. Straighten your body up, throw your head back, and straighten your arms. Repeat twice more, and then shake out your



arms. Two alternative versions are simply do 10 fairly quickly, or ten springing ones, leaving the ground. This last one is difficult and only recommended for fit individuals. At the completion of the exercise, stretch out your legs by grabbing onto your toes, or at least ankles, and stretching your legs straight, until everyone has finished. When everyone is ready, move onto the next exercise immediately.

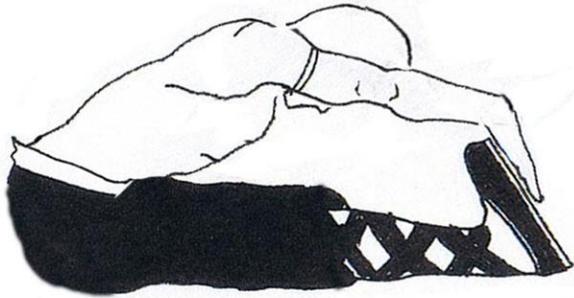


12) **50 Crunches.** Drop to the ground if not already there. (Not get down slowly like old men; hit the deck.) Keep your head and shoulders from the ground at all times. Tuck your head in slightly. Soles flat to the floor, bend

your knees until the thighs and calves are at 45 degrees to the ground. Put your hands flat on your thighs. Reach up with your hands until they touch the other side of your kneecaps, using the muscles of your stomach. Repeat 50 times. After finishing, stretch out your legs by grabbing onto your toes, or at least ankles, and stretching your legs until everyone has finished. When everyone is ready, move onto the next exercise immediately.

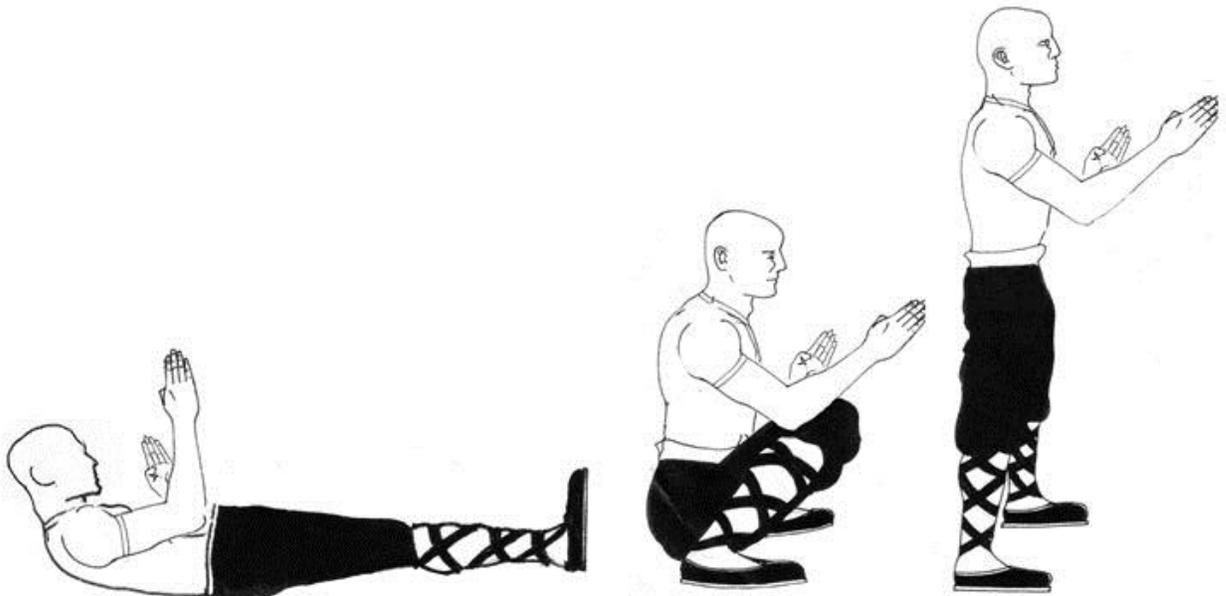
13) **20 boxing crunches** or (more advanced) “**Jackie Chans**”. The simpler version of this is the boxing sit-up. From the previous crunch position, keeping head and shoulders off the ground the whole time, even between exercises, put your hands on your shoulders and keep your elbows tight into the ribs. Sit up then pivot first left then right, touching the shoulder to the opposite knee. Straighten up and go back down, ensuring head stays off the ground. Repeat, alternating right left, left right. For more advanced students, “Jackie Chans”: Keeping your feet together, lift your legs until your calves are parallel to the floor, and off the ground level with your knees. Your thighs should be 45 degrees to the ground. You place your hands on opposite shoulders, and keep your elbows pressed against the body. Trying not to flail around, you pike up onto your bum, bending your legs. Once up, turn your shoulders

so as to bring your left shoulder to your right knee. Then turn right shoulder to left knee. Go back down to the starting position. Come up and then turn the opposite way – right shoulder to left knee, then left shoulder to right knee. Repeat the whole



process until you have done at least 20. After finishing, stretch out your legs by grabbing onto your toes, or at least ankles, and stretching your legs until everyone has finished. When everyone is ready, move onto the next exercise immediately.

14) **Getting Up Exercise**, 3 Reps. Lying on the floor, just like in stance with your feet apart. Lift your hands into guard position. Snap your feet backwards under your waist, while snapping your shoulders over your waist. Stand up vertically, keeping your guard up. Reverse the process going back down. This is a difficult exercise, and may take some time, effort, exercise and stretching to accomplish.



15) **5 “Sun” Asanas.** (Aka “Greet the Sun” or “Greet The Morning” or “The Cobra” or “Dog Pose”.) This is a slightly simplified yoga exercise. Do it cautiously if you are older, overweight, or have an injured neck, back or shoulders.

- a) Stand at attention.
- b) Press upwards and backwards with your hands.
- c) Bend down and grab your ankles with your knees straight, nose pointed to the ground and pull your chin to your knees.
- d) Reach towards the ground with the heels of your palms.
- e) Take back your left leg until you are reaching back as far as you can, your left knee is just off the ground, you are looking forwards to the opposite wall, and your waist is as low as you can get it.
- f) Leaving your left leg where it is, stretch your right leg back with it.
- g) Leaving your hands and feet where they are, now rock back on your heels, making an inverted “V”, heels to the ground if possible, and keeping your elbows straight, trying to put your forehead towards the ground, stretching calves and shoulders.
- h) Now, breathing out, bend your elbows, and touch your forehead lightly to the floor, then your nose, then your chin, then your chest, then straighten your arms with your knees just off the ground. Nothing should be touching the ground except your toes and your palms.
- i) Now lift your left foot up and put it between your palms. You are now in the reverse of the earlier position.
- j) Staying in a low squat, bring your right foot up.
- k) Leaving your hands on the ground as long as possible, straighten your legs.

- l) When your legs are straight (or your hands have to leave the ground), grab your ankles and pull your chin to your knees.
- m) Bend your knees slightly, then straighten up and press back into the starting position.

Repeat. It is a better exercise if you do a few slow stretchy ones followed by increasingly fast ones. There are many variations of this exercise, including snaking backwards, and multiple rocking backwards, and with one foot and even with just one hand. The Sun Asana in its many forms is particularly difficult for ladies, older and younger students to perform, but it strengthens the shoulders through a full range of motion.

16) **3 Elbows Together And Forward**, Slowly. Repeat. Put your palms together with the fingers parallel to the ground and pointing forwards at your solar plexus. Keeping them together and horizontal, push them forwards, scraping your elbows along the sides of your body until they meet at your solar plexus. (Similar to the moves in the first part of Siu Lim Tao.) Push the elbows until they are a fist and



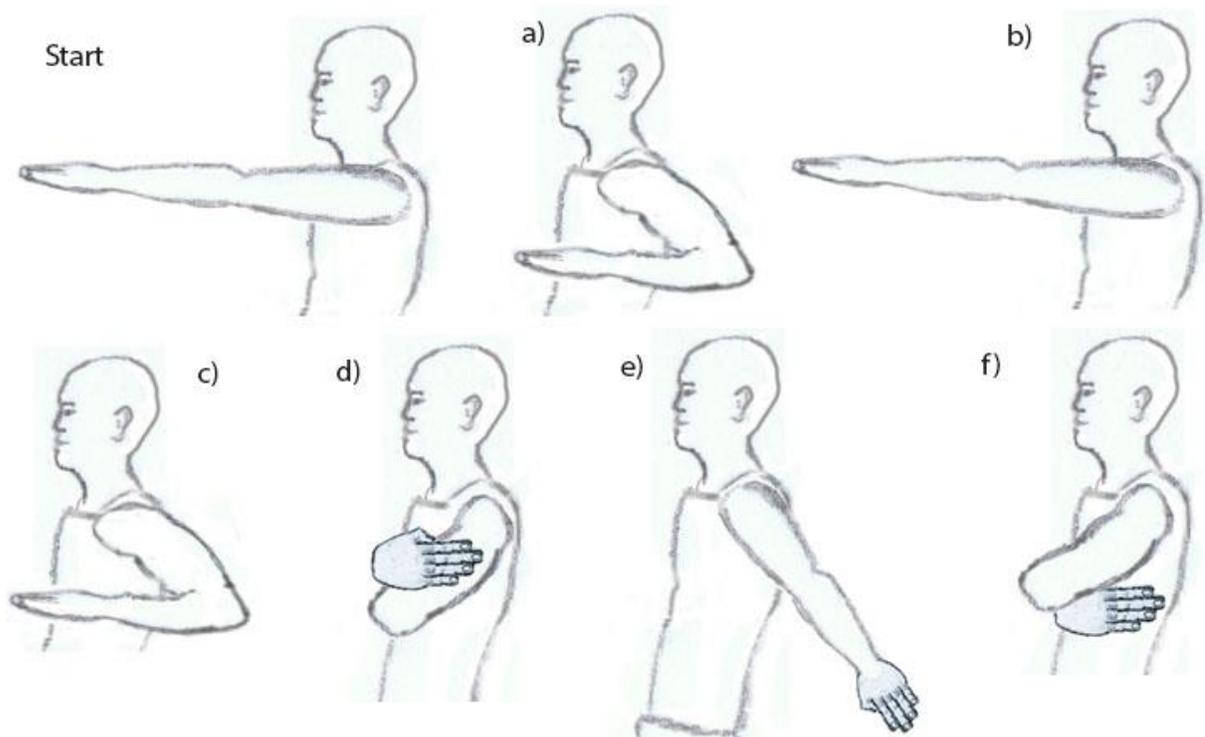
a thumb from your body. The pressure should be on your elbows not the hands. This exercise is designed to strengthen the small muscle group that holds the elbow in, not your hands. Stay upright and don't hunch. Hold for ten seconds. Shake out, repeat twice more.



17) **Arm Wraps**. Hold for Ten Seconds, L Then R. Put your left arm out, elbow bent. Place your right elbow behind your left elbow so that your arms are on the opposite

sides of each other than they normally are. Use your right hand to grab your left wrist. Bring them both parallel to the ground without hunching forwards. Turn your left hand so that the outwards edge is downwards, and flatten your hand so the fingers point forwards. Now push your arms forwards until your elbows are a fist-and-a-thumb from your solar plexus, and forearms are parallel to the ground. Hold for ten seconds. Repeat on the right side. Shake out your arms.

18) 20 x **Shoulder Stretch** – “back, forward, back; cross, behind, cross”. This is a ballistic exercise, in that you do it with as much force and speed as you can stand. This increases the ability of the shoulders to support punches and other arm techniques such as blocks. Start slowly then increase in tempo until you are going flat out. Since it seems hard to learn, one should build up slowly, over a few weeks, until it is fully known before going fast.



Start by standing with your feet a shoulder width apart, start with your hands straight out in front.

- a) Bring your elbows sharply behind your body with your hands still pointing forwards (“back”).
- b) Snap them straight again (“forwards”).
- c) Again, bring your elbows sharply behind your body with your hands still pointing forwards (“back”).
- d) Now, wrap your arms around your body, right elbow over your left, meeting at about your solar plexus (“cross”).
- e) Now unwrap your arms from your body and clap your hands behind your body, as far away from your body as you can (“behind”).
- f) Now wrap your arms around your body again, this time with your left elbow over your right elbow, meeting in the centre of your body. (“cross”).



- g) From this position, pull your elbows back the same as in the first move, diagram “a)” above, to start the cycle again. (back, forward, back; cross, behind, cross.)

Do it 20 times. Start slowly, getting faster and faster until you are moving as fast as you can for the last 10 or so.

18. Arm Rotations Ten Forward Then Ten Backwards.

Keeping your elbows straight, take your elbows backwards and upwards past your ears and down, crossing left over right at the elbows, going through a full range of motion. On the next circle, cross right over left. Alternate each time around. After ten times, the cycle is reversed, like backstroke, past the ears, behind the back, past the waist, back up crossing elbows, and so forth. The arms should swing freely,

and move quite quickly, so there is a slight tingling and pinkness in the hands.

19. Have A **Short Break**, A Drink And Get Ready To Start Siu Lim Tao. Remember to re-hydrate frequently, especially in hot weather

Postscript.

This document has been redone and expanded with complete illustrations, covering many more exercises, and will include a full video eventually. The full document, pretty much book sized will be released later, probably part of a book. There is currently a short video that goes with it, but so far, it's low quality. I'll make a better one later. The two pages following this are suitable for putting on the wall so students can follow the list once they know how to do the exercises, should no one lead them, or if they arrive late etc.

Short program list.

What follows is a good overall program using both traditional and non-traditional exercises from the above lists: Print it out, stick it on the wall.

NOTES:

1. The exercises marked with a * are those that would be a bare minimum to do each day.
2. Beginners should take it easy and take their time with the exercises, doing them slowly and carefully, but as correctly as possible. This is to reduce the chance of injury and to teach the muscles how to move and the positions they should be in, and to stretch them just a little more every day. More advanced people should get faster and faster, until they can cover this list in about 10 or 15 minutes.
3. If you are doing it on your own, ensure that you are doing the exercises right, or you might hurt yourself.
4. Often the exercises can be done with the first few slowly and lightly, building up power and speed towards the end of the repetitions.
5. If you exercise in the morning, your flexibility is lower, so do the stretches slowly and stretch less distance than normal. Mornings are more suitable for form work and slow self-training than hard exercise. Evenings, the reverse is true. You can stretch more, and your body can move faster. Lunchtime training should avoid exhausting exercises like running, but this kind of exercises can be done both morning and evening, although running other than short sprints do not really help fighting or learning VTK.
6. Any pre-existing conditions or injuries should be allowed for in any exercise program. Take it easy until you know you can handle it, building up slowly to full power and speed. If there are any doubts, consult your doctor.

Exercises

1. *Jumping on the spot for 2-5 minutes, followed by a ten-second walk.
2. Knee raises, and squats. *30-50 knee raises to chest, followed by half that in flat-footed squats, followed by a ten-second walk. Increase reps for advanced.
3. *Waist bends, with feet parallel, one shoulder width apart, hold for 10 seconds. 3 reps each side.
4. Windmills 20. Can be done slowly as a stretch. Can be left out for beginners.
5. *Turn your foot 90°, bend waist. Outside, inside, outside 10 seconds each side.
6. Feet together, chin to knees, 30 seconds.
7. *Left foot out and down. 3 each side.
8. *Elbows, feet behind. 20 reps. = *3 corner stretch.
9. Pole stance, 50 punches.
10. *2-4 types of abdominal exercises, such as 50 short crunches, 5 slow leg lifting exercises, , 30 full sit-ups, 20 L-R sit-ups (“Jacky Chans” or “Boxing sit-ups”), 20 “Rowing” sit-ups, holding up legs for 30 sec’s 3 reps, 10 half crunches reps, etc.
11. Face down, elbows on the ground pushing forwards for 30 seconds or 1 minute.
12. Triceps dips “reverse pushups” 3 reps slowly.
13. Getting up exercise - 5 reps.
14. 5-10 “Sun asana” yoga exercises, some slowly and some fast. With or without variations
15. Shoulder stretching exercises
 - i. elbow press
 - ii. elbow stretch
 - iii. ‘back forward back”
16. *Arm circling crossing at the elbow, ten each direction, full range of movement. Also can be done to revive tired arms after vigorous chi sau practice.
17. Have a drink of water, and a brief rest before you start Siu Lim Tao. Remember to re-hydrate frequently, especially in hot weather.