

Harmonize mind and body “Kikuchi Method of Workout”

The Ultimate exercises by 85 year-old instructor

by Kazuko Kikuchi

Introduction

More than 50 years have passed since I founded “Kikuchi Taisou/Kikuchi Method of Workout”. Currently, I run classes at 7 directly managed studios and 11 culture centers mainly in Tokyo and Kanagawa. I am still active in teaching exercises at the age of 85 while responding to requests for lectures from all over Japan.

Since the radio exercises and various new gymnastic exercises have appeared in the media, they become popular for a while and then disappear before we know them. In the meantime, “Kikuchi Method of Workout” have been staying close to the students' bodies and have been consistently telling them that "the body is life" and "Kikuchi Method of Workout” are movements that protect and nurture life. Since the body is the very life of the person, I have thought that there should not be any trendy or outdated ways of moving the body to improve it.

Since I started “Kikuchi Method of Workout”, I have been pursuing the question, "Why is it good for the mind and body to move the body? While interacting with doctors, I have been learning about how the body works, what the effects of moving muscles are from a medical perspective, and where and how to move the muscles to improve the body. With the help of the students' bodies and their reactions in the classroom, I came up with a way to carefully and slowly move every part of the body and bring out the "power of life" of the body by myself. That is the current “Kikuchi Method of Workout”.

It's not about training your body. You may use the word "train" quite commonly, but in fact, you should not train your body. For decades, it has been pointed out in the U.S. that intense aerobic exercise causes shallow breathing, which produces a large amount of reactive oxygen species, and also reduces blood flow. From this point of view, it is

counterproductive for middle-aged and older people who tend to lack exercise on a daily basis to work out too much with intense exercise. With ““Kikuchi Method of Workout””, we move our bodies slowly and carefully in order to feel ourselves. I've been telling people this for a long time, and recently, people have started to appreciate that it is in line with the latest science.

With “Kikuchi Method of Workout”, we pay attention to what we are moving and move every part of our body. One of the main features of “Kikuchi Method of Workout” is to develop a "sense of connection between the brain and the body" by awakening the senses in places that are not usually used. In the beginning, this concept was difficult to understand in some respects. However, even for people with brain diseases such as Parkinson's disease, there have been many cases where the stimulation of moving muscles activates the brain and improves the brain disease as well by actually focusing on the moving parts and using the brain.

Many students, not only those with illnesses, but also adolescents preparing for exams and the general middle-aged and elderly population, have reported positive changes in their brains, such as increased concentration during study and work, and reduced forgetfulness. Some of them even reported that they felt a little discomfort while doing ankle rolls, so they went to the hospital and found a mild cerebral infarction. The doctor was surprised and said, "How could you notice such a small change in your body at such an early stage?"

I think this is an example of how the ability to notice changes in one's own body can help protect one's health.

The brain is the command center for the entire body, and not only does it send out commands to the body to move, but it also senses when the body moves in response to those commands. The brain and the body activate each other in both directions. When you do this, you can use your brain more by sharpening your senses as well, for example, by watching the movement with your eyes and checking how the color of your skin changes. That's why “Kikuchi Method of Workout” has been telling people that by using the five senses and moving your body slowly and carefully like this, your brain will be activated and you will become "smart". In recent years, specialists have finally come to recognize that this makes sense from a neurological standpoint as well.

One more thing I would like to tell you is that “Kikuchi Method of Workout” is "an exercise that creates gratitude to the body". Even if the body does not issue any commands, bones are reborn every day, blood flows through blood vessels, food is digested and absorbed, and your life is nurtured. When you cut your finger and it bleeds, your

healing power begins to work in full force, saying, "Now, stop the bleeding and close the wound". As cutting-edge research is now proving, organs in the body send out signals to each other as if they are talking to each other, and they work to make each other better.

I have been telling people, "The whole body is one, and everything is connected to keep you alive". The power of the human body to keep itself alive is truly amazing. The mechanism of the body is more precise and elaborate than you think. If you understand that you can only live in this body, and have compassion for your body, you can live while improving your body.

In my more than 50 years of teaching exercises, I have dealt with mental and physical problems of people of all ages, from children to the elderly. In particular, I have worked with middle-aged and elderly people to help them overcome problems such as back pain, stiff shoulders, hip pain, insomnia, depression, menopausal disorders, and frequent urination. This book is a systematization of the ideas and methods of "Kikuchi Method of Workout" that I have developed through these experiences. This is exactly the "Ultimate Kikuchi Method of Workout".

Whether you are new to "Kikuchi Method of Workout" or have been practicing it for years, this book will help you improve your body from the brain up. Once you are convinced in your mind, please try to move and practice it to feel the changes in your body. You should also read the real stories of six students about the changes they experienced after starting "Kikuchi Method of Workout".

We have entered the age of 100 years of life. We are entering a society where people are living and working longer than ever before. I hope you will read this book, face your own body, overcome your discomforts, and continue to move forward toward your original life purpose. I would be happy if this book could be the foundation of your life.

Kazuko Kikuchi

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"Kikuchi Method of Workout" think like this: Strengthen the muscles in your toes and hips, and extend your knees... Make your lower body strong enough to walk.

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Part 3 Menopausal Disorders: Lack of Motivation... Could it be Menopause?

Body Issues: Do men also have menopause?

"Kikuchi Method of Workout" think like this: Move your whole body and make your spine supple... Blood flow improves and autonomic nervous system is regulated.

Exercise methods: Kitten movement, raising and bending your back on all fours, rotating your arms widely, open and close your fingers, moving your fingers one by one, stretching your neck

Doctor's Column: What kind of nutrition should middle-aged and older people actively take?

Part 4 Stiff shoulders and tired eyes: Stiff shoulders and tired eyes are really painful...

Body Issues: Stiff shoulders and tired eyes, is there any other way than massage?

"Kikuchi Method of Workout" thinks like this: Strengthen your lower body and don't let your respiratory muscles deteriorate... Blood circulation improves and you won't get stiff.

Exercise Method: Fold your arms behind your back and bend forward, spread your fingers and palms, put your little fingers together, and chin up!

Doctor's Column: Numbness in the arms and hands from using a smartphone for a long time...it might be smartphone neck!

Part 5 Sleep Problems: I have trouble falling asleep and feel tired even after sleeping...

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"Kikuchi Method of Workout" think like this: To make your body strong enough to

sleep... To eliminate incomplete burning of muscles and to sleep well.

Exercise Methods: Stretching Exercises, Lying Pelvis Lift, Lying Ankle Turn

Part 6 Lower Back Pain: I'm about to give up on my painful lower back pain...

Can you really cure your long time back pain by yourself?

“Kikuchi Method of Workout” think like this: Move from a place where there is no pain and don't rest... Use your belly and back to protect your lower back.

Exercise Methods: Arm Twisting, Leg Opening & Leg Raising, Elbow Extension at a Desk, Raising Arms and Grasping the Arms

Doctor's Column: Japan is a country that people sits too much! Take a 2-minute break every hour!

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Is it true that a hunchback makes you fat?

Kikuchi Exercise think like this: Grow your back muscles and create a supple spine... Your internal organs will work better and your brain will be more positive.

Doctor's Column: Shaking the Pelvis, Standing Properly, Stretching Elbows on Prone Position, Raising Legs on Prone Position

Part 8 Hip joint discomfort: Are your hip joints getting stiff?

Can't I leave my hip joint uncomfortable?

“Kikuchi Method of Workout” think like this: Make your hip joints supple and your hips strong... Your abdominal muscles and thigh muscles will grow and your lower body will become strong.

Exercise Methods: Hip rotation while lying down, four-legged exercise, toe tapping at a desk

Doctor's Column: Beware of flair, which causes the decline of newcomers, and sarcopenia, which causes the loss of muscles.

Part 9 Urinary Problems: Frequent Urination, Brain Leakage...Oh No!

Why do middle-aged and elderly people urinate frequently?

“Kikuchi Method of Workout” think like this: Build strength around the abdominal muscles and hip joints... so that your internal organs don't droop.

Exercise Methods: Pulling in the Buttocks, Opening the Legs, Stamping at a Desk

Doctor's Column: What is myokine, a good hormone secreted by muscles?

Part10 Forgetfulness: Is this forgetfulness serious?

How to prevent dementia in the working age?

“Kikuchi Method of Workout” think like this: Move every part of your body and feel yourself all the time... Your five senses will work and your brain and nerves

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Chapter 1 Even doctors are surprised! What are "Kikuchi Method of Workout"?

Part 1: Exercises to become aware of your own body

Your body is your life itself. "Your body is your life itself, and you should take care of it and protect it with the determination to live with it. There is a woman who has been conveying such strong feelings for the body for more than 50 years, when self-care was not a common word. Her trademark is wearing a red leotard, and she is now 85 years old.

She used to be a physical education teacher, but after she quit, she was asked to teach exercises to women in the community. Since many of them were fellow housewives, the exercises she taught were not for athletes.

She taught them how to move their bodies so that they could walk on their own feet for the rest of their lives and lead healthy lives. Later, the Kanagawa Prefectural Preventive Medicine Association, which had taken notice of Kikuchi's efforts, asked her to teach the citizens exercises for disease prevention and recovery. From that point on, Kikuchi became more aware of the major direction of "exercises that help prevent and improve illness". This was the starting point of "Kikuchi Exercise".

While touching the bodies of thousands of housewives and male employees of major companies who came to learn exercises and listening to their problems, she read medical books and taught herself about anatomy and body structure. As she learned how to systematize and teach how to move the body to recover from various ailments such as stiff shoulders and back pain, Kikuchi realized that the body will weaken if it is not moved. However, it is not enough to just move your body blindly. First of all, she realized that it is important to develop the ability to sense the condition of one's own body.

Using your brain to move your body

This is how the original concept of "using your brain to move your body slowly and carefully" was born. This is how the original concept of the exercise was born. Stimulating the fingers of the hands and feet by closing and opening them like goo and par, moving the ankles, back of the knees, hip joints, and other parts of the body that are rarely moved with awareness. At first glance, it does not seem to be a difficult exercise. However, by continuing to do these exercises, many people have found that not only do they have orthopedic problems such as stiff shoulders and back pain, but also their visceral obesity has improved, their high blood pressure and high blood sugar have returned to normal, and they no longer need medication for lifestyle-related diseases such as diabetes.

Even people with intractable diseases, such as Parkinson's disease and rheumatoid arthritis, have been able to greatly improve their symptoms on their own by "using their brains" and moving their minds.

It is not uncommon for students who come to the class with a cane because of pain to forget their cane when they leave the class. They don't need the cane anymore. This is how each of you changed because you were able to move and change. I have been amazed by the self-healing power of human beings for 50 years since I started the class," Ms. Kikuchi says.

In "Kikuchi Method of Workout", you look at your body, touch it, and "talk" with your body to see where it is weak, and then move your whole body. The popularity of the program spread by word of mouth, especially among women in their 40s and 50s who suffer from physical and mental ailments, and now there are 83 classes nationwide with a total of 4,000 students.

In addition to teaching in the classroom, Ms. Kikuchi also makes appearances on TV and travels overseas, but she is as active in her private life as she is in her work. During his summer vacation, she takes her family on a trip to Cuba and Africa, despite the long flight. In Cuba, I was reminded of the legendary revolutionary Che Guevara, and in Africa, I observed the activities of a wildlife protection team... I'm just doing what I honestly want to know, but thanks to my good health, I can do it. This is something I can do because of my good health," says Kikuchi. In this age of 100 years of life, she herself is embodying the "lifelong active work" that we all long for. This is truly living evidence.

Gymnastics that even doctors pay attention to

Even so, some readers of the working generation in their 40s and 50s may think that "“Kikuchi Method of Workout”" are just exercises for senior women". However, an increasing number of professional doctors who cure diseases are paying attention to this exercise.

In 2010, she was invited to Tokushima to give a lecture at the general meeting of a medical society called the Japanese Society for Integrative Medicine. The front side of the arm is connected to the chest muscles of the upper body, and the back side of the arm is connected to the back muscles, so you can protect your internal organs just by moving the fingers of your hand with awareness. She talked about her unique way of understanding the body. After she finished, the doctors in the audience stood up and gave her a standing ovation. How did she come up with this kind of exercise? What are the actual effects of moving the body? She was asked many questions by the doctors.

Dr. Akira Kawashima, a professor at Tokyo Ariake University of Medical Sciences, who was a member of the conference at the time, said, "Moving the legs and other parts of the body will certainly improve blood flow, and it also makes sense medically to move the body farther away from the painful parts. I was also really surprised by the case introduced in the book, where a person with Parkinson's disease who was bent over was able to stand up straight and firm by simply continuing to move his body with awareness, and Ms. Kikuchi's own stance was also very convincing. I felt that she has the potential to help people live long and healthy lives, which doctors who cure diseases cannot do.

Dr. Chiaki Kudo, director of the Kudo Chiaki Neurosurgery Clinic, who is a neurosurgeon and has been treating dementia, higher brain dysfunction, and Parkinson's disease for many years, is one of the doctors paying attention to "“Kikuchi Method of Workout”". He says, "In order to keep the brain functioning clearly, it is very important to refresh the nerves that connect the brain to the motor organs by deliberately moving muscles that are not normally used. I call this nerve cleaning. I believe that "“Kikuchi Method of Workout”," in which you move your body from head to toe, will have the same effect and revive the nerves in the muscles that have not been used, thereby improving various autonomic nervous system problems, insomnia, and smooth movement, which will lead to the prevention of physical and mental aging. I think this will lead to the prevention of physical and mental aging," he points out.

Part 2: Exercises to Connect the Brain and Body

What kind of exercises is "Kikuchi Method of Workout" that even doctors are surprised by? The first thing you see when you go to the class is a skeletal model and a diagram of muscles that shows how the muscles of the body are connected. These are displayed in the most conspicuous places, and the class progresses while explaining the roles of bones and muscles and the mechanisms of the body. Even before class, it's important to prepare for the class so that you can focus on your body. Students sit silently and carefully open the space between their toes, or touch their calves to stimulate them, and just face their own bodies.

Modern people don't use every inch of their bodies

Ms. Kikuchi says, "We have become so accustomed to the convenience of modern life that we don't use every inch of our bodies. People today, accustomed to a life of convenience, do not use every inch of their bodies, and are not conscious of their bodies in the first place. By paying attention to every toe and moving every part of the body, the muscles of the whole body will grow supple, blood flow will improve, and the function of internal organs will be enhanced. It is very important to connect your brain and body so that your brain can sense the condition of your body.

"Connecting the brain and body. This is the main feature of "Kikuchi Method of Workout". When you think of the brain, don't you think of it as something that is used for calculations or for work? However, "as the latest science has pointed out, the brain is the command tower for our entire body. It is also the brain that gives commands to the muscles that support the body and move the bones. When we move our bodies with an awareness of the coordination between the brain and the body, the brain and the body activate each other in both directions. The effect of moving the body is greatly enhanced, and it also leads to the activation of the brain," says Kikuchi.

In the classes that Kikuchi takes, she accepts more students than the usual capacity when requested. This is because "the more people who want to improve their bodies, the more your 'brain' senses this energy on a cellular level, and the better the environment for muscle growth," even if sometimes the hands and feet of the person next to you touch. With this unique understanding of the body and her "body philosophy," Kikuchi has accumulated the essence of bodybuilding over the past 50 years in the following five principles. If you are a beginner, you should know them first before you start working out.

Five principles of " Kikuchi Method of Workout"

1) Don't try to work out, don't try too hard

When we think of "exercise," we tend to exert ourselves or try too hard to achieve a certain shape or number of times in a certain time at a training gym. However, in "Kikuchi Method of Workout", it is forbidden to "work hard. It is not uncommon for middle-aged and older people to injure their bodies when they exert themselves to move their bodies. Consult with your physical condition of the day and move with a sense of caring for your own body.

2) Concentrate on the part to be moved

In "Kikuchi Method of Workout", you move your whole body carefully, but you should not move your body unconsciously and casually. Moving even one finger consciously improves the flow of blood and lymph, and also stimulates the 'brain' to use the finger, which activates the brain," says Kikuchi. You should pay special attention to your toes and other parts of your body that you are usually unaware of because you wear shoes or socks.

3) Don't worry about the number of times

When doing exercises, the goal should not be to do them as many times as possible. Even if you move a lot, you will lose awareness of your body and it will not be effective. The appropriate number of times for you on a given day is determined by the results of your own movements and feelings.

4) Don't compare yourself with others

In the lectures of "Kikuchi Method of Workout", the participants in the hall often join in and move their bodies. At such times, Ms. Kikuchi would say, "Don't look at the body of the person next to you. You have to look at your own body! You can only feel your own body. You are the only one who can feel your own body. You can only feel your own body, and you must face your body without comparing or competing with others, with the determination that you will live with this body for the rest of your life.

5) " Kikuchi Method of Workout" from your daily life

Even if you don't take the time to go to the gym to exercise, you can still live a life where you are conscious of your body. When you stand up on the train, stretch your knees and pull your hips together; when you are concerned about your posture, lower your shoulder blades by 1mm; and always "pull" your stomach in. These are just a few of the daily habits that will increase your awareness of your body.

Part 3: Practice! These are the three basic movements

Let's take a look at the basic movements of "Kikuchi Method of Workout".

First, let's start with the basic seated posture, Long Sitting. If you're wondering, "What's Long Sitting? As shown in the illustration, it is a sitting position with both legs extended and the upper body in a vertical position.

It may seem simple, but "it actually requires the use of many muscles in the body and requires the ability to maintain posture. In addition, you have to stretch the back of your knees, so even though it's basic, most people can't do it properly at first," says Kikuchi.

For example, if your pelvis is tilted backward, your back will round and you will not be able to straighten your back. For example, if the pelvis is tilted backward, the back will round and the spine will not straighten out. People who spend a lot of time sitting tend to have stiff muscles around the hip joints, and many of them also have weak iliopsoas muscles, which are important for keeping the pelvis upright.

For these reasons, many people today may have a hard time sitting for long periods of time. But don't worry. It's okay if your back rounds at first," says Kikuchi, so let's give it a try with the help of the illustration and her advice.

The second is the "ankle rotation", which is synonymous with "Kikuchi Method of Workout". By doing this every day, you can keep your ankles supple. If you feel a little discomfort in your hands, fingers, ankles, knees, hips, and lower back, you will be able to notice any problems in your body at an early stage.

In fact, there is a case where a mild cerebral infarction was detected thanks to this ankle rotation. One morning, Ms. A, who had been doing ankle rotation as part of her daily routine after waking up, found that her left leg moved as usual, but her right leg did not move as expected. Since we had been talking about the brain in class on a daily basis, she thought, "This is the brain!" She immediately went to the neurosurgery department for an examination and found that she had suffered a mild stroke. The doctor was impressed and said, "How did you notice it at this level?"

Many people tend to miss such signs from the body.

As a result, they may end up developing serious diseases. In order to create a body that can work for a lifetime, it is very important to be able to notice and sense minute changes in the body on a daily basis. "Kikuchi Method of Workout" are also exercises to cultivate this ability to notice.

The third one is "abdominal muscles exercise looking at your belly button". One of the most important movements in "Kikuchi Method of Workout" is the abdominal muscles. However, many middle-aged and older people have back pain, and men in particular tend to hurt their backs as they desperately try to get up. I came up with an idea to do sit-ups without having to get up, just by looking at the navel.

The stomach is the part of the body that is not protected by ribs or other bones. The abdominal muscles play an important role in sustaining life by protecting the internal organs and supporting the spine from the front side of the body. Even if you're too busy to do exercises, I want you to be conscious of pulling your stomach in on a regular basis and make sure to keep your abdominal muscles strong," said Kikuchi.

For more information on the role of the stomach, please check out the detailed explanation on page 40.

There is a class where only men can do the exercises.

There is a class at "Kikuchi Method of Workout" that is limited to men only. It was started for people who are not comfortable moving with middle-aged women. They started the class without knowing what kind of exercise it was at first. It is said that many men start "Kikuchi Method of Workout" after being recommended by their partners or other family members. When it comes to exercise, some busy businesspeople, whose only exercise is playing golf with friends, say, "If you have the time, you might as well go for a walk or go to the gym to work out". However, when they actually try the basic seated posture, long sit, they are often stunned to find that they cannot stretch their legs or move their toes as much as they would like.

Clearing the Brain and Improving Work Performance

Even for such people, they say that as they continue to go and move, their bodies will definitely change. You will gradually feel a sense of "connection" between your brain and body, and you will lose fat and grow muscles. As a result, many people in their late fifties report that their brains are clearer and their work performance is much better, they are able to use their toes better and their golf distance has increased even in their sixties, their posture has improved and they are told that they look younger when they walk. Ms. Kikuchi says that many people in their 50s and above, including top executives of listed companies Nowadays, founders of medium-sized restaurant companies, managers of major companies, and other active businesspersons are using word of mouth. They

come to start the " Kikuchi Method of Workout" by word of mouth.

We interviewed businesspeople who attend "Kikuchi Method of Workout", including 200 male students, and selected the top 10 physical ailments that middle-aged and older people are concerned about.

In Chapter 2, "Practical Application," starting on page 33, we discuss the mechanisms of 10 problems, such as "metabolic syndrome," "locomotive syndrome," "menopausal disorders," "stiff shoulders and tired eyes," "sleep problems," and "back pain. Based on the results of interviews with doctors on the mechanisms of 10 disorders we will also learn from Kazuko Kikuchi how to solve these problems in the "Kikuchi Method of Workout" way and what exercises she recommends. She also introduces movements that can be done at the office, so please start reading from the section that interests you. Don't miss Chapter 3 on page 224, where six people share their experiences.

Check your body first with basis poses Long sitting

基本のポーズでまず体をチェック

長座

Point to aware

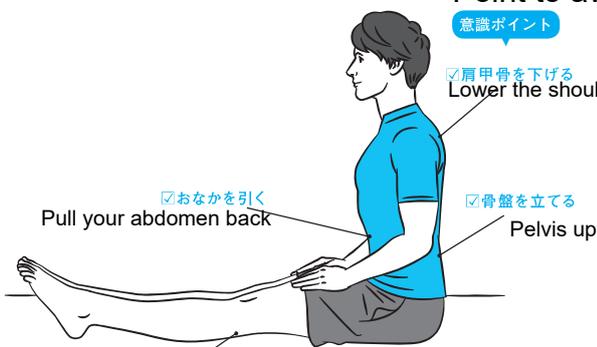
意識ポイント

☑肩甲骨を下げる
Lower the shoulder blades

☑骨盤を立てる

Pelvis up

☑おなかを引く
Pull your abdomen back



☑膝の裏を床につける
Put the back of your knees on the floor

これが完成形。骨盤が真っすぐ立ち、膝裏がベタッと床についている。

This is the completed form. The pelvis stands straight and backs of the knees sticky on the floor.

最初はこうなる人が多い
Many people do this at first



Point

☑ここをおさえて

背中が丸くなったり、膝裏が浮いたり。後ろに手をつけてしまう人も。
The back rounds or the backs of the knees float. Some people even put their hands behind their back.

実は、男性で苦手な人が多い長座。初めは背中が丸まってもよいので、まず膝の裏をしっかりと床につけようと意識する。太ももの筋肉が育ち、大事な脚力をキープできる。

In fact, many men are not good at sitting on the floor. In the beginning, it's OK if your back is rounded, so first try to keep the backs of your knees firmly placed on the floor. This will help develop your thigh muscles and keep your leg strength, which is very important.

筋も弱くなっている人が少なくないという。池さんのアドバイスを参考に、トライしてみよう。

こうした理由で、現代人では、むしろ苦手な人のほうが多いかもしれないのが長座。でも、大丈夫。「最初は、背中が丸まってもいい」（菊池さん）ので、とにかくイラストと菊池さんのアドバイスを参考に、トライしてみよう。

筋も弱くなっている人が少なくないという。

例えば、骨盤が後傾していれば、背中が丸まり、真っすぐに背筋が伸びない。座り仕事

が長い人などは、股関節周りの筋肉が硬くなりがちで、骨盤を立てるために重要な腸腰

筋も弱くなっている人が少なくないという。

ここからは早速、「きくち体操」の基本の動きを紹介していこう。

まずは、基本の座法、長座から。「長座って何？ 聞いたことがない」という人もいるかもしれないが、イラストのように、両脚を伸ばし、上半身を垂直にした座り方のこと。簡単そうに見えるが、「実は全身のたくさんの筋肉を使って、姿勢を維持する力を問われます。しかも、膝裏をしっかりと伸ばさなくてはいけないので、基本とはいえ、最初はきちんとできない人がほとんど」と菊池さん。

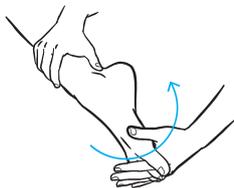
Activate muscles and nerves throughout the body Ankle rotation

全身の筋肉、神経を活性化する

足首回し

Point to aware

意識ポイント



Put one finger of your hand in each of your toes and squeeze your toes and hands together to form a handshake. Extend the fingers of the hand and rotate the ankle and carefully with the power of it.

Point ここをおさえて

足首が硬くなると、ふくらはぎの筋肉が動きにくくなり、ポンプ機能がダウン。足首のしなやかさを維持すれば、血液やリンパが流れやすくなり、全身の筋肉、神経も活性化する。

When the ankle is stiff, it is difficult for the calf muscles to move and the pump function is reduced. Maintaining the flexibility of your ankles will help blood and lymph flow more easily, and activate muscles and nerves throughout the body.

2つ目は、「きくち体操」の代名詞でもある「足首回し」。毎日行っていくことで、しなやかな足首を保つことができる。手や指、足首、膝、股関節、腰などにちよつとした違和感を感じ取ることができれば、体の不調に早期に気づくきっかけにもなる。

実際、この足首回しのおかげで、軽度の脳梗塞を発見できた例もある。毎朝起きた後に足首回しを日課にしていたAさんが、ある朝行っている、左足はいつものように動くのに、右足が思うように動かない。Aさん、「これは、何かいつもと違う」と感じた。日ごろから「脳」の話を授業で聞き続けていたため、「これは脳だ！」とすぐに脳神経外科に行き、検査をしたところ、軽い脳梗塞が起きていたという。医師にも「このレベルでよく気づきましたね」と感心された。多くの人は、こうした体からのサインを見逃しがちだ。その結果、重篤な病を発症してしまうこともある。生涯現役で働ける体づくりのためには、日ごろから体に微細な変化があったときに自ら気づき、感じ取る力がとても重要。「きくち体操」は、その気づく力を養う体操でもあるのだ。

Easy to do without straining
Sit-ups looking at your belly button

頑張らずに無理なくできる

おへそを見る腹筋

Keep your stomach pulled back and lift your head up, looking at you belly button.
If you have back pain, even this much is enough.

おなかを引いたまま、おへそを見ながら、頭を持ち上げる。腰痛がある人はここまででも十分だ。

Point to aware

意識ポイント

Consciousness of pulling the abdomen

☑おなかを引いていることを意識

☑肩は楽にして力まない

Easy shoulders, no strain

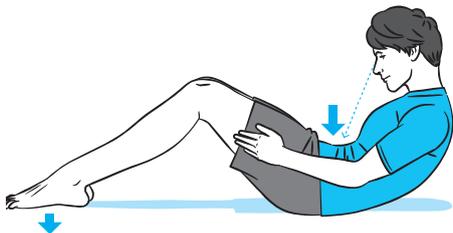


足の指、足裏全体で踏ん張る。

Step on your toes and the entire sole of your foot

☑頭を下ろすときは、腰から順番に背骨を1つ1つ下ろすように

When you lower your head, lower your spine one by one in order from the waist



力がついてくると、このぐらいまで起き上がるようになる。

As you get stronger, you'll be able to get up to this level

ここをおさえ

床に寝て、膝は立ててそろえ、お尻はぎゅっと寄せておく。おなかをぐっと引いて足の指、足裏全体で床を押す感じで、ゆっくり頭を持ち上げて、おへそを見る。縦横斜めに走る腹筋を使っていることを、自分の脳で感じ取りながら、力まないで行う。起き上がる回数

Lie on the floor with your knees up and together and your hips squeezed together.

With your abdomen pulled in and your toes and soles pressing against the floor, slowly lift your head up and look at your belly button.

Do this without straining, feeling with your brain that you are using your abdominal muscles that run vertically, horizontally and diagonally.

The goal is not get up as many times as possible.

3つ目は「おへそを見る腹筋」。「きくち体操」で最も大切にしている動きの一つが腹筋。だが、中高年世代には腰痛の人も多く、特に男性は必死に頑張って起き上がろうとするので、かえって腰を痛めてしまいがちだ。「どうしたものか」と考えついたのが、おへそを見るだけで、起き上がらなくてもいい腹筋だった。

「おなか、肋骨などの骨で守られていない部分。内臓を守ったり、体の前側から背骨を支えたりと、命を維持していくために大切な役割のある腹筋は、脂身をつけて弱らせては絶対にダメ。忙しくて体操する時間がないというときでも、普段からとにかくおなかを引っ込めることを意識するようにして、腹筋だけはしっかり育ててほしい」と菊池さん。

おなかの役割については、40ページから詳しく解説しているので、こちらもぜひチェックしてほしい。

Be aware of fat and grow muscle Grab abdomen

脂肪を自覚して筋肉を育てる

おなかつかみ

Point to aware

意識ポイント



胃をつかむ
肋骨のすぐ下、へその上、胃のあたりもしっかりつかむ

Grasp your stomach
Firmly grasp the area just below the ribs, above the belly button and around the stomach



脇腹をつかむ
片手でつかめなければ、両手で片方ずつでも大丈夫

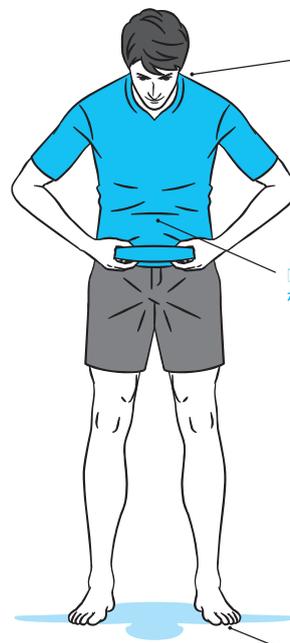
Grasp your side
If you can't grab it with one hand, you can use both hands, one on each side



おなかの後ろも!
背すじを伸ばして、背骨の周辺、背中に余計な脂肪がついていないか確認

And the back of your stomach!
Straighten your back and make sure there is no excess fat around your spine and back
※手の位置を少しずつずらしながらまんべなくつかんでいく。

Gradually shift the position of your hands and grab them evenly



☑目をそらさず、おなかを見る

Eyes on your own abdomen without looking away

☑下腹の奥までしっかりつかむ

Grab firmly to the depths of the lower abdomen

☑足の指、足裏全体で立つ

Stand on your toes and entire sole of your foot

Important

！ここをおさえて

自分のこの手で、この指でおなかをしっかりとつかむことが、脳で体を自覚する第一歩。腹筋と内臓が活性化し、脂肪が燃えやすくなる。便秘の改善・予防にも◎。

The first step to becoming aware of your body with your brain is to firmly grasp your abdomen with your own hands and fingers. This will activate your abdominal muscles and organs, making it easier for you burn fat. ⁴⁶
It is also very effective in improving and preventing constipation.

Grow your oblique muscles and shape your waist Twist sit-ups

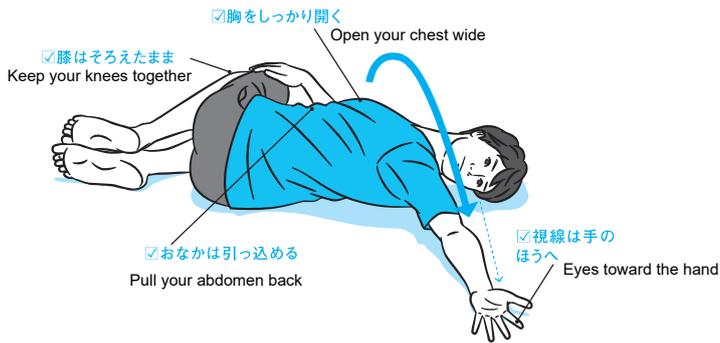
斜めの筋肉を育て、ウエストをシェイプ
ツイスト腹筋

4

骨盤を立てたまま、ウエストからねじる
Twist from the waist up, keeping the pelvis upright

Point to aware

意識ポイント



1

あおむけになって膝を抱える
Lie on your back and hold your knees



2

膝を抱えたまま、そのまま体を横にする
Turn your body to the side while holding your knees



3

下側になった手で、膝を上から押さえる。上の腕を伸ばして背すじを伸ばす
Hold the knee from above with the hand underneath. Extend your upper arm and stretch your back



Important

ここをおさえて

脇腹の腹斜筋は、姿勢を美しく保つために大切な筋肉。きちんと育てることで、おなかがへこみやすくなり、腕にも力がつく。肩凝り、腰痛の予防にもお勧め。

The abdominal oblique muscles on the sides are important for maintaining beautiful posture. By nurturing them properly, you can easily dent your abdomen and strengthen your arms. It is also recommended for preventing stiff shoulders and back pain.

Get into the habit of focusing on your body
Sit-ups on a chair
体に意識を向ける癖がつく

椅子で腹筋

Point to aware

意識ポイント

☑背すじを伸ばす
Strengthen up your back

☑おなかを引く
Pull your abdomen back

☑足裏でしっかり
踏みしめる

Feet firmly on the ground

下半身の力がつく

椅子で脚上げ
Building strength in the lower body
Raising legs on a chair

Important

！ここをおさえ

職場で座るたびにおなかを引っ込める習慣をつければ、お尻の筋肉にも力がつく。ヒップアップにも。

If you get into the habit of pulling your abdomen back every time you sit down at work, you will strengthen your butt muscles. It will also help you lift your hips.

Strengthen your lower body and core to increase metabolism
Walk with your butt

下半身、体幹に力をつけて、代謝を上げる

お尻歩き

Point to aware

意識ポイント

☑背すじは伸ばす
Straighten up your back

☑骨盤を立てる意識で

Keep your pelvis upright

☑膝裏を伸ばす

Stretch the back of your knees

意識ポイント Point to aware

☑肩は下げ、背すじは伸ばす
Shoulders down, back straight

Important

！ここをおさえ

座っている時間が長いときなどに、脚を上げるだけで体の中心を支える腸腰筋に力がつく。脚を上げて、そこからさらに持ち上げる意識を持つとより効果的。

☑膝裏はしっかり
伸ばす

Stretch the back of your knees

When you spend a lot of time sitting, simply raising your legs will give strength to iliopsoas muscle that supports the center of your body. It is more effective to raise your legs and then lift them up again.

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2歩目はこのように、右側のお尻から脚を上げて前に進む

Important

！ここをおさえ

For the second step, lift your foot from your right hip and move forward like this

長時間の座りっ放しなどでゆがみがちな骨盤の位置を正すことで、内臓も本来あるべき位置に戻す効果が期待できる。下半身、体幹の強化、腰痛予防にも。

By correcting the position of the pelvis, which tends to be distorted due to prolonged sitting, the internal organs can be expected to return to their proper position. It also strengthens the lower body and trunk, and prevents back pains.