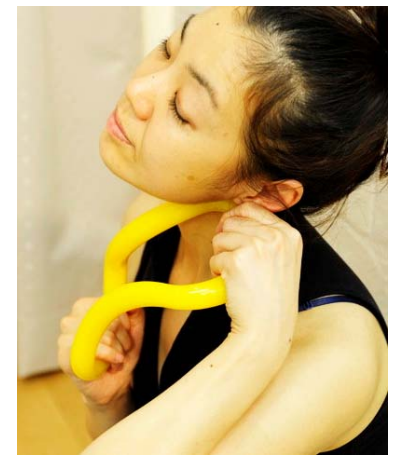




# “Wave Ring”



Home Stretch

□ Now more than 200 studio and Gym is using this “Wave Ring” and Method in Japan.

□ Now 900 instructors are certified.

“Wave Ring” helps to condition your holistic movement and flexibility through the waving movement method. Find your own bone arch.



Wave Ring Aqua Program



Wave Ring Core Program



Wave Ring Yoga



Personal Training

NPO Japan Wave Stretch Associations

理事長

Maki Sport Compan 代表

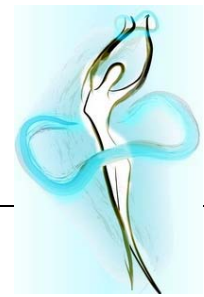
ウェーブストレッチ考案者



牧 直弘 NAOHIRO MAKI

気功・太極拳、護身術、水泳、ウォーキング、ダイエット指導・発声法から中国整体の施術など25年以上の様々な指導経験の中から、身体のしなやかな動きの要である「ボディ・アーチ」に着眼し、独自の理論「ウェーブストレッチメソッド」を考案する。さらにどなたにでも簡単に「ほぐす」「伸ばす」「鍛える」が同時に行えるウェーブストレッチが体感できるように、ウェーブストレッチリングを開発する。2006年に特許、意匠、商標取得し、運動プログラムの研究開発と新製品開発の為、健康に暮らせる社会の実現の為NPO法人日本ウェーブストレッチ協会（2008年9月法人格取得）を設立し理事長に就任する。現在、ウェーブストレッチの普及の為、認定講習会、テレビ、雑誌などで活躍中。

# More than 30,000 people enjoyed “Wave Ring” in Japan.



## The History of the “Wave Ring”

In 2005, Naohiro Maki, a manipulative therapist who longtime studied martial arts, sports and dance design the method of the waving stretch.

In 2006, He also invented “Wave Ring” that suite with human compound arch in the born. He inspired by the Rattan Ring of Chinese Military arts. (Rattan Ring help to move the Chi (inner power) and stretch, muscle toning)

Took Patent in 2006

## What is the “Wave Ring”

Waving Ring is invented for helping the holistic body conditioning.

The arch of the “Waving Ring” is designed according to the born arch within the human body, which is pelvis, spines or sole of the feet.

Also “Waving Ring” swings naturally and it help the human body to swing in his own way.

The method of the “Waving Ring” is fusion of the eastern body movement; (Qigong, T'ai chi, Yoga) and Western body conditioning.

It helps to develop the organic waving movement, muscle flexibility AND the muscle toning in entire body.

## Self care usage



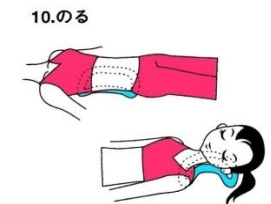
relax the muscle



extending



toning the muscle



healing through the  
mind and body

# Variety of the Waving Method Program



## □ Personal Training (PT)

Use 1 or 2 “Wave Ring”s to Relax, Stretch, Toning muscle and Cardio Exercise.  
Include Personal Training and Group Session.



## □ Wave Ring Aqua Program

Use 1 or 2 “Wave Ring”s and move with rhythm in the water.  
Help to improve the body function especially shoulder, lower back and hip joints.  
Ring is made of plastic and it help the resistance exercise training in the water.

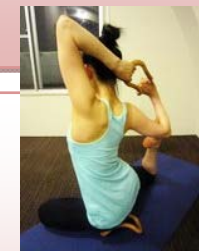
## □ Mind and Body Program

### Wave Ring Core Program

Use 2 “Wave Ring”s. it condition the trunk by stimulating abdominal muscle. Core training helps to develop the inner muscle efficiently.

### Wave Ring Yoga

Use 1 or 2 “Wave Ring”s. Use the Yoga movement to develop the flex human body arch. Increase flexibility and stability



### Home stretch

Use 1 or 2 “Waving Ring”s.  
From the morning to the night. Use the “Waving Ring” for stretch, relaxation. In the Living room, bath, or bed.  
Give the idea for massage, stretch etc.