HAKO BODY TUNiNG

Essential Movements



Hako Body Tuning is a unique body conditioning method based on over 30 years of physical research. Developed by Hako Mizoguchi, its core concept is to "**relax and realign the body to enable restoration of its natural function and beautiful posture.**"

Unlike typical fitness routines that focus on pushing your muscles hard, this method aims to completely **de-tense the body and guide your joints and pelvis back to their correct, neutral alignment.**

Key Features & How It Works

Focus on the Pelvis and Hip Joints:
By first loosening the "pelvis, hip joints," and "ankles"—which form the very foundation of your body—it resets skeletal alignment.

Incredibly Simple, Short Movements:
Most exercises take only 10 to 30 seconds. They focus on simple actions like sitting cross-legged and gently rocking, or lightly rubbing your joints.

Turning Daily Movements into Exercise:
Once you clear the "clogged" feeling in your joints and pelvis, your inner core muscles automatically switch on during every day activities like walking and standing.

What are the Benefits?

When your pelvis and joints are tuned back to their correct positions you can expect the following benefits:

Improved Body Line: Flattening a sagging lower belly; reducing O-legs/X-legs; and creating a beautiful, natural posture.

Relief from Physical Discomfort: Easing chronic shoulder stiffness, neck pain, lower back pain, cold sensitivity and bloating.

Better Movement & Flexibility: Even if you have a stiff body, your movements in stretch classes, yoga, or dance will become much smoother.

It is highly supported by beauty professionals, models and actresses. It has gained significant attention as "the easiest self-care routine" for people who dislike strenuous exercise, or for those who want to keep a supple, mobile body as they age.

Hako Body Tuning
5 Essential Movements

The most important concept of this method is not to push yourself with hard training, but to completely relax your muscles and guide your pelvis and joints back to their natural, correct alignment.

To watch the videos click on the movement titles with the 🔗 mark.

E.g. Pelvis Walk🔗

1. Pelvis Walk 🔗

This aligns the left and right sides of your pelvis and loosens the hip joints, which form the foundation for all body movements.

HOW TO:
Sit directly on the floor with your legs crossed (heels aligned). Relax your upper body without forcing your spine to be perfectly straight.



Alternately lift and rock your left and right sit bones gently on the spot. Keep your body relaxed and continue rocking in small movements for about 30 seconds, feeling the bones under your buttocks gently massaging the floor.







Back view

Next, tilt your pelvis backward. Hold onto your ankles to keep from falling backward. If you are using a chair, hold onto your knees. Lower your head forward and round your back. Try to exhale slowly without holding your breath.



Next, return to neutral and then lean forward. Focus on hinging forward from the pelvis. Be careful not to round your back.



Neutral



Return to the starting position and change legs by bringing your other foot to the front.

💡 **TIP:**

You do not need to move forward or backward.
Avoid forcing large movements. Instead, imagine gently rocking a baby to stay completely relaxed.



Caution: forward head

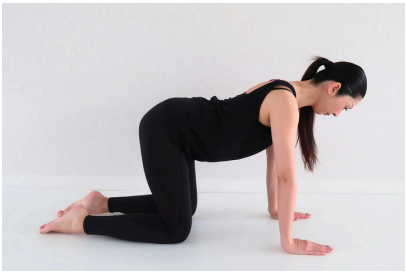


Caution: forced posture

2. Shoulder Joint Release🔗

This releases tension in your upper back, shoulders and arms. After doing this on one side make sure to check the changes before doing the other side.

HOW TO:
Get down on all fours. Align your wrists with your shoulders and knees with your hip joints. Relax your back.



Relaxed back



Tension in the body

Externally rotate your arm **from the shoulder** so that the thumb of your right hand faces outward. Place your palm on the floor so that your fingertips are facing you. It's okay if your hand can't rotate all the way back. Do not force the movement.



Side view



Diagonal view

If you can, pull your weight backwards. You should feel the stretch in your arm.



After stretching one arm sit/stand up and check for the changes mentioned below.



Can you see that the your upper trapezius muscle is lower compared to the other shoulder?

When you walk, do you feel that the arm you stretched hangs looser and that you are walking without exerting extra energy?

Repeat on the other side.

3. Gluteus Medius Release🔗

Tight gluteal muscles pull the pelvis downwards making it difficult to stretch and affecting the hamstrings.

HOW TO:
First check the status of your right glute. Lie on your back, hook your right ankle over your left knee, hook your hands behind your left thigh and see how far you can pull your left thigh back.



Stand up. Push your pelvis forward as if you're sticking your belly out and squeeze your buttocks. Find the dip in your right buttock and place the ball there (bouncy ball or a massage ball).



Holding the ball in place release your gluteal muscles, sit on the floor, placing your weight on the ball and roll using circular motions.



Release muscles



Roll on ball

Lie back down and check the right glute again.
Has your face lifted on the same side as you just released?
When you did the stretch again, did it feel easier?
Were your legs closer to your chest than before?
After releasing both sides do a forward bend or a downward dog to check for changes in the length of your hamstring.



4. Scapulae Release🔗

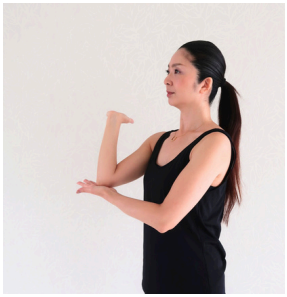
This movement loosens the muscles around your scapula which allows for more mobility in your arm. You may even experience a natural face lift as the muscles of your neck loosen too.

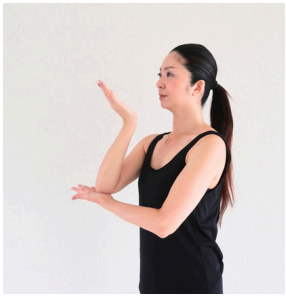
HOW TO:
Support your right elbow with your left hand. Flex your right wrist and keep your palm flat like you're holding a tray.



Keep your palm flat and make outward circles with your arm by lengthening your arm forward, outward, towards you and back around.







After doing a few rotations with the right arm relax both arms and check for changes.



You should see your right shoulder is more relaxed and the shoulder joint has opened up to a more neutral position.



Forward shoulder
Raised scapula

Neutral shoulder
Flat scapula

5. Ankle release🔗

Loosening the ankles will allow your calf muscles to activate properly. You'll also find it easier to walk and will have more stability when balancing on one leg.

HOW TO:
While standing support yourself by holding the wall or a chair. Place your weight onto your left leg and extend your right leg back with your heel facing upwards. Take care not to curve your ankle (banana foot).





Correct foot



Banana foot

Keeping your weight on your front leg bend both knees forward until you feel the front of your right ankle stretching. Then slowly straighten both knees. Repeat this a few times.





Now check for differences. Sit down on the floor and lengthen both legs in front of you. You may notice the ankle you just released is lower and more relaxed than the other.



Stand up carefully and repeat on the other side.

Hako Body Tuning publications:









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Hako Body Tuning
Home page

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(Japanese)

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