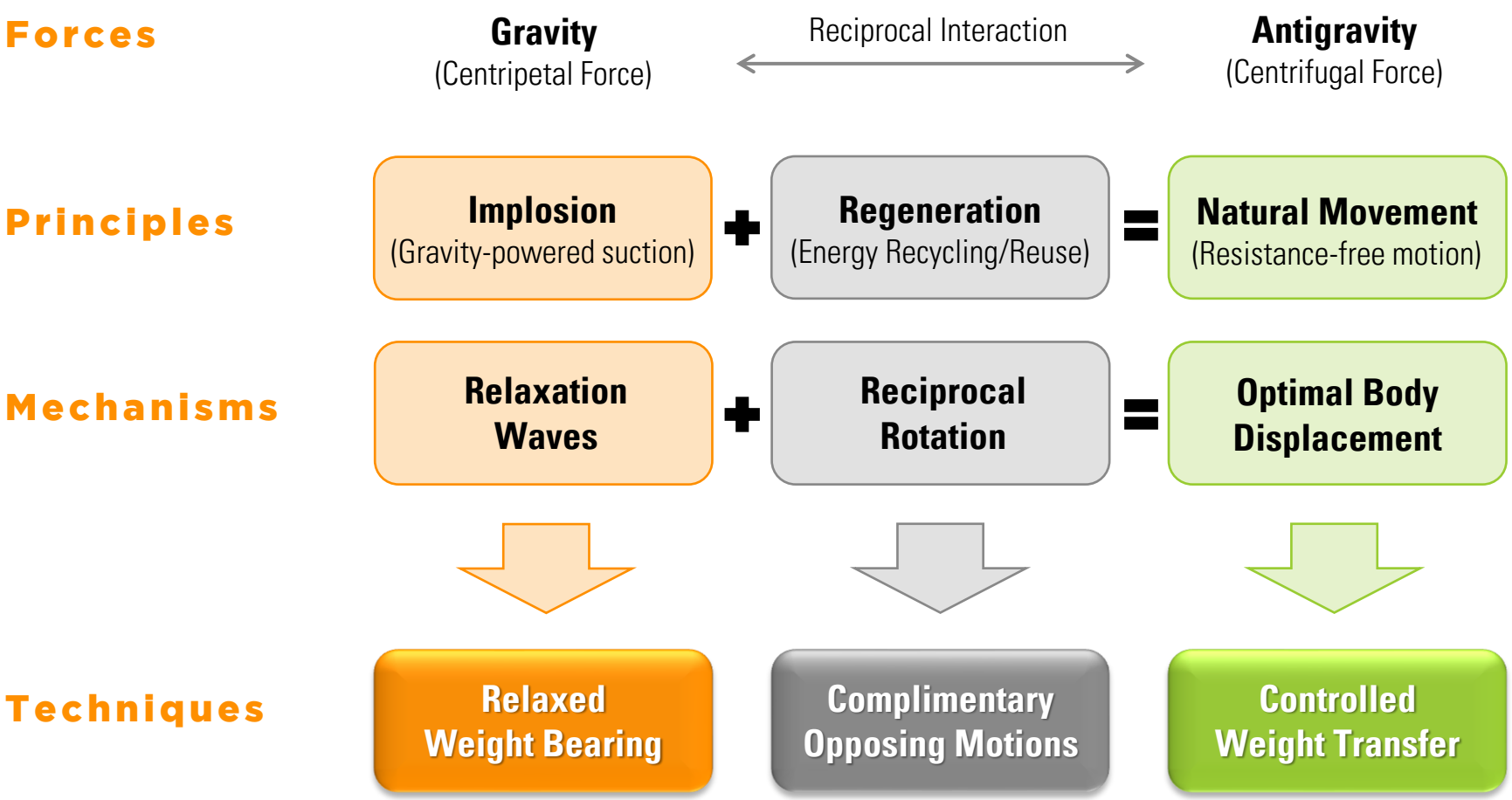
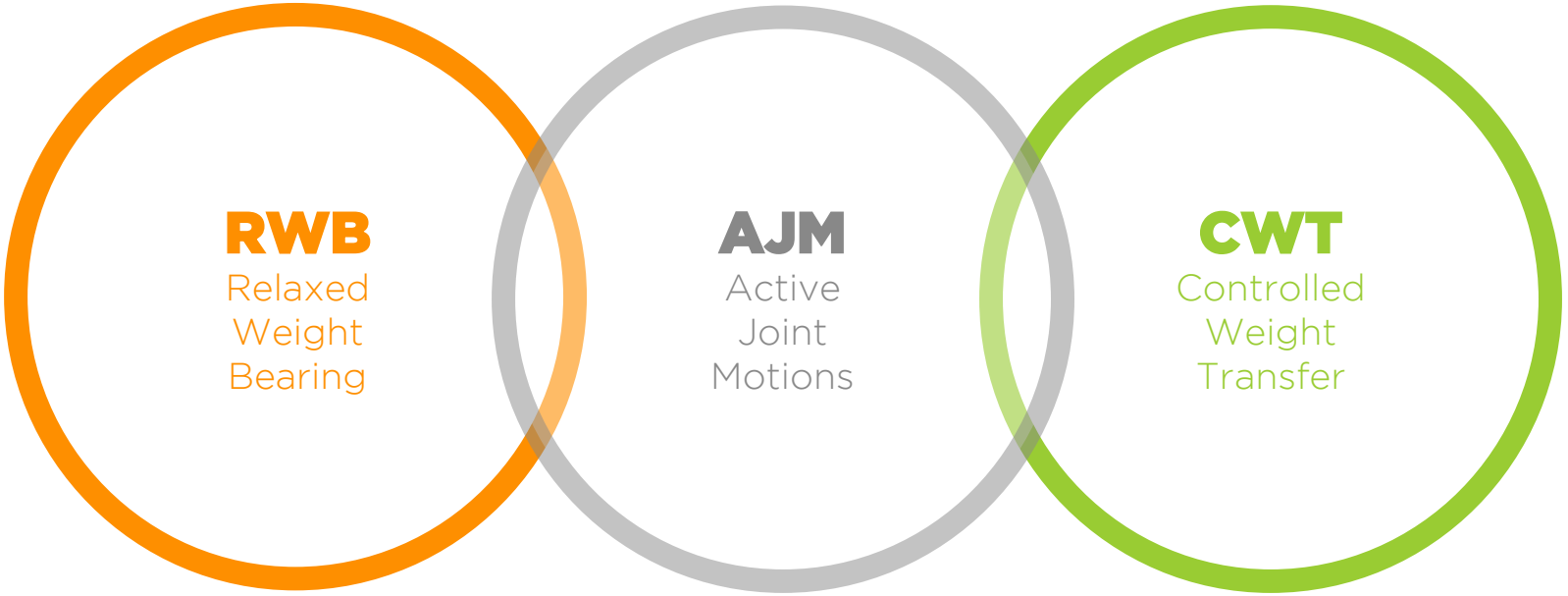
Natural Motion: An Overview

Principles & mechanisms for breathing & movement



Gravity Control Technique

Aligning with natural forces for optimal body use



Capture & Storage
Harnessing gravity via relaxation to power breathing & movement

Control & Conversion
Kinetic energy conversion, transmission & regeneration

Release & Recapture
Continuous power output & enabling of energy recapture

Equal Efficiency & Effectiveness
for Optimal Function & Performance

How it works: Optimal body use

MECHANISMS

1 Relaxed Weight Bearing
Muscles relax & increase elastic potential in the tissues so that more force is transmitted to bones

2 Active Joint Motions
Fluid & mobile joints that drive limbs & control posture via reciprocal resistance-free motions.

3 Controlled Weight Transfer
Rapid, relaxed & clean transfer of body weight with minimal impact & vertical or lateral displacement

EFFECTS

a. Transforms cardio-respiratory function
Liberates diaphragm, which massages pericardium

b. Stronger bones & more powerful muscles
More bone compression/elastic storage/power potential

c. More capability to process stress & anxiety
triggered by dissipation of neuromuscular tension

a. Regeneration of joints & tissues
Fluid motions have a massaging, therapeutic effect

b. Greater balance, control & coordination
Well articulated joint motions improve sensory feedback

c. Effortless movements & increased fitness
More enjoyment of exercise & capacity for work

a. Reduces risk of falls, collisions & injury
via more control of body & minimal impact shock

b. Reduces stress & improves autonomic function
Less shock & tension, more relaxation & regeneration

c. Greatly enhances fitness & performance
Optimal energy recycling via conserved momentum

How it works: Poor body use

MECHANISMS

1 Tense Weight Bearing
Muscles contract against gravity and bear body weight instead of it being taken by the bones.

2 Passive Joint Motions
Limbs pull on joints and drag body along, squandering energy by creating resistance and friction.

3 Uncontrolled Weight Transfer
Weight thrown around with each step; body rises/falls with pronounced vertical or lateral displacement.

EFFECTS

a. Impaired cardio-respiratory function
Overuse of superficial muscles stifles diaphragm/heart

b. Weaker bones & muscles
Less bone compression & muscular power potential

c. Less capability to process stress & anxiety
Due to suppressed parasympathetic function

a. Excessive degradation of joints & tissues
Lack of free motion increases shear stress & friction

b. Impaired balance, control & coordination
Underuse of joints limits sensory-motor integration

c. Laboured movements & reduced fitness
Inefficiency reduces capacity for physical work

a. Amplifies risk of falls, collisions & injury
via loss of control of body & effect of impact shock

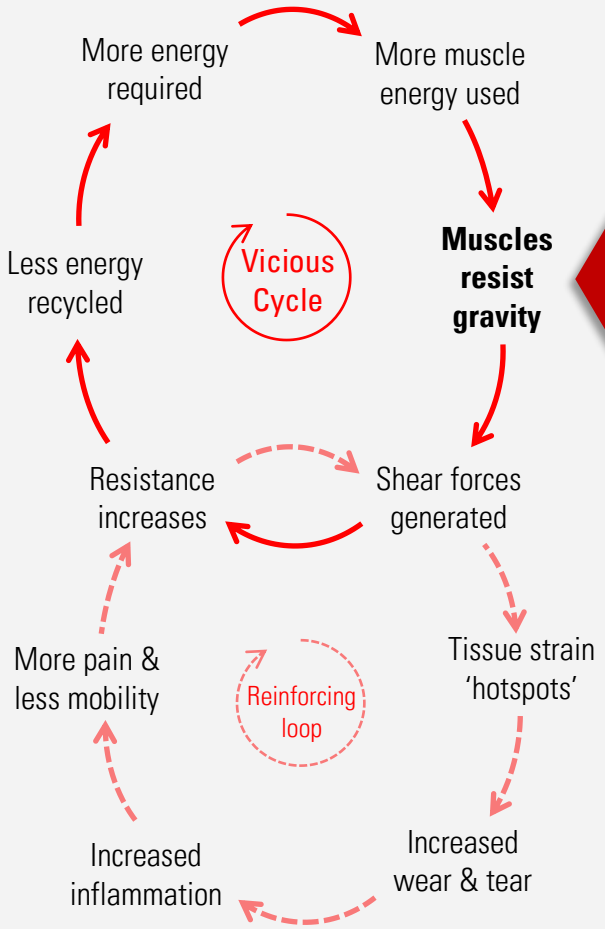
b. Builds stress, impairs parasympathetic function
Impact shock agitates nerves & inhibits regeneration

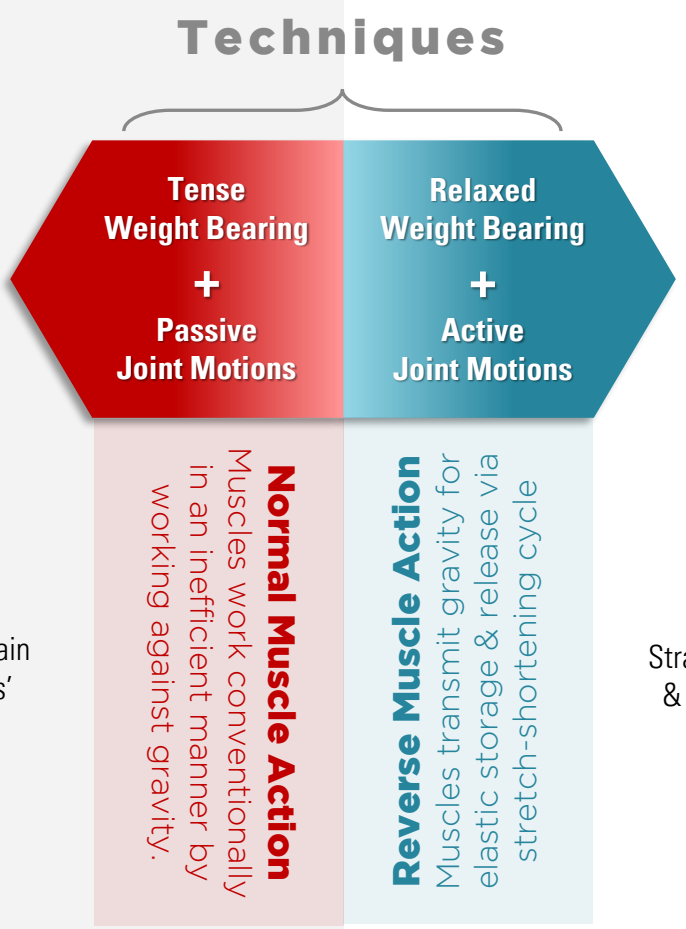
c. Impairs performance by destroying momentum
High energy (ATP) input required to maintain speed

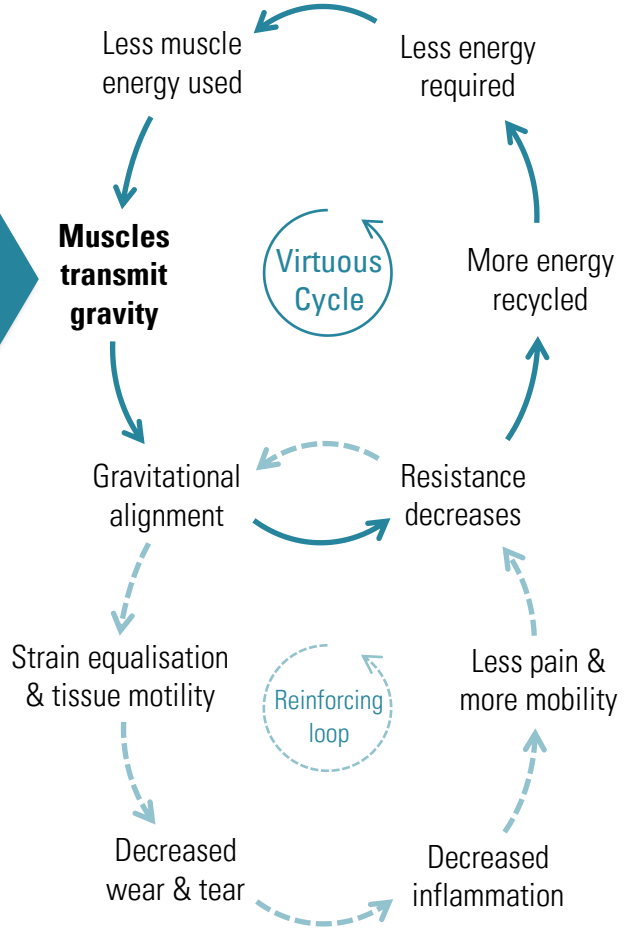
Degenerative
Body Mechanics

Vs

Regenerative
Body Mechanics

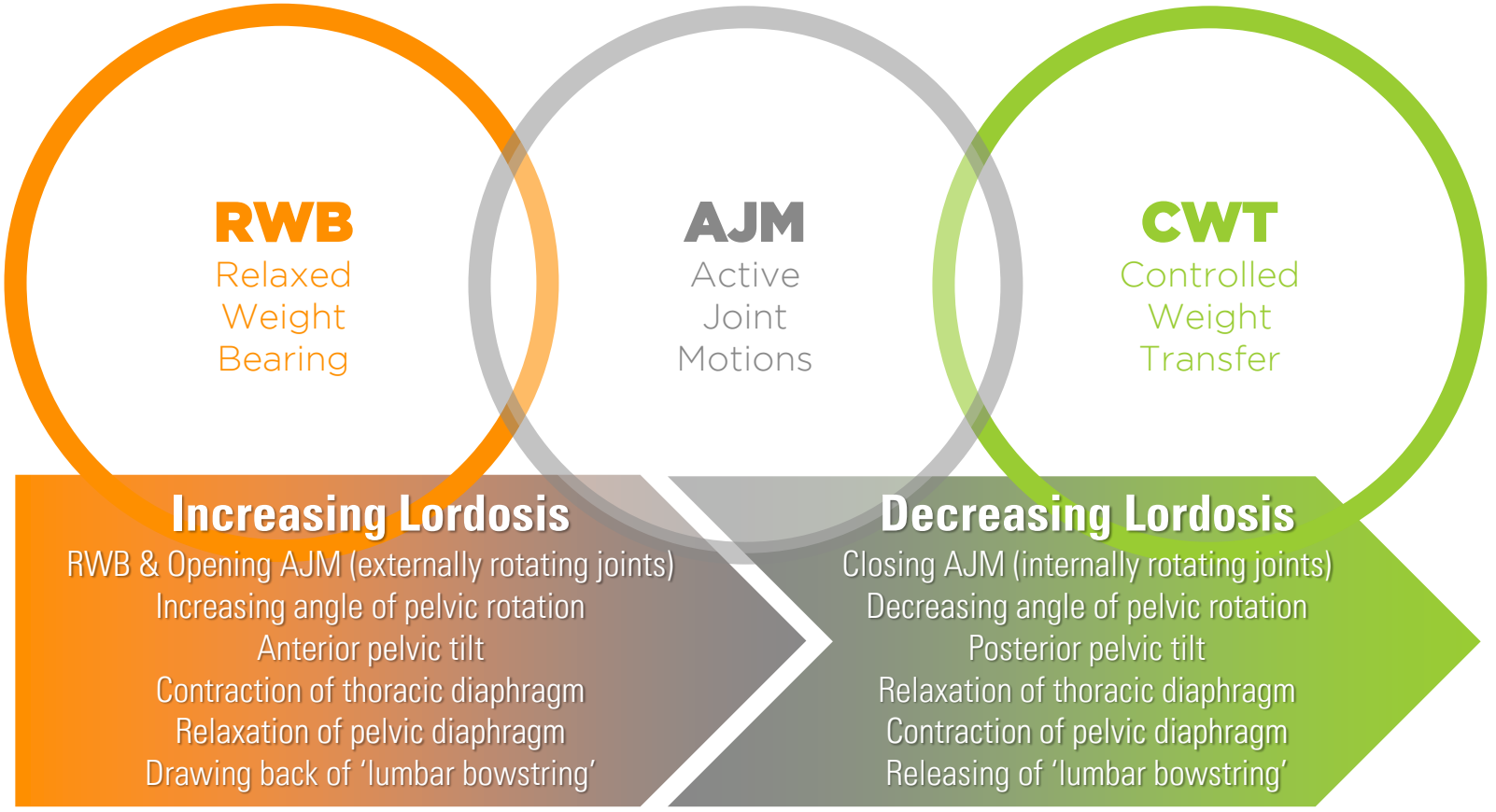






Gravity Control & The Spinal Engine

Driving postural dynamism for optimal efficiency



Cycle alternates between RWB & CWT via external & internal rotations of joints, creating lordotic oscillations that store & release energy for movement