



MOVNAT

RECONNECT TO YOUR TRUE NATURE

We are three-dimensional

By: Clifton Harski

You move throughout life in all directions, yet look at the gym and how you train, how you run, how you lift, how you jump---everything is linear isn't it? And I bet you thought your training was "functional"! Most everything done in the gym is in a static position, seated or on two feet, and requires little actual movement. These traditional drills are fine for isolating muscles or strength-yet if they are all that is done, they do little to improve the stimulation of the brain.

We are three-dimensional human beings, and we move in many more directions than forward. Moving laterally, diagonally, vertically, and along the floor are skills which are neglected in most "functional" programs.

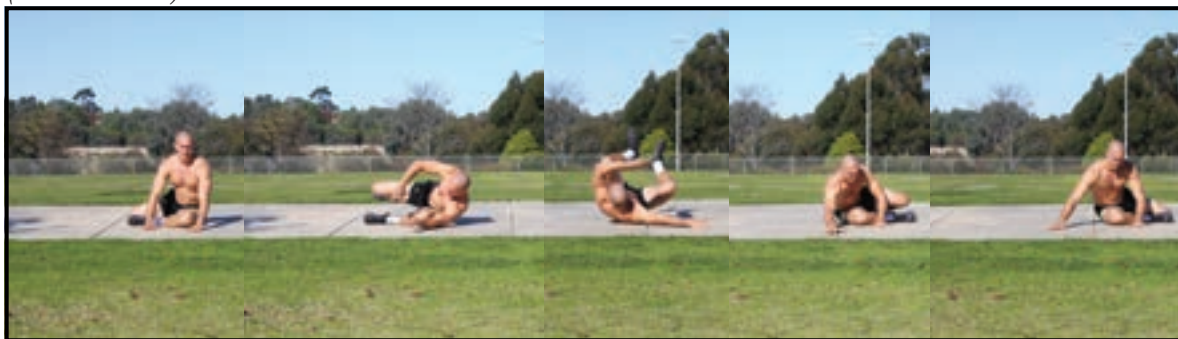
Moving in these different planes will require more complicated movements than just using bilateral movement patterns. Instead we will need to move unilaterally, have mid-line crossing movements, coordinated movement, we will excite and stress our body in new ways promoting better resilience in the body, intelligence, and elasticity in the brain.

Drills which cross the mid-line of the body are important in the development of learning in children, and in maintaining good brain function in adults. Moving unilaterally is much more representative of how we move in day to day life-nobody moves around with two feet at the same time! Rolling is great because it requires certain deep muscle firing patterns which some people have lost; additionally it promotes contact with parts of the body which rarely have any contact (one reason foam rolling and massage can be good). Finally, the frequent attempting of new physical challenges requires the body to adapt and will produce greater and broader movement skills.

This month's combo

In the MovNat Combo below the goal is to move through the drills as smoothly and coordinated as possible. Move through the combo 5 times, note the time it takes to do it all. Try to improve time while improving or at least maintaining equal control and grace in your movement.

Side Roll from Kneeling (5 each direction)



Start sitting on your rear with your left knee pointed forward, and right knee up against the bottom of the left foot. Fold forward reaching your left hand in front of you sweeping the floor left to right, look over your right shoulder with your head and eyes, raise your right leg over and roll over you back landing in the mirrored imagine of the starting position. Focus on being smooth.

Imagine you are rolling away from something coming at you

Stance Side Slide

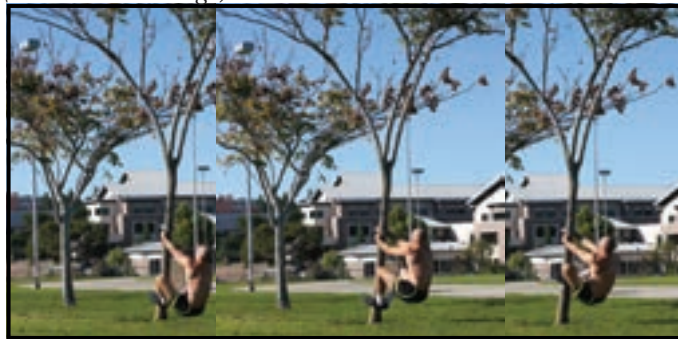


Set 3 markers each 10 yards apart. Assume a quarter squat stance, with most of your weight in the balls of your feet. Staying at that squat level, slide right without crossing your legs. After 10 yards change direction and slide left for 20. Change direction again and finish by side sliding right for another 10 yards. To change direction from traveling right to left you will need to firmly plant your whole right foot, lower your body to a half squat, then head left by really extending your left foot to the left. Focus on good foot plants and footwork on the direction changes.

Imagine you are cornering something trying to get away from you, and you cannot let it get past you.

(1 climb about 8' high)

Vertical Climb



Start sitting in front of a vertical tree trunk or pole. Be sure it isn't too slick! Place both of your heels into the trunk, and pinch with your arches and balls of your feet, grasp the pole firmly from the opposite side with your hands (do not interlace fingers). Press into your feet and elevate your rear off of the ground. Keep your arms relaxed so they do not get exhausted. Relax your legs and let your rear sit below where your feet are anchoring you; this creates tension from your legs into your feet against the trunk so that you minimize your energy expenditure. To move up, press with the legs raising your body so that you can move your hands up, one at a time, after the hands are secure again, you can either jump both feet up together, or walk one up at a time. Try to be as relaxed as possible throughout so that you do not tire quickly. Climb down the same way: hands move first, then feet. Focus on relaxedness.

Imagine you have to get up that trunk for your safety.

45° Slit Leg Jumps



Set 8 targets out, 45 degrees angles, at an east to moderate difficulty level distance for a jump.

Start on your left leg, and your right leg behind you a bit, swing the right leg towards the target and land on only the right leg, your arms should come forward as you contact the target, stand up in place, and repeat with the left leg to the next target. Focus on landing on the target, and sticking the landing!

Imagine a trail composed of large rocks which you must hop from one to the next.