



TRI BREATH

A BODY SCULPTING  
PROGRAM

The  
**3 Step**

Watch the video @tribreath.org

# The 3 Step

Welcome to the first of the TriBreath breathing rhythm's... the 3 Step.

On the physical level, i call the 3 Step the most powerful of the TriBreath rhythms, as the 3 Step is the rhythm that'll get you up that mountain no matter how steep it is. It'll have you carrying and pushing loads without the need for the associated huffing and puffing that is so common when physically exerting oneself.

How is this possible?

As I pointed out in the How We Walk Out Of Balance chapter, the out-of- balance 4 step rhythm with its In..In..Out..Out cycle, can very easily be turned into a balanced distribution of inhalation and exhalation, simply by taking away a breath... or adding more breath's.

These small changes in breathing rhythm, allows for equal distribution of your body weight between both the left and right hand sides. By re-creating uniform movement between the legs & hip and consciously moving the arms in time with the breath and feet, allows your chest to open so you can access greater air intake & improved lung function.

**For example... from a two breaths in and two breaths out cycle**

- When we take away a breath we create the 3 Step breathing rhythm
- When we add a breath we create the 5 Step breathing rhythm
- When we add three more breath's we say hello to the 7 Step breathing rhythm

## Finding your rhythm

As for the breathing, the 3 Step is the easiest on the body to distribute the loads but funny enough some people can feel challenged implementing the 3 Step.

Why so? It's not the rhythm! The rhythm is as simple as 1, 2, 3. It's the slowing down of the body. It's the breathing in two big breaths and releasing that breath in half the time that stumps some of us. Breathing in deep full breaths doesn't come easy to a lot of us. By slowing down your body you give yourself more time to breath more air in.

It's little wonder why lung capacity decreases so rapidly as we age. Most of us move so beyond their breath most of their life the whole concept of oxygen deficiency is well and truly left behind in the dust.

Suffocation.... What suffocation!!!

When you're first learning the TriBreath rhythms, it can help to place a little bit of extra load on the body hence why i recommend using stairs or inclines to help co-ordinate your movements with your breath. This is especially the case when starting with the 3 Step & 5 Step. Having that extra load also makes it easier for your lungs to breathe more air in and utilise the air breathed in without getting dizzy from too much oxygen.

Once you're oxygen fit so to speak, or more to the point when your body familiarises itself to breathing in and absorbing more oxygen, each of the TriBreath rhythm's is easily applied to many of lifes experiences including cycling, surfing, paddling to name a few.

For instance, if you were cycling and using the 3 Step, you would time each of your breath's to when your foot reaches the bottom of the pedals radius on the push down. Again, find a hill or a slope and feel the independence you can create using your breath to balance the loads placed on your body.

i had plenty of time to practice when, for about seven years or so, i maintained and developed a very steep mountain property up in the Gold Coast of Australia hinterland. It was all slope and then a bit more slope but the views were incredible and the water that flowed out of the rocks!!!

As the sun was my witness, i wouldn't have been able to move the tons and tons of rocks i did around narrow winding paths in a wheel barrow as i built terraced rock walls to stop the soil and forest debris from re-filling the rock pools rich in crystals had it not been for the 3 Step. It's a rock solid breathing rhythm if you'll excuse the pun.

## Looking at the timing

Understanding that each individual step you take as you walk or run, either equates to an IN breath or an OUT breath is a necessity.

### So using the 3 Step rhythm...

- The first step you take is an IN breath
- The second step you take is an IN breath
- The third step you take is the OUT breath when you empty your lungs

Then repeat the process with the fourth step being on an IN breath and so on.

With the first two steps being IN breaths and the third step the OUT breath, make sure on your OUT breath you really exaggerate your breath out. The trick to increasing your lung capacity isn't in the breathing in... It's the letting go of your breath that takes practice.

It may be useful to know or remember, the first breath you took upon entering this planet was an OUT breath (exhalation) to clear your lungs of fluid.

Need proof of what breath rules?

As a little experiment, try taking a big breath in without first breathing out. You'll find it's the emptying of your lungs that ensures you the most satisfying breath of oxygen rich air in. It's the letting go that lets you get more in :-)

## How this works in a walking action

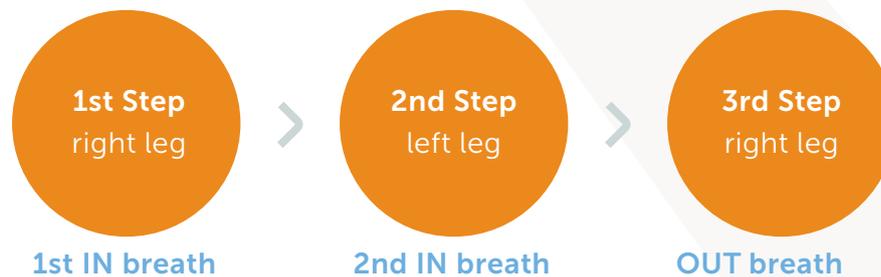
For this example, I'll show you over two breathing cycles or SIX STEPS in total. So if you're sitting, consider standing up and make the writing on your screen bigger so you can give yourself some space to move.

The best way for you to see this is for you to be walking on the spot, with the easiest starting position to walk on the spot being...

- By lifting one knee up and pulling the same side elbow back and the opposite arm forward
- Then as you lower the leg that was lifted push the arm that was pulled back forward and at the same time pull the arm that was forward back as you start lifting the opposite leg

Repeat the process and you're walking on the spot.

**Starting your 1st breathing cycle with the RIGHT leg leading:**



- As your right leg moves forward (1st step) you start your IN breath.
- As your left leg moves forward (2nd step) you're still breathing in.
- As your right leg moves forward again (3rd step) you totally express the OUT breath on the one step, when your right foot lands on the earth.

### Continuing your 2nd breathing cycle on the LEFT leg:



- Then as your left leg moves forward (4th step) you again start the IN breath.
- As your right leg moves forward (5th step) you're still breathing in.
- Then as your left leg moves forward (6th step) again you totally express your OUT breath on the one step, when your left foot lands on the earth.

## Letting go of the breath

If you're finding it challenging to get the third breath, the OUT breath "in one breath", as i mentioned in Finding Your Rhythm, it's more than likely an indicator you're walking or moving too fast at this present moment in time.

Keep in mind you may have had many years of practice moving beyond your breath and to change well-tuned habits requires small incremental changes. Moving yet not in contact with your breath is like a pilot in a hot air balloon moving swiftly with the wind but having no contact with the fire... the lift, the life of the balloon.

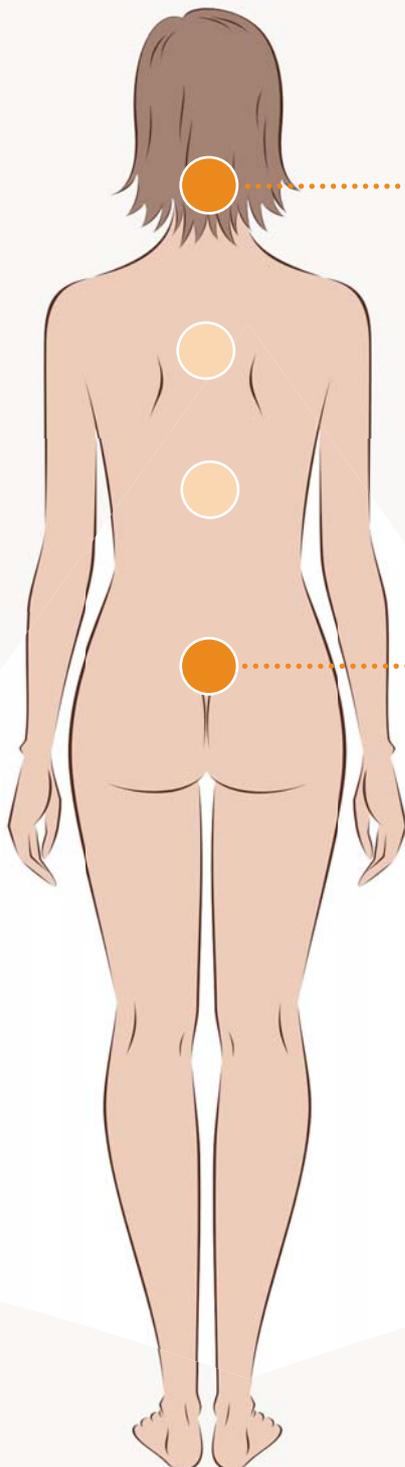
Remedy this begin by **SLOWING DOWN YOUR BODY** in particular slowing down the movement of your arms. Slowing down the movement of your arms will automatically slow down the movement of your legs thereby giving you more space in between your steps so as you can then focus on your breath.

Little is it understood that in reality, the arms are most important limbs when it comes to fluid motion. Not only do the arms stabilise the upper body with the lower body, it's the arms that control the speed of the body's movement and it's the arms that help draw the air in. With the shoulders supporting the arms and the arms pivoting on the shoulders, the pendular motion of the arms moving backwards and forwards helps pull the shoulders back allowing the chest to open thereby creating greater expansion of the rib cage.

And to get more air into the lungs one must first open the cage that encapsulates them.

## Breathing Points of the Spine

Talking of breath, if you're familiar with the Breathing Points of the Spine:



● The 2nd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● The 1st IN breath is felt around your sacrum... this helps activate your diaphragm so as to draw the air down into your lower lung.

The OUT breath is released by squeezing your tummy in towards your spine on the one step. See in your mind as your abdominal muscles come in that as squeezing in thereby emptying your lungs of air.

## The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. When using the 3 Step rhythm, with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath biggest breath

and then when your exhalation (the OUT breath) begins think...

- 1st OUT breath biggest breath out

This way you'll be able to fully maximise both your upper and lower lung as more conscious thought will be placed upon activating your diaphragm.

Fully get into the squeezing of your belly inwards. Just thinking about the belly and tummy region being pulled in is helpful. Sooner or later we'll all realise that "what we think" matters. By placing more conscious thought into your diaphragm muscle, you'll be able to utilise both upper and lower lung.

This little tip will become very useful to you when you start to practice the 5 Step and very soon when your lung capacity is thumping, you'll be using the 7 Step. That's IN four and OUT three and you can expect to see some seriously expansive action happening in your chest! It's very exciting :-)

### Points to remember

- The 1st IN breath changes every 3 steps from the right leg to the left leg
- The OUT breath changes every 3 steps from the right leg to the left leg
- Slow down the movement of your body to enable you time to experience your breath. In the first instance slow down your arms and your legs will follow

With the supporting force of the IN breath and the expansive expression of the OUT breath now equally distributed between the opposing left and right hand sides, the body can experience equilibrium on so many levels both physically & energetically.

The IN breath now accounts for two thirds of your breathing cycle with the powerful OUT breath allocated the remaining one third. By simply practicing conscious awareness of your breath, your body has greater access to oxygen that was always available. And best of all you're now moving (walking, running, riding, pushing etc.) with your left and right hand sides equally distributing the hidden loads that are placed on your body when you walk or run. Now onto the 5 Step...