



TRI BREATH

A BODY SCULPTING
PROGRAM

Isometric
Plough

Watch the video @tribreath.org

Isometric Plough

Every TriBreath movement has its associated vision and with Isometric Plough it's the driving of the hands through hardened clay soil like a plough (plow).

As a flow on movement from Isometric Arrow where the bulk of the movement is expressed by the arm & chest muscles, Isometric Plough changes the distribution of energy to the upper back and neck muscles allowing for greater extension of your head as you pull your chin in.

The way one slips into Isometric Plough is to use the breath to create an opening for the body to move into. For example... let's say you were in Isometric Arrow mode with your fingers pointing straight ahead (still using the 5 Step) and you're about to move into Isometric Plough. As you begin your IN breath's, with your shoulders still in the Up, Back and Down position (and your hands still pressed together), bring both your hands into your body and at the same time rotate your wrists downwards so your fingers are now pointing towards the ground.

On your OUT breath (whilst still pressing your hands together and keeping your hands close to your body), extend your arms straight down keeping your shoulders in the Up, Back and Down position as you straighten your arms. From there all you do is maintain your shoulders structural position; lift your head up from the back of your skull and you're away.

Structure is everything

One big aspect of Isometric Plough that needs to be regularly addressed is the extension of your arms downward. Remember to listen and feel where your body's limitations are to be found.

- Only go to where your elbows lock so your shoulders are not pulled out of position.
- Notice if you fully straighten your arms, your shoulders will want to be pulled forward.

To correct this, on an IN breath, lift your shoulders Up, Back and Down bringing your hands with you and on your OUT breath when you extend your arms downwards. Again, only go to where the koonk in your elbow is first felt as you focus on lifting-your-body from the back of your skull.

As all the TriBreath breathing rhythms work with the TriBreath isometric movements, use the rhythm that best works for you. I like the 5 Step breathing rhythm as this rhythm gives us three very clear points of extension via our use of the Breathing Points of the Spine.

The technique

There are three ways to use your breath with regard the TriBreath isometric movements.

1. The first way is to relax the body on the IN breath and then on the OUT breath, you squeeze and press the muscle holding the contraction.
2. The second way is the opposite of this by contracting and pressing the muscle together on the IN breath and relaxing the muscle on the OUT breath.
3. The third method is my preferred method which is holding the squeeze and pressing of the muscle together on both the IN breath and OUT breath, but on the OUT breath you increase your pressing force and hold this force for the following IN breath's, and again increase your force on the OUT breath. Hold the extra contraction generated on the OUT breath through to the following IN breath, then onto the OUT breath to get more squeeze and so on.

As Isometric Plough is a flow on movement from Isometric Arrow, with your shoulders in the Up, Back and Down position and using the 5 Step

- Step 1.** From Isometric Arrow, on an IN breath pull both hands in towards your chest and rotate your wrists downwards so your fingers are now pointing towards the ground.
- Step 2.** On your OUT breath, extend your arms downwards to the point where you cannot straighten your arms any more without your shoulders being pulled forward.
- Step 3.** As we are using the 5 Step for this example, on your three IN breaths, squeeze the palms of your hands together whilst still maintaining your shoulders Up, Back and Down as you lift your head up from the back of your skull and press your sternum forward.
- Step 4.** On the following two OUT breath's, increase the squeeze & again lift from the back of your skull. If you're out walking, press your heels in & lift your body from the ground up.
- Step 5.** This returns us to the IN breath where we repeat the process and so on.

Note: In Plough mode, most of us will see our focus being drawn to the upper back and neck muscles. It can be quite helpful to use your hands and shoulders as a platform so as you pull your shoulders back, at the same time you push your sternum (breast bone) forward.

To take an extra step forward with a further visualisation, as you press your hands together and lift your head, see the width of your shoulders increasing by focusing on the area under your arm pits. Stand normally and feel how your inner upper arms press against the side of your rib cage. It is from your under arm area that you see your chest and ribs expand out to your sides as your shoulders move back and your head lifts. Breathe :-)

Triangles of Force

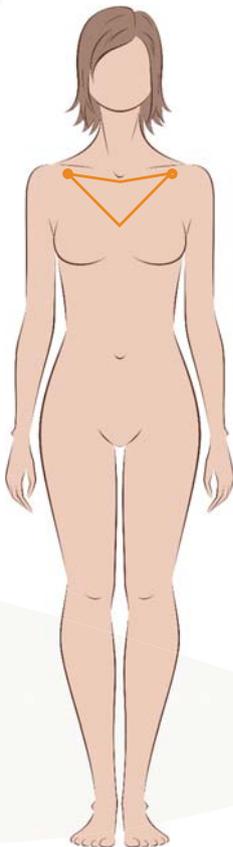
For those studying the Science of Triangles, there's an interesting triangle of force that can be well utilised due to the placement of your body whilst doing the TriBreath Isometric movements.

If you haven't already, the next time you have an opportunity to stand in front of a mirror with a bare chest; without a shirt or top on (no bra either ladies), look and see on both sides where your shoulder (deltoid) and chest muscles (pectoral) meet.

- See there's a crease... It's a diagonal crease running from the bottom of your armpit up to your wing bone (the clavicle).
- On this crease directly under both of your wing bones you'll find a pit. These pits are called "the salt pits".

These salt pits that are located on your left and right hand sides form the foundation for the base of a triangle with the middle of your breast bone (sternum) being the top point of your triangle. It is from these points that I'm referring to when I say lift from the back or your skull and project your sternum forward.

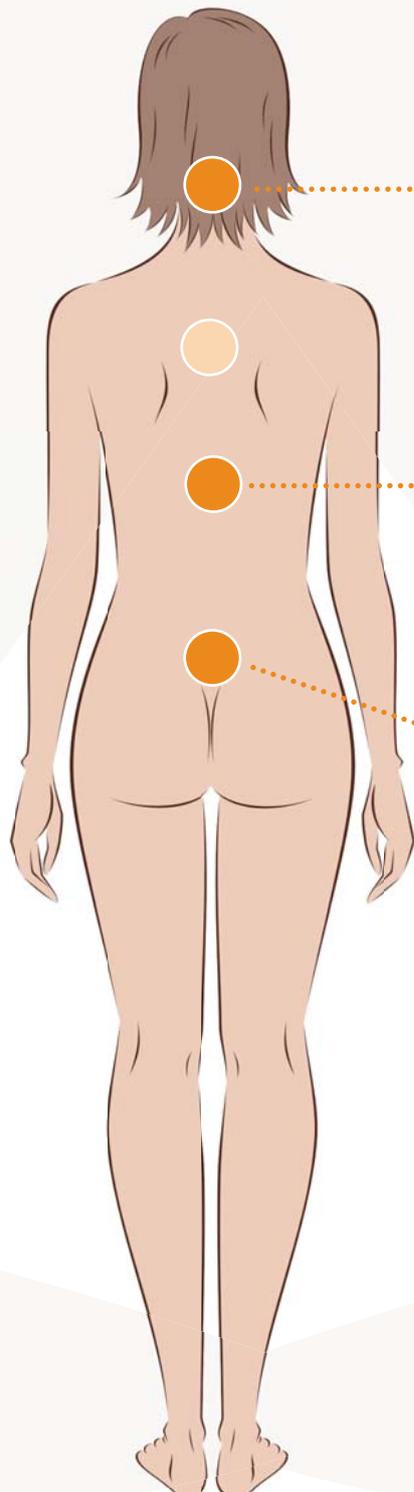
See what you can do with this triangle of force. Even though our models arms aren't in Isometric Plough position, focus on finding these points midway under your clavicle.



- With shoulders Up, Back and Down, both points under your clavicle (the base of your triangle) will now be visible.
- On the IN breath, pull these salt pits back (shoulders attached of course) and at the same time push and lift your sternum forward (the 3rd point of your triangle) increasing the size of your triangles dimensions with every IN breath.
- Using this triangular shape, your goal is to maintain the shoulders back with your breast bone in the up and out position whilst lift from the back of your skull. This allows your rib cage to open so as to let your lungs expand thereby breathing in more life.
- On a side note these salt pits form the base points of quite a few triangles of force located on your body. For example the salt pits and the belly button are used extensively in the advanced use of your OUT breath.

Breathing Points of the Spine

Using the 5 Step practicing Isometric Plough, utilise the sacrum, solar plexus and mastoid process to direct the flow of energy received from your breathing upwards like an arrow



● The 3rd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● The 2nd IN breath is drawn up to where the bottom of your ribs (meet at the base of your trapezius muscle). This action will help activate your solar plexus region and help fill your lungs from the bottom up

● 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 1st OUT breath is felt around your tummy by gently squeezing your tummy in towards your spine.

The 2nd OUT breath is fully pulling your tummy in towards your spine thereby emptying your lungs of air.

Points to remember

- Maintain your shoulders in the Up, Back and Down position.
- Use either the 3 or 5 or 7 step... the fullest breath the better.
- Keep eyes on a fixed point looking straight in front of you chin in, eyes up.
- Your elbows are slightly bent to maintain shoulder placement.
- Beginners - On your IN breath relax the arms, on your OUT breath squeeze the arms as you press the palms of your hands together.
- Advanced - On your OUT breath, squeeze the arms and press your hands together and hold this squeeze. On your following IN breath, still holding this squeeze, on your following OUT breath squeeze some more and then hold this squeeze until the following IN breath and repeat until you move into Isometric Plough.
- Imagine yourself being lifted with every IN breath, getting taller.

The little breath tip

To help fill your lungs with air gradually, the little breath bigger breath technique works a treat whilst practicing Isometric Plough. Using the 5 Step, with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath big breath
- 3rd IN breath biggest breath

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

- 1st OUT breath little breath out
- 2nd OUT breath being the 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.

BE FULL OF CARE

Start softly and proceed with no rush to get anywhere.

As with all the TriBreath movements, we embrace feeling first... then work in the tenths of millimetres to expand outwardly on the physical level.