



TRI BREATH

A BODY SCULPTING
PROGRAM

The
5 Step

Watch the video @tribreath.org

The 5 Step

When walking or running or any activity when explosive force is required, one of the great advantages of the 3 Step breathing cycle is the greater ratio of oxygen that you can breathe in. This greater ratio of oxygen breathed in can then harness a high level response from the body (e.g. why walking up hills is easier).

For the times when power and high performance aren't necessary (e.g. a leisurely stroll in the park), the introduction of the 5 Step breathing rhythm will not only maintain your body-balance with regard to the alternating IN breath and OUT breath, it will also maintain a greater ratio of oxygen you can make available to your body.

Looking at the timing

When using the 5 Step breathing rhythm, the way we approach the technique remains the same as the 3 Step rhythm, except this time your IN breath is maintained over three steps and your OUT breath over two steps.

Again, understand that each individual step you take as you walk or run, either equates to an IN breath or an OUT breath. So using the 5 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 an IN breath
- The fourth step you take is an OUT breath
- The fifth step you take is an OUT breath

How this works in a walking action

For this example, I'll show you over two breathing cycles or TEN 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. The best starting position for walking on the spot is to lift one knee up and at the same time pull the same side elbow back and the opposite arm forward as you start your breath in.

Then continue as you push the arm that was pulled back forward, and as you lower your raised leg at the same time start lifting the opposite leg and pull the opposite arm back.

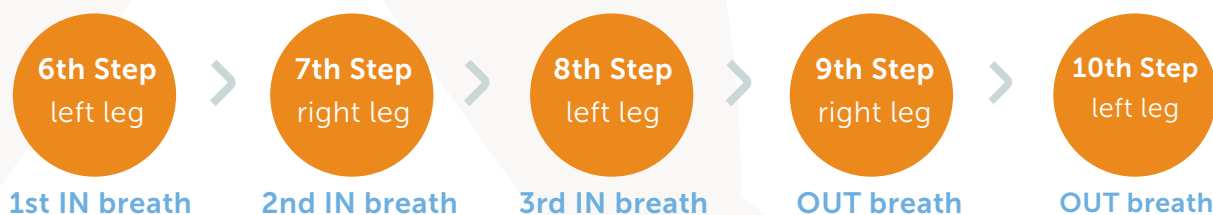
Repeat the process and you're walking on the spot.

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 finish your IN breath
- As your left leg moves forward (4th step) you start your OUT breath
- As your right leg moves forward (5th step) you finish your OUT breath when your right foot lands on the earth

Continuing your 2nd breathing cycle on the LEFT leg:



- As your left leg moves forward (6th step) you start your IN breath
- As your right leg moves forward (7th step) you're still breathing in
- As your left leg moves forward again (8th step) you finish your IN breath
- As your right leg moves forward (9th step) you start your OUT breath
- As your left leg moves forward (10th step) you finish your OUT breath when your right foot lands on the earth

Every ship needs a captain

As you use the little breath tip with all of the TriBreath rhythm's, get into the squeezing of your belly inwards. Just thinking about the belly going in is helpful. Focussing on your belly going in helps your body to lift itself up. If you know there's no captain on the ship, there can be no complaints as to where the ship is going.

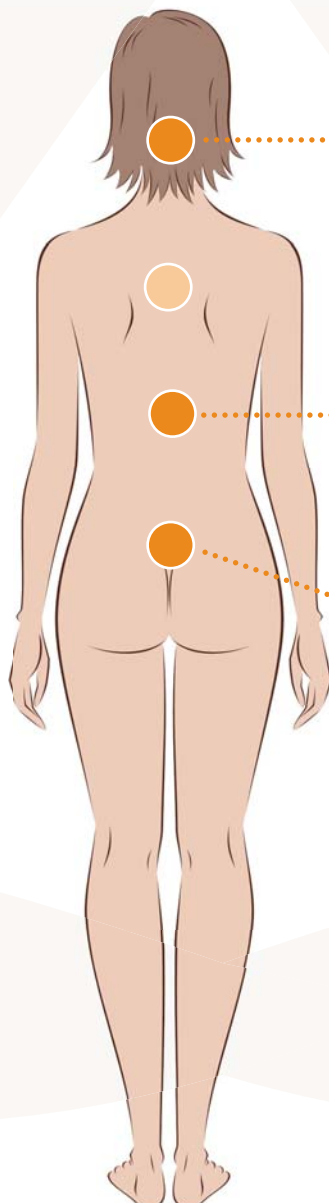
Same thing with your thoughts. Actively promoting the connection aspect of your body helps your body to grow and heal. Send good thoughts to a plant it grows; send good thoughts to a human, the human grows.

By placing more conscious thought into your diaphragm muscle as you use the little breath tip in combination with the Breathing Points of the Spine, your body will not only lift up... it'll be easy!

When your lung capacity is thumping and you're familiar with all the TriBreath rhythm's you'll understand why people who practice TriBreath don't say they're going for a walk... they're going for a breathe :-)

Breathing Points of the Spine

To familiarise yourself with the Breathing Points of the Spine



● 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

The little breath tip

To help fill your lungs with air gradually, the little breath bigger breath technique works a treat. 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.

Lift from the back of your skull as you draw the air in. Point your thumbs in the direction you're going and use your arms. When you get good at your breath start to focus your attention on your elbows moving back with both IN breath and OUT breath. LIFT!

Points to remember

- The 1st IN breath changes every 5 steps from the right leg to the left leg
- The 1st OUT breath changes every 5 steps from the left leg to the right leg
- In the beginning, breathe IN through your nose and OUT through your mouth. As your respiratory strength improves move towards purely nasal breathing