



TRI BREATH

A BODY SCULPTING
PROGRAM

The Crane

Watch the video @tribreath.org

The Crane

To enjoy a mobile and active body a stable platform is required and that's where your ankles, calves and knees come in. With this relationship between mobility/stability and your lower extremities in mind, the Crane is a movement that primarily focuses on awakening dormant stabiliser reflexes by integrating the heels of your feet with your shoulders, skull and spine.

Being a movement to improve and promote an upright posture, the visualisation for the Crane is that of a crane (the bird) walking slowly in wetlands with one foot in the water at a time and wings outstretched. Using the 3 Step, make the bending of your knee (IN breath) and then the landing of your foot (IN breath) precise, in contrast with your OUT breath being very loose.

Once you get the walking action of the Crane and most importantly how your breath is the key to integrate your movement, that's when you see your body like a bow... the bow and arrow sort of bow. This is where you imagine the string of the bow is being pulled back as your heel extends with the main body of the bow (holding your string) being your shoulders.

Have a go at seeing this in your mind...

On your OUT breath as your heel is being pressed downward and away from your body, you pull your shoulders back (using the front of your shoulders as your point of contact to lift your head up from the back of your skull), with your left shoulder, right shoulder & heel working in unison.

Use your shoulders as the hooks for you to lengthen your body from your heel up, as your breath maintains equal distribution of this extension from side to side. With the Crane's focus on posture and lengthening of your spine, don't make it a big issue as to how high your foot and leg is lifted! Focusing on how high you can lift your leg doesn't always give you the best results.

Understand that to experience greater mobility in your ankles, we must first stabilise the shoulders in the Up, Back and Down position whilst maintaining a relaxed and open chest as you press your heel away from your body. When you first start with the Crane, to keep your shoulders wide and chest open your feet may well be close to the ground with your heel being only inches away from earth. Go to wherever your hip flexes will allow but maintain your shoulder position.

As for the positioning of your feet, the only prerequisite is as the heel you are extending leads away from your body, the main body of your foot is being pulled back creating a greater extension of your calf muscles with the foot maintaining a vertical position at all times.

Don't let your foot angle/fall out to the sides.

If you have pre-existing limitations in the movement of your foot be the discomfort felt in your knee, leg or hip, focus on your technique first and know that by the gradual opening of your heel and the extension of your body in this way, using your breath to lift you, greater mobility in your knee and hip will come. Have faith... your body works in mysterious ways :-)

The technique

With your shoulders in the Up, Back and Down position and using the 3 Step

Step 1. On an IN breath, lift your right knee up and from the front of your shoulders, gently pull your shoulders, elbows & hands back so your thumbs are now pointing behind you and the palm of both hands is facing up towards the sky.

Step 2. On your following OUT breath, there are two actions happening simultaneously...

1. As you push your heel down and away from your body, you pull the top of your foot back towards your shin extending your calf muscles as you straighten your leg.
2. As your heel is extending, you gently pull your shoulders back and lift your head up from the back of your skull as you project your elbows forward.

With the start of your next complete breathing cycle, the following two IN breath's again have two actions happening though this time not simultaneously. So from your previous OUT breath and with your heel already extended and leg straight...

Step 3. On your first IN breath un-straighten your leg and bend your knee getting ready for to take a step as your foot to land on the earth.

Step 4. As you take your second IN breath, that's when your foot actually lands on the earth.

Step 5. On your following OUT breath, repeat the process as in Step 2. and so on.

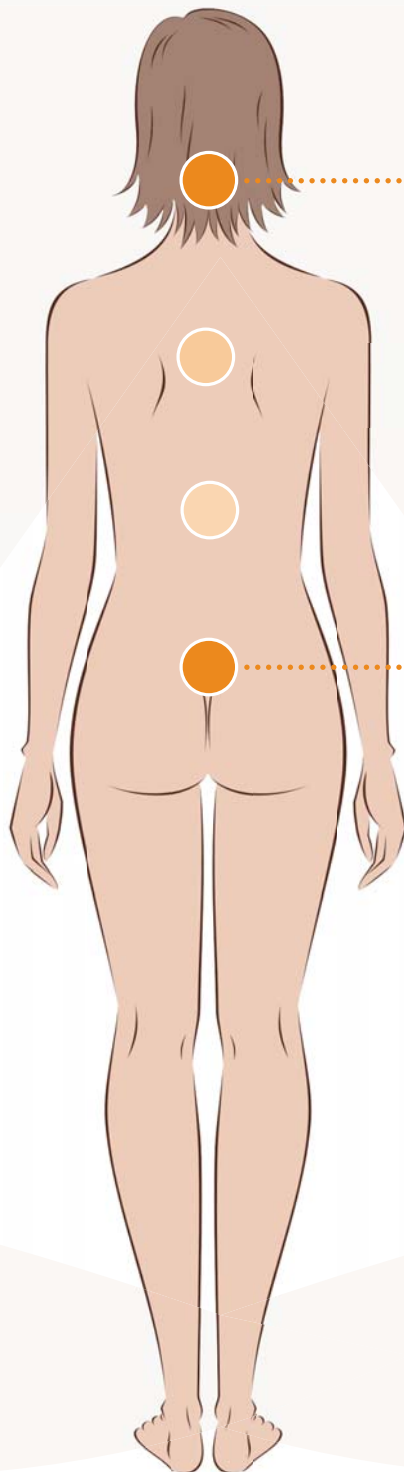
Some finer notes

Again, with shoulders in the Up, Back and Down position, as each individual arm is help out to your side...

- Allow the extension of your arm to come out from the throat muscles (the scalenes), over the top of your chest muscles (pectoral muscles), down to your arm muscles (in particular the biceps muscle), out to your hand with your fingers extended but relaxed.
- Particularly on your OUT breath (as your heel extends), it can be greatly advantages to focus your attention on your index finger and thumb and open the distance between them as you lift your head up from the back of your skull.
- As you open both your index finger and thumb and lift your head up from the back of your skull, gently and in small increments, move your elbows forward thereby helping you to draw your shoulders back as you push your sternum (breast bone) forward.

Breathing Points of the Spine

Using the TriBreath 3 Step rhythm when receiving the benefits of the Crane, i would use the sacrum and mastoid process to direct the flow of energy received from my breathing upwards like a big arrow as you lift your 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.

Points to remember

- See your three major points of contact... your left shoulder, your right shoulder and your heel working in unison to help lift your head up from the back of your skull.
- Use your shoulders as hooks for you to lengthen your body from your heel up.
- Maintain your thumb pointing behind you and the palms of both hands facing up towards the sky as you extend your hands out to your sides.
- If your shoulders lift, you minimise the outward extension of your inner arm and chest thereby causing compression of the head into the throat & shoulder region.

Always keep in mind, the aim for all of the TriBreath movements is extension and elongation... not brute force or crystallisation!

The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. Like i said, i like using the 3 Step rhythm when i do the Crane so 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.

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.