



TRI BREATH

A BODY SCULPTING
PROGRAM

The
Fork

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The Fork

Restrictions felt in the hands can limit almost every aspect of being active

Ask any man, woman or child who has limited movement in their fingers how difficult a simple action like brushing the teeth can be and you'll get a big, "it's not easy."

Here comes the Fork to the rescue. The Fork is a movement that helps open, isolate and release the extensor muscles of your forearm. The extensor muscles as the name implies lets you extend your fingers out so you can open up your hand.

As for difficulty, the Fork isn't a hard physical movement in fact it's a very subtle movement. But it's not easy! In the first place one must be vigilant to maintain the open position of both the thumb and index finger as well as keeping the tip of the third and fourth fingers pressed up against the palm of the hand. Then there's the maintaining of the arms and hands being held out at shoulder height whilst you lift your little finger and only your little finger.

One of the great benefits of the Fork, notwithstanding the benefits of an open pliable hand, is the effect that this movement has upon your posture, hence whilst being in Fork mode you'll find you have two choices with regard to how you hold your body.

The way you hold your body

Understand that aerobic capacity is dependant on the way you hold your body hence the first position one can hold the body whilst engaging in the Fork in is of no benefit to anyone including yourself, and that is allowing your body to collapse.

The most favourable position is that of upward and onward. While you're walking and doing the Fork, the shoulders seem to automatically want to roll up and back to make room for your chest to expand and your head to be lifted high.

With the open chest, nasal breathing will be the preferred avenue of oxygen absorption and your tummy will naturally be pulled inwards and your lumbar curve accentuated. Throughout the whole movement your focus is on keeping your index finger and your thumbs spread open so there's no crease showing in between these fingers looking down on the top side of your hand.

Once you have that it's all little finger and lifting form the back of your skull.

As for breathing rhythm's, as the Fork is a subtle movement with little muscle power required (it's more awareness muscle... mind muscle), i like to use the 5 Step breathing rhythm.

The technique

With your shoulders in the Up, Back and Down position

- Step 1.** Lift your hands up to shoulder height and gently extend your arms straight out to your arms limit without any lifting of your shoulders
- Step 2.** With the 3rd, 4th and 5th fingers tucked tight into the palm of your hand, open your thumb and index finger out and extend them as far apart from each other as possible
- Step 3.** Focussing on your breath as you walk, with your 3rd and 4th fingers still tucked into the palms of your hands, lift and extend your little fingers and your little fingers only
- Step 4.** When you lift up your little fingers and the index fingers and the thumbs want to collapse... Don't let them!

When you're complete, on an OUT breath gently bring the elbows into your body as you relax your hands. If you're looking for a flow on movement, the Shoulder Roll feels great after the Fork to help release and distribute the flow of energy in the shoulder and neck region.

Some further visualisations

The extension of your arms and neck muscles

A powerful visualisation that may help the extension of your arms from your neck muscles (scalenes) through to your hands is to imagine both your index fingers and little fingers are a two pronged fork. As you extend your arms outward to the sides, tuck your chin in as you lift your body up from the back of your skull stretch open your index finger and thumbs as you lift your little finger.

Your salt pits

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 Fork.

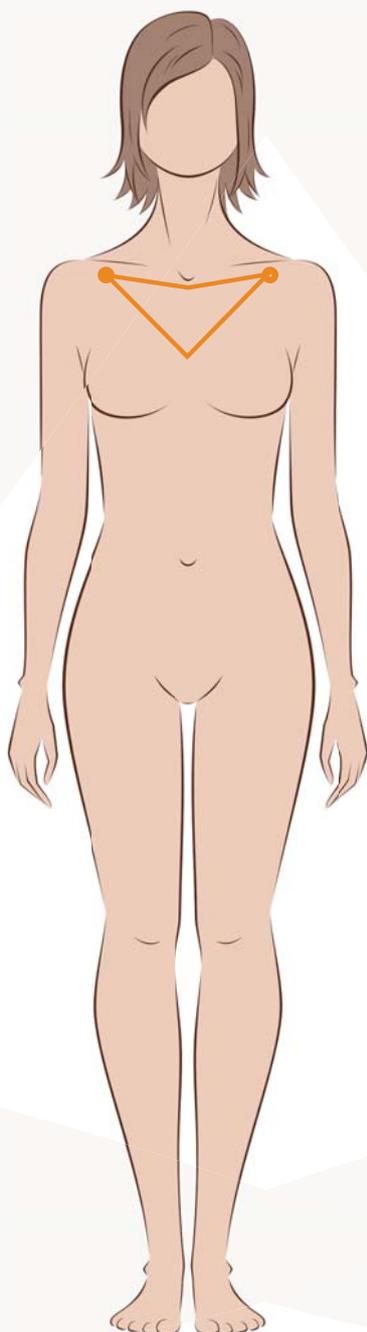
Let me illustrate... Next time you have an opportunity to stand in front of a mirror with a bare chest; without a shirt or top on (no bra either ladies), look and see on both sides where your shoulder (deltoid) and chest muscles (pectoral) meet.

- 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"

Triangles of Force

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.

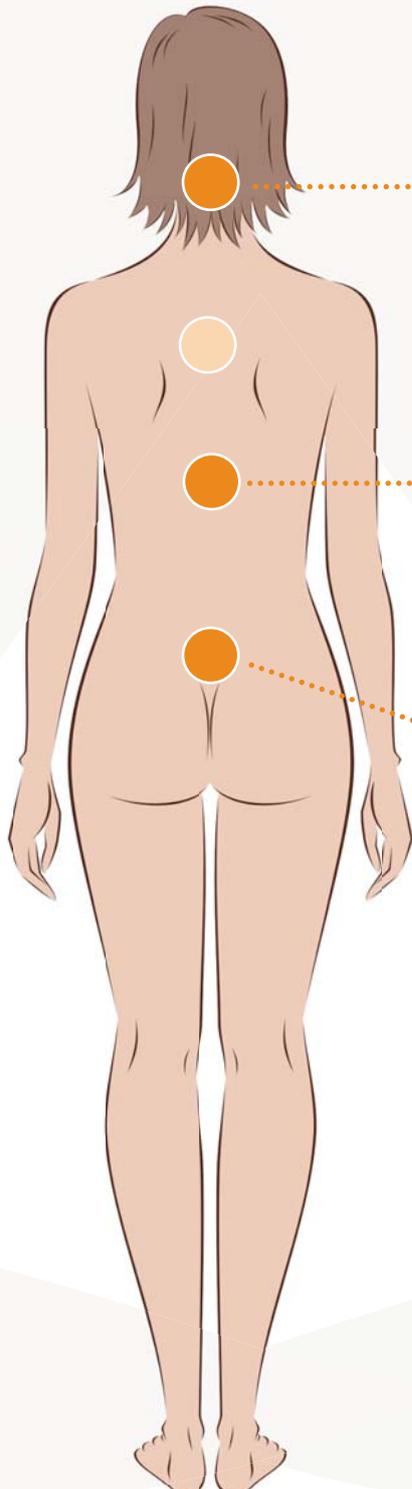
See what you can do with this triangle of force. Even though our models arms aren't in the Fork position, focus on finding these points midway under your clavicle.



- 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 the Fork, 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

- Keep your shoulders in the Up, Back and Down position
- Use either the 3 or 5 or 7 step... the fullest breath the better
- Beginner - Thumb and index finger extended as far apart from each other as possible, the other fingers tucked in tight to the palm
- Advanced - Thumb, index finger and little finger extended and as far away from each other as possible, with the 3rd and 4th fingers tucked tight into the palm. The thumb and index finger are at right angles as you lift and extend your little finger and your little finger only
- 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. 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.