



TRI BREATH

A BODY SCULPTING  
PROGRAM

The  
**Luke**

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# The Luke

If you remember the 70's and a movie named Star Wars, there was a Jedi Knight called Luke Skywalker who with others, was trapped in a large garbage compactor.

With the ominous sound of hydraulics in the background, two walls either side of Luke were moving in towards him to squash him and his friends, flat! Luke's job is, with each individual arm, to push these walls of compression back as they come in towards him. If you can see that you'll get the Luke.

For this movement i'll use the 3 Step as the breathing rhythm. As with all the TriBreath Body Sculpting movements, use the TriBreath rhythm you feel works best for you.

## The technique

If doing the Luke standing still, feet are apart; knees slightly bent; feet facing forward. As for the positioning of your feet, connect with your sole first.

- Step 1.** In the first instance, breathing in gently through your nose, focus your attention down to the heels of your feet, then move your awareness up to the ball of your big toe
- Step 2.** Once you've recognised the connection (you can feel the weight of your body being supported by your heel and big toe on both sides) bring your focus out to the outside and underside of your little toe
- Step 3.** If you have that in your mind, you've just built a mental connection and earthed/grounded three big power points located on the soles of your feet

### Now bring in your arms

- Step 4.** With arms and hands by your side and relaxed, lift ony your forearms and wrists up as far as they go from the sides. Elbows are still down and now bent
- Step 5.** From that position, lift your hands so your fingers point skyward and the palms of your hands are facing directly out to your side
- Step 6.** Pull your little finger back (as though you're trying to get the little finger to the back of your skull) which gives the twist in the wrist. This helps keep your shoulders back and opens up the energy channels situated on the underside of your arms

### With shoulders Up, Back and Down, on an IN breath and using the TriBreath 3 Step

**Step 7.** Push one(1) arm out as though you're pushing a wall away from you. Notice if you fully straighten your arm your shoulder will lift

**Step 8.** You don't want the shoulder to lift so only push your arm out to the point where you feel the lock in your elbow

Your eyes are always looking at the hand that's been pushed out

**Step 9.** For your second IN breath, bring the arm pushed out in (maintain the twist in your wrist) and at the same time turn your head to look at the opposite side as you push the opposite arm out. Again only go the point where your shoulder doesn't lift

**Step 10.** For your third breath, on the OUT breath, bring in the arm pushed out (still maintain the twist in your wrist) and turning your head to look at the opposite side, push the opposite arm out. Again only go the point where your shoulder doesn't lift

## Some finer notes

Again, with shoulders Up, Back and Down, as each individual arm moves outwards...

- 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 upwards but relaxed, and your little finger rotated around to the back of your skull
- When you're pushing out each individual arm and turning your head to the side of the arm being pushed out, gently lift your chin up and back
- Keep your little finger as far back to the back of your skull as possible

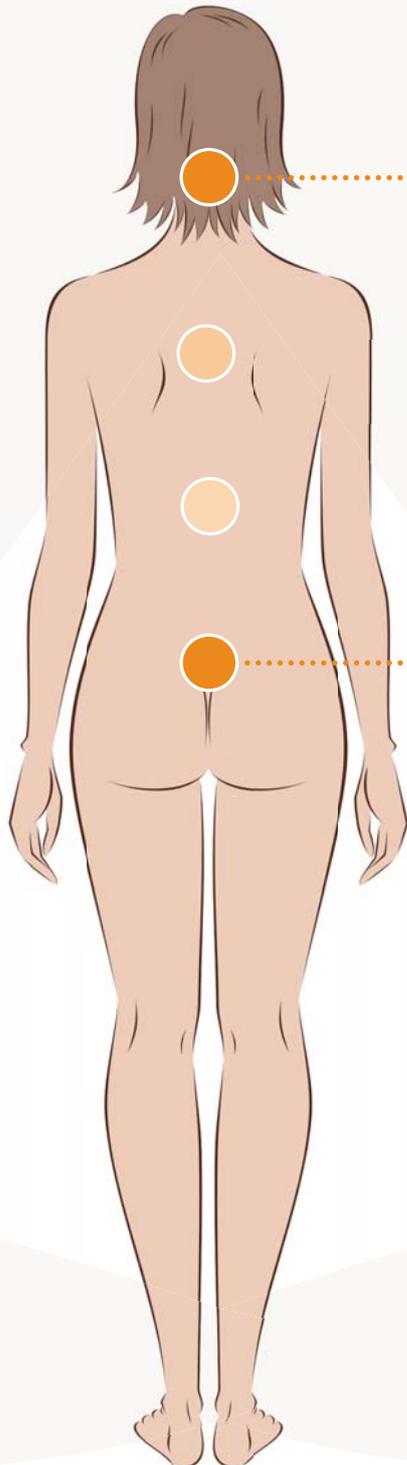
This action of turning your head and lifting your chin up will help maintain the rotation of your neck muscles (in particular the sternocleidomastoid muscle).

It also helps release tension, not only in your shoulder muscles (the trapezius), but funny enough in your jaw/chewing muscles (the mastoid muscles).

- Make your movements slow and gently bring your muscle into contraction
- As your fingers will want to come together, to advance your technique, as you push an arm out with correct hand placement, spread your fingers out and open. Be conscious to still maintain the direction of your little finger towards the back of your skull

## Breathing Points of the Spine

Using the TriBreath 3 Step rhythm when receiving the benefits of The Luke, 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

- Always maintain the wrist twisting backwards position. Focus on not letting the palm of your hand face forward at any time whilst doing the Luke
- Keep your little finger rotated as far back (towards the back of your skull) as your wrist and forearms will allow
- Maintain your connection with the lock in your elbow. Notice how if you over extend your arm (force it straight), your shoulders will lift
- 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 Luke 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.