



TRIBREATH

A BODY SCULPTING
PROGRAM

Scissors

Watch the video @tribreath.org

The Scissors

A movement that promotes shoulder stability and aerobic release.

Maintaining your shoulders “fluidity of movement” is, what i believe, paramount to maintaining independence. To say looking after yourself can be made difficult when lifting either your hand or elbow cause’s you pain and discomfort is an understatement.

If you have ever experienced pain in the middle of your shoulder when lifting your elbow, the chances are very good your supraspinatus muscle had something to do with it. With the nerves that vitalise this muscle located in and around a lung energy centre (this centre encompasses the area where your cervical vertebrae C5 and C6 & thoracic vertebrae T1 and T2 meet), movements that promote upward expansion of the ribs and thereby fluidity of the shoulder region are vital.

Hence Scissors is very beneficial for shoulder injuries. Be advised if you are holding an injury, the trick is to focus on your breath and not the use of physical force. You’ll achieve more when you focus on relaxing your arms and the gentle lifting of your head from the back of your skull.

With Scissors being quite a rhythmic movement, the benefits can be received as you either walk or when you’re standing still. Either way, to really activate the supporting muscles of the shoulders and shoulder blades, fill yourself up with big strong breath’s and use the 3 Step rhythm.

The technique

- Step 1.** Lift both elbows up so they’re directly out to your sides and horizontal with your shoulders
- Step 2.** Rotating from your shoulder, bring your forearms horizontal with the ground and at a 90 degree angle (right angle) to your upper arm
- Step 3.** Upper arms and forearms are now horizontal with the ground at shoulder height; forearms are at right angles to the upper arm
- Step 4.** On your 1st IN breath, and/or with your first step, cross your arms over to bring your elbows together
- Step 5.** On your 2nd IN breath, and/or with your second step (arms still held at right angles), pull your elbows back
- Step 6.** On your OUT breath, and/or with your third step, cross your arms over to bring your elbows together and repeat

The path to travel

The goal of the Scissors is for each elbow to be directly on top of the other and when (as per your breathing rhythm) the arm that was on the top alternates from being on the top to be now being on the bottom. Again, the elbows are directly on top of each other.

On the stroke when your elbows are being pulled back, focus on using the momentum of the arms moving backward so as to compress the muscles in between your shoulder blades i.e. rhomboids, erector spinae, trapezius.

Breathe upwardly into each movement of your arms and use the elbows momentum as they move backward to help lift your head up from the back of your skull. Your body will follow! All that's required is direction from your mind, the will to soften your shoulder, chest and neck region and your breath to lift you.

Always maintain the right angle position between your forearms and upper arms throughout the whole movement and alternate the arm that is on top as per your breathing cycle.

A flow on movement

Scissors is a movement in it's own right but also is quite useful as a flow on movement from Wasn't Me Sir. The only difference being, in Scissors your forearms and hands are held horizontal to the ground; not in the vertical position as with Wasn't Me Sir.

As for your hands, the top of your fingers and your wrists are still level with your forearm as in Wasn't Me Sir. Have a go with your fingers being together and your fingers spread wide whilst practicing the Scissors, but with the top of your fingers still level with your forearm.

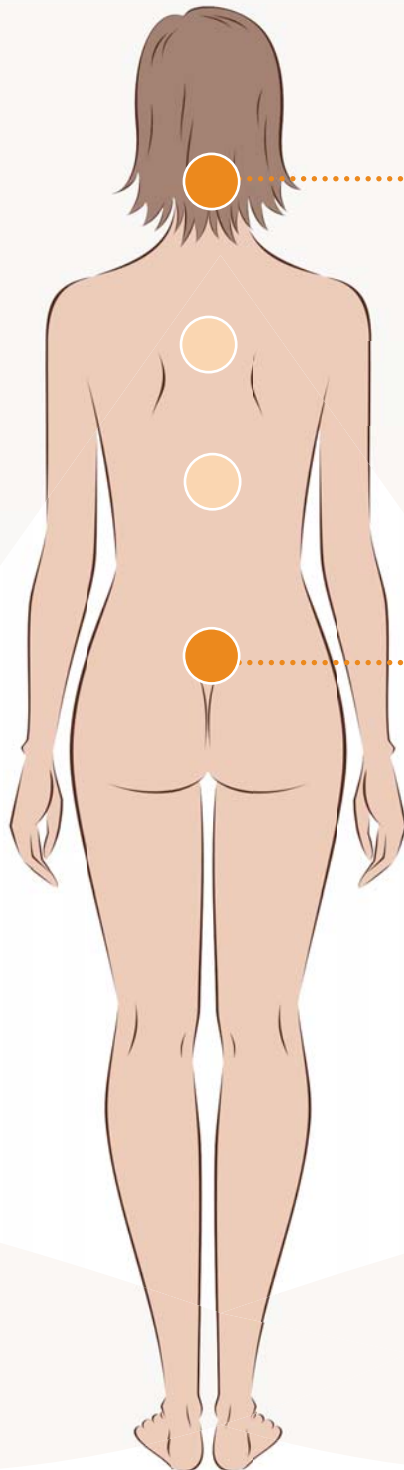
Keep in mind if your movement is limited due to injury or stiffness, work in small increments and focus more on the relaxing of the muscle and the lifting of the skull with each breath.

As to how far one should push their shoulder limitations whether the shoulders are in good health or not, i would suggest to only go to where your shoulder limitations are first felt. Holding on to a mentality of no pain, no gain is fruitless with regard to regeneration and healing.

It is with your breath and your mind that you see your body's vitality and range of movement increasing, not by the use of brute physical force.

Breathing Points of the Spine

Like i said, i like to use a slow full breath using the TriBreath 3 Step rhythm when i'm practicing the Scissors. Hence 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

- Maintain your shoulders in the Up, Back and Down position
- Keep your hands, forearms and upper arms horizontal with your shoulders
- Maintain a 90 degree angle (right angles) between your forearms and upper arms
- Imagine yourself being lifted with every IN breath, getting taller
- On the OUT breath squeeze your belly in

The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. When practicing the Scissors and using the 3 Step rhythm, 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 thought to push the body beyond what is familiar until you familiarise your muscles with this action. There's not many movements in our everyday life that mimic the muscular requirements of the Scissors, hence over zealous enthusiasm without due care has a way of biting us very quickly!

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