



TRIBREATH

A BODY SCULPTING
PROGRAM

The
Monkey

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The Monkey

Wrists, arms and elbows! So vital for ease of livingness yet it appears little time is invested in their care except of course when something goes askew and inflammation and pain follow.

To say any exercise/movement that helps maintain healthy responsive hand movement is worthy of regular practice is an understatement. Imagine loosing the use of your hands and fingers! One could imagine if indeed one is not already experiencing it, life would be a bit of a task and i'm sure quite daunting. Which is why if you do have hand, wrist or elbow issues (or if you simply wish to maintain if not improve your hand & finger dexterity), the Monkey is one to do regularly.

To understand why the Monkey has such a positive effect on hand mobility, it can help to see the mechanics involved. In your mind, imagine each of your fingers are attached to a wire (a tendon) that is then attached to a muscle that pushes and pulls on each individual wire. Times that by five and that's what the muscles of your forearm (the extensor & flexor muscles) do for each of your fingers & thumb.

When you place your wrist and forearm in a position that enables you to elongate and rotate both the muscle & tendon of your forearm, your upper arm and shoulder, in such a way that it promotes the alignment of said muscle (including your bone & tissue), then that's priceless.

The Monkey is also the movement that brings normality or what i call peace to your breath, arms and body upon finishing your practice of the TriBreath exercise, the Lung Opener.

The technique

How you hold your index finger & thumb is the maker and/or breaker of the Monkey.

Remember your index finger is as straight as physically possible when you join the tips of your index finger & thumb together. It's the same technique as used in the Eagle and the Willow.

So with your shoulders in the Up, Back and Down position and using the 5 Step

Step 1. Using both hands, join the tips of your index finger & thumb together.

Step 2. Once joined, straighten your index finger as best you can. *If it helps, use your middle finger to help flatten your index finger joint.*

Step 3. Keeping the index finger & thumb in this position, pull your wrists inward to their furthest most point. *At no time whilst practicing the Monkey does your wrist, index finger & thumb leave this position.* This is the key to great rewards.

Step 4. With your hands held in front of you and at hip height, rotate both your forearms inward so the top of each hands wrists are now facing each other & your fingers are pointing straight out to your sides.

Step 5. With your shoulders still in the Up, Back and Down position; on your three IN breath's (from your hands at hip height), draw your breath IN as you bring your hands up to ear height. With your IN breath complete, the top of your fingers are now sitting vertically and facing each opposing ear.

With your IN breath now complete...

Step 6. On the 1st of your two OUT breath's, bring your upper arm muscles (the bicep & tricep muscles) into contraction whilst at the same time, straightening your arms out to the sides without releasing the starting position of your wrists, index finger and thumb.

Step 7. On your 2nd OUT breath (with your arms still being held horizontal to the ground), while you still maintain your muscle contraction, rotate your arms under as you pull your hand & fingers backward thereby increasing your arm rotation.

With your OUT breath now complete and returning to your IN breath...

Step 8. On the 1st of your three IN breath's (with wrists & fingers still in position), allow the arms to come down to hip height so the back of each hand can again face each other.

Step 9. On the 2nd of your IN breath's, lift your hands upward to ear height.

Step 10. On the 3rd of your three IN breath's, pull your shoulders & hands further back getting ready for the OUT breath where you contract your upper arm muscles and start to straighten your arms and repeat the process.

Some further visualisations

Apart from the opening and expansion your chest, on your 2nd OUT breath, a powerful visualisation to help you align (or more to the point re-align) your elbow joint as you release your shoulders, your shoulder blades and elongate your neck is as follows...

The extension and rotation of your elbows.

As each of your wrists & hands rotate behind you, focus on your elbows and keep on rotating your elbows back to their furthest most point of rotation. Keeping in mind...

- Your right elbow will rotate anti-clockwise to its furthest point.
- Your left elbow will rotate *clockwise* to its furthest point.

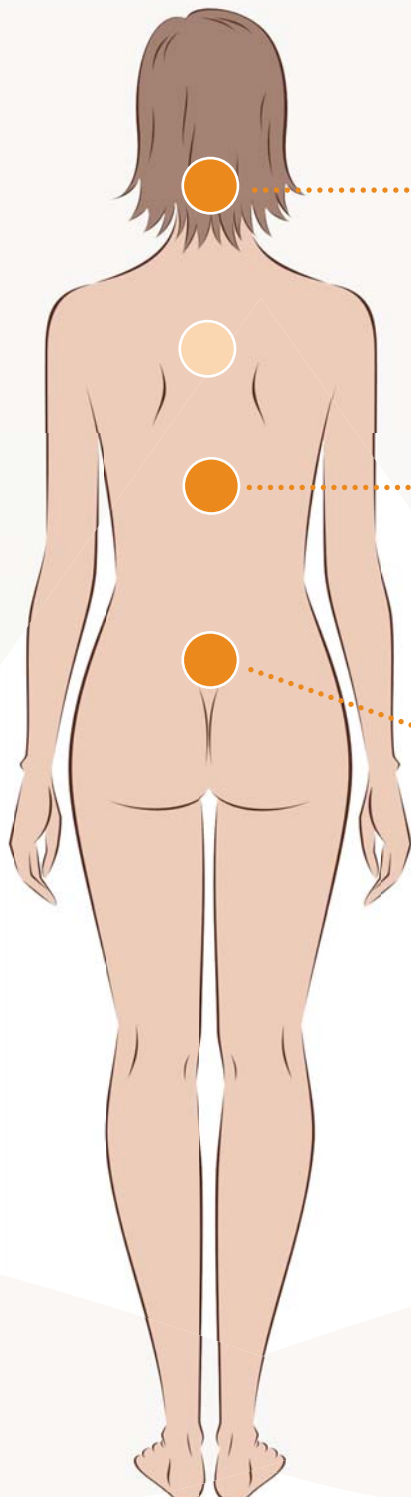
The extension and expansion of your shoulder blades / your wings.

As your elbows are rotating to their furthest point on the 2nd OUT breath, at the same time...

- Pull your chin in as you lift from the back of your skull.
- From your under-arm area, pull your shoulder blades straight out to your sides. See your shoulders, shoulder blades and back expanding outwardly in width as your spine extends from your sacrum right up to the very base of your skull.

Breathing Points of the Spine

Using the 5 Step practicing the Monkey, 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

- Maintain your shoulders in the Up, Back and Down position.
- Keep the index finger as straight as physically possible.
- DO NOT lose contact between the tip of your thumb and the tip of your index finger.
- Maintain your wrists being pulled inwards at all times through out the exercise.

Note... At no time through out the whole exercise does your index finger, thumb & wrist position alter. As you draw your hands up on your IN breath, your index finger is straight, the tips of your thumb & index fingers are touching, and your wrists are pulled inwards.

On your OUT breath as you draw your upper arm muscles into contraction (your bicep and tricep muscles), as you extend and rotate your whole arm, your index fingers are still straight, your thumb & index fingers are still touching, and your wrists are still being pulled inwards. Just so that's clear 😊

The little breath tip

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