**Breath Preparation**

**Purpose:** “Movement rides on the flow of the breath”. Be aware of “subtle inner shape changes in the cavities (mouth, chest, abdomen) . . . and fine gradations . . . that occur in different configurations of limbs . . . [and] subtleties in phrasing.”(Bartenieff & Lewis, 1980, p. 232).

**Action:** In-breath; subtle concaving torso shape change (+inflating muscle pressure)

Out-breath; convexing (+ deflating muscle pressure)

**Sounding:** Sounds move up the body and bring awareness of shape changes:

 1st - feel shape changes with sounds;

 2nd - feel shape changes without sounds.

* ooooo (you; U) lowest spine / pelvis
* oh (O) lumbar spine / navel
* thorax spine / lower ribs
* (say; A) thorax-cervical / sternum
* (meet; E) base of skull / front of throat

***BARTENIEFF FUNDAMENTALS: ‘BASIC 6’***

**Heel Rock/Rocking Preparation**

**Purpose:** To bring awareness and encouragement to movement relationships amongst heels, pelvis, spine, and head;

 reciprocal actions of hamstrings vs. iliopsoas-heels connected to pelvic floor & sitz-bones

**Action:**

* Gentle rocking motion (legs bent or straight; heels on floor);
* Initiate from the heels (hamstrings) or the core (psoas)
* ankles flex - pelvis rocks back
* ankles extend - pelvis rocks forward

 **Initiation:** from the heels or the core (iliopsoas)

**Femoral Flexion/THIGH LIFT (hip flexion)**

**Purpose:** To flex the hip most efficiently with iliopsoas without superficial muscles.

* Encourage deep folding in inguinal area during hip flexion.
* Awareness of subtle pelvic tilt.
* Use hamstrings for grounding in ‘standing’ leg.
* Use of reciprocal crossed-extensor-reflex between hamstrings and ilioposas.
* Use of breath abdominal ‘hollowing’ to promote iliopsoas initiation.

**Action:** Pre-Thigh-Lift: On back, legs extended along floor.

* With breath stimulating ilioposas, leg flexes till foot is on floor
* On extension, hamstrings push heels away from sitz-bones (ischium)
* Two legs can alternate flex-extend in a crossed-extensor-reflex.
* Thigh-lift: On back, legs bent, feet flat on floor
* With breath stimulating ilioposas, leg flexes till foot is off floor
* On extension, hamstrings push heels down into floor (away from ischium)
* Two legs can alternate flex-extend in a crossed-extensor-reflex.

 **Initiation:** from core, breath, encouraging iliopsoas

**Saggital Pelvic Shift/**PELVIC FORWARD SHIFT

**Purpose:** Mobilise forward & backward transfers of weight.

1. Use of hamstrings to shift pelvis forward from the pelvic floor
2. Connection between heels and sitz-bones.
3. Action: On back, legs bent, feet on floor
* Breath stimulating ilioposas, preparation of torso concaving / convexing
* Initiate with exhale, abdominal hollowing (psoas)
* pelvic floor (sitz-bones) up & towards heels (hamstrings)
* Inguinal area opens with hip extension
* Inhale, sitz-bones reach down & towards heels,
* lumbar lengthens, hips flex, Inguinal area folds

**Lateral Pelvic Shift/ PELVIC LATERAL SHIFT**

**Purpose:** Mobilise lateral transfers of weight without any twisting or lifting the hip

 Use pelvic floor, together with hamstrings, to flex and abduct/adduct at hip.

**Action:**

* On back, legs bent, feet on floor
* Initiate with exhale, hollowing,
* hamstrings lift pelvis into small forward shift
* Initiate from pelvic floor; lateral shift of greater trocanters in a straight line
* Lower pelvis to floor (as in pelvic forward shift)
* Repeat, bringing the pelvis back to centre.
* Repeat other side.

**BODY HALF**

**Purpose:** Awareness of the vertical mid-line of the body

 Stabilise one half of the body, supporting mobility in the other half.

**Action:** Lie in ‘big X’ position

* Initiate with exhale, hollowing for core support
* Supporting side lengthens, stabilises body (without twisting or rocking)
* simultaneously mobile side shrinks - head & elbow towards knee
* Reverse stable & mobile body sides

**Knee Reach/DIAGONAL KNEE REACH (‘Knee drop’)**

**Purpose:**

* Awareness of lower-body twisting against upper-body
* Awareness of pelvic floor and iliopsoas as connecting upper to lower

**Action:**

* On back, knees bent, feet flat on floor.
* Weight shifts to edges of feet, both knees reach to the side,
* pelvis slightly twists
* Opposite shoulder reaches in diagonally opposite direction along floor
* Initiate with exhale (hollowing - psoas) pulling pelvis & knees back to upright
* Reverse to other side.

**Arm Circles/ ARM CIRCLES & DIAGONAL SIT-UP**

**Purpose:**

* Awareness of arm-shoulder-scapula-latissimus connecting to lower body
* Awareness of full 3-dimensional gradated rotation in shoulder joints
* Integration of head-eyes with arm movement
* Narrowing and widening across sternum

**Action:**

* Arm Circle: On back, knees bent, feet flat on floor.
* Arm reaches in a circle, over the head, narrowing, over pelvis, to the side
* ‘Distal steering’ of hand encourages continual gradated rotation throughout
* Track the hand with head-eyes
* Sternum-chest narrows, lifts, widens etc. together with arm circle
* Repeat with other arm

 **Action:**

* Arm Circle with diagonal sit-up: On back, knees bent, feet flat on floor.
* Same as arm circle, except full sit-up (slightly twisted torso) as arm circles
* Both arms participate in the circle
* Lower from sit-up on other diagonal, arms leading down diagonal to floor

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