



Natural Motion Systems “Martial & Health Sciences”

Natural Motion Systems Anatomy of Motion

I. Dynamic Flexibility

To promote plasticity/mobility. For body dynamics (Health and Martial arts) and its analysis of the principles of methods, rules, and postulates employed by a discipline of (Health and Martial Sciences).

NMS "Active recovery dynamic relaxation."

A. Principles -Flexibility training is an undeniably important part of Health systems.

Stretches are usually stationary and static stretches.

Static stretches can prevent injuries and loosen tight muscles in training.

But walking for example is a dynamic event that requires dynamic flexibility during training and application

NMS "Flexibility subsequent of range of motion"

B. Strategy -

The Practice would divide into practicing the principle different Exercises

1. Stationary to improve dynamic movement, Health Building /exercises Stationary work- Some Systems of yoga developing your strength, balance.
2. Static to improve dynamics in movement. and the primary exercise Health Building /Static Work Developing flexibility, agility.
3. Movement dynamics in movement. Health Building /Movement Develop coordination, and body integration. Short forms and Form practice.

C. Tactics/Technique –

1. **Leg Swings:** Stand sideways next to a wall or fence. Swing your outside leg front to back, bending the knee as the leg comes forward, straightening on the way back. Swinging the outside arm the opposite direction of the leg will help develop bilateral coordination.(relative balance).

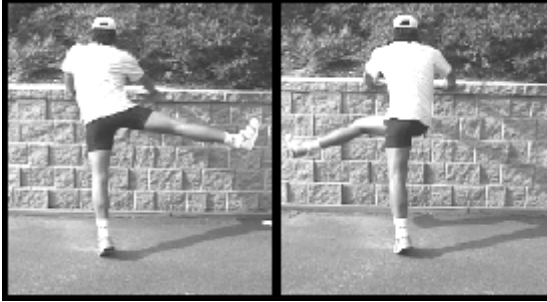


2. **Side Swings:**



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Hold on to the wall or fence, then swing the right leg to the outside, then to the inside to stretch the groin and outside of the hip.



3. Hip circles:

Keeping arms outstretched, "lean" into the wall with your pelvis then circumscribe a large circle with the hips to stretch the entire pelvic area.



4. **Knee Pumps:** Again, hold onto the fence, Stand on the balls of your feet without bending at the waist. Pump each knee forward quickly, rolling up onto the toes of the pumping foot.



5. **Hip Twists:** Grab that fence again, Tuck your right foot behind your left knee. Swing the right knee towards the fence, then back, keeping the foot tucked behind the knee.



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6. **Hurdler's Drill:** Standing about three feet from the fence, lift one leg out to the side with knee bent, as if over an imaginary hurdle. Do five circles on each leg.



7. **Torso Twists:** No fence! Stand with feet shoulder-width apart, arms outstretched and parallel to each other. twist the torso fully by swinging the arms to the left, then to the right.



7. **Twist:** Standing with feet shoulder-width apart, slowly twist the torso fully to the left. Now jump up, twisting the torso fully to the right, and the feet to the left. jumping and swinging shoulders.



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8. Arm Swings: With palms facing outward and elbows straight, "backstroke" with each arm, holding the shoulder close to the ear. Doing both arms at the same time, 180 degrees apart is good for coordination development (relative balance).



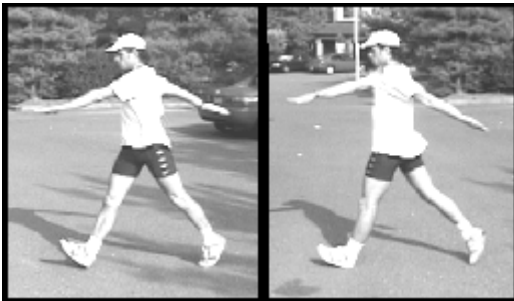
9. Toe Touches: Take a small step forward. With legs straight, gently bend down and touch your toes, then stand up straight.



10. Long Arms: Race walk slowly with arms straight, palms facing back. Push off the tips of the toes to accentuate the back part of your stride. Helps to teach toe push-off, opens up the hips and stretches the groin.



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11 .Quick Steps: Self explanatory. Walk with an extremely short stride, one heel landing almost on top of the toes of the other foot. Take very quick steps. Teaches quick turnover, and short stride in front of the body.



Dynamic flexibility drills before each workout will give you better range of motion for your workout, and help you to develop lasting -specific coordination.