

EXPLORING DIFFERENTIATED CONTRALATERAL ROTATION INSIDE A LARGER NON-DIFFERENTIATED ROTATION

The top of a cylinder rotates one direction and the bottom rotates in the other direction **INSIDE** a larger cylinder that is moving non-differentiated.

STANDING

1. Do a very slow rotation to the left, starting with your eyes and head and neck and shoulders and ribs. If you go very slowly you will feel your pelvis (the lower cylinder) starting to rotate to the right or at least stabilize to allow the upper body (the upper cylinder) to rotate more sequentially and efficiently. This counter-rotation spreads out the work load and the rotation demands rather than hinging at fewer joints.
2. Continue the rotation to the left, slowly. Notice the whole body begins to rotate in a more non-differentiated way. However inside there will be two cylinders which have retained their relationship of counter-rotation.
3. Return to center and this time intend to do a non-differentiated turning to the left — all cylinders turn to the left together. You will probably do it from your ankles with perhaps a little pressure to the outside sole of your left foot and the inside sole of your right foot. How far do you turn and what is the quality of your whole body usage?
4. Now repeat the movement, sequentially looking to the left, starting from your eyes all the way down to the rims of your feet. How far do you turn now? What is the quality of your whole body usage?

ON BELLY

Hands in push-up position lying on one cheek with your lower legs and feet toward the ceiling.

1. Push up with your hands, straightening your arms, and look over your forward shoulder. Allow your legs to tilt behind you. This is a mostly non-differentiated roll of your body backwards. How far do you look over your shoulder? How much is all of your body participating relative to its neighbor?
2. Lying on the same cheek with your knees bent to the ceiling. Drop your behind shoulder to the floor, elbow stays up to the ceiling, and you turn your head **on its axis** to look over your shoulder. The spine twists **inside your chest** down toward your waist and (? - down towards your waist?) backward. Feel the pelvis rolls the other way slightly, or at least stabilize, to allow you to do this upper body twist. Your feet stay up to the ceiling or allow them to slightly tilt toward the floor in front of you. More pressure is on forward knee.

3. Now **keeping this configuration**, continue to lift your head more to look over your shoulder and your straighten your arms. Allow your whole body to roll backwards, and your feet to tilt backwards, as far as you like. Do you go higher and farther and more backward? Can you feel a higher quality of organization that uses more joint movement relative to its neighbors?

SEATED SIDEBENDING (a small sidebending inside a non-differentiated ball that rolls to one side.)

Sit with your ankles crossed comfortably. Place your hand over your head to the opposite ear.

1. Lift the hip **on the same side as the elbow that is in the air**. Bring that elbow down, along with your shoulder and side of your neck and head, to meet the lifting hip.

2. **Now keep that side very shortened. Your hip stays lifted toward your waist.** Your elbow and shoulder and head are side bent down towards your waist. Now **all of you rolls** to that side until your still lifted hip touches the floor.

Your hip is firmly on the floor and your elbow is close to the floor.

3. Slowly move your elbow around in front of you to your midline. Slowly move in a semicircle near the floor around the length of your upper leg, around the front of your knee to your midline, **noticing how many parts of you are being challenged in the movement**. Straighten up and release everything.

4. Repeat the original position. This time **do not side bend first**. Simply tilt and roll all of you as one piece over to the same side and when your hip is firmly on the floor and your elbow is close to the floor, again, slowly move it around in the front of your midline and straighten up. How much less of you was recruited? Were there more big hinges moving, and less small joints differentiating from their neighbors.

5. Repeat the move, **side bending first, and holding that hip up**, tilt to the side. As you move your elbow around to the front, as close as you can keep it to the floor, notice the difference in organization and usage compared to the non-differentiated movement you just did.