

# ANIMAL KINGDOM

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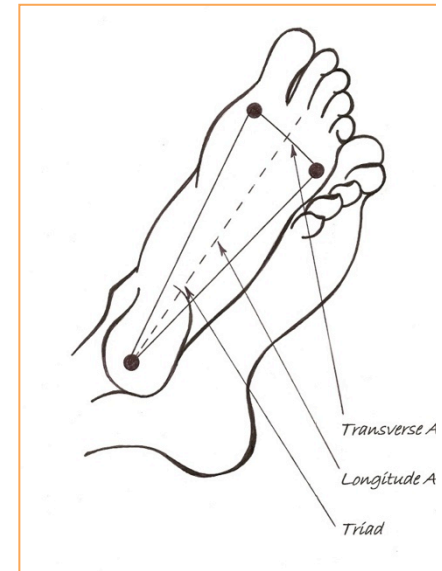
Mission: "wellness without walls™"

## I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. Our Purpose & Theme Today: (*recruiting and training the stability and mobility of our evolutionary lives*)
4. This program really is about: *using animal patterns and some lesser-known yogic asana to implement into our systemic core training warm-ups and training sessions.*

## II. THEORY

1. Equipment
2. Effective warm-ups must embrace the principle of Specificity
3. Safety: rugs vs. wooden floors and the possible uses of mats
4. Key Terminology:
  - a. Directional Travel: forward and reverse patterns: biomechanically balanced pushing & pulling
  - b. Foot Strike: forefoot diad contact vs. triad contact with calcandous
  - c. Hand Strike: palms with open fingers vs. fists vs. forearms
  - d. Paleo Patterning: *Paleo refers to the Paleolithic diet, which was based on the ancient diet during the Paleolithic period. It consists of meat from grass-fed animals, fish, fruits, dairy, nuts, vegetables, and no dairy. It also refers to movement patterns from evolution.*
  - e. Planar sequencing: sagittal, frontal, transverse and "Core Planar Sequencing" from American Council on Exercise (ACE)
  - f. Sides of Movement: reciprocal/contralateral/oppositional vs. longitudinal/ipsilateral
  - g. Stances: biped vs. unilateral
  - h. Upper & Lower: superior vs. inferior



Summary

Home-Work:

Resources: <http://bit.ly/1h3M3LI>, [chekinstitute.com](http://chekinstitute.com)

Final Take-Home Messages:

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*If I can be of assistance to you in wellness in any way, please contact me. Nāmaste!*

"People say that the stars make the light, but I say that it's the light that makes the stars. Carry the light, spread the light, be light."

### III. PRACTICAL: ANIMAL

### TECHNIQUE

### CONTACT POINTS

### PLANE (S, F, T)

CPS WARMUP: SAGITTAL: CAT/COW	FRONTAL: TAIL WAG	TRANSV: DOWN & UNDER	
1. SALAMANDER ΣΑΛΑΜΑΝΔΡΑ	~contralateral crawl ~ipsilateral	Upper: palm to elbow Lower: knee to inner thigh to side foot	S
2. PANTHER ΠΑΝΘΗΡ	~contralateral	Upper: palms Lower: knees and diad	S
3. BEAR ΑΡΚΟΥΔΑ	~ipsilateral	Upper: fingers or palms Lower: diad	S
4. (“Crouching”) TIGER ΤΙΓΡΗΣ	~ipsilateral	Upper: forarms Lower: knees & diad or diad	S
5. CRAB ΚΑΒΟΥΡΙ	~contralateral and ipsilateral	Upper: fingers Lower: diad or feet	F
6. JUMPING BULLFROGS ΒΑΤΡΑΧΟΣ ΠΟΥ ΠΗΔΑΕΙ	~superior to inferior and reverse backwards	Upper: fingers or palms Lower: diad or feet Knees: apart	S
7. ELEPHANT ΕΛΕΦΑΝΤΑΣ	~ipsilateral	Quadruped to Biped with Trunk and Twist	S, T
8. KANGAROO ΚΑΝΓΚΟΥΡΟ	~plyometric	Lower: bipedal	S
9. OSTRICH ΣΤΡΟΥΘΟΚΑΜΗΛΟΣ	~unilateral “slow bicycles”	Lower: calcaneous strike moving forward and and diad strike backwards	S
10. STORK ΠΕΛΑΡΓΟΣ	~unilateral, isometric	Upper: spreading wings Lower: uniped: diad or triad	S, F, T

YOGA: Rabbit, Crocodile, Duck, Twisted Dog

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