BASIC BODY ALIGNMENT FOR CHILDREN'S BOOK or [illegible]

1. HOW DO WE SIT ? TOUCHING THE SPOTS.

2. HOW DO WE STAND ? FEELING THE ACTION.

3. THE CAT'S CENTER LINE - Tracing it out.

4. OUR OWN CENTER LINE - Walking with it.

5. OUR OWN CENTER LINE - breathing with it.

6. AXES OF TOES -ANKLE - position lying on your back on the floor with the feet resting on the seat of a chair.

7. MY LEG LINES COME FROM MY CENTER LINE . Turning like a top. Toesto heel - heel to toes.

8. MY BODY CENTER LINE CONTINUES INTO MY HEAD LINE. Head balance. inner walls of the nose.

9. MY ANKLE ACTION CONTINUES INTO MY LOWER BACK.Walking backward Toes to heel.

10. MY ARM ACTION " " " " "

11. WRITING AND DRAWING.

12. IS YOUR ARM ROUND OR FLAT ?

(some muscles go to the

12. IS YOUR ARM ROUND OR FLAT ?

(some muscles go to the back of the body

13. WRITING FROM THE SHOULDER (LOWER BACK).

(some muscles go to the front of the body

14. THE SHOULDER FRAME SLIDES DOWN THE BACK.

15. THE COLLAR BONE RESTS IN THE FRONT.

Games - squatting - playing ball throwing kicking batting

(median plane fig)

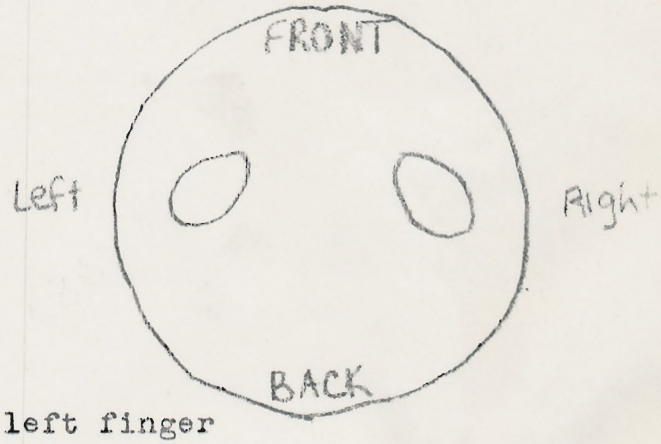
Question. How do we sit ?

Answer. We balance on the sitting bones at the lower end of our bodies. We all have two sitting bones, a left one on the left side of our body and a right one on the right side of our body.

Question. Look at the spots in the circle. What do you think they are for ?

Answer. The two spots you see are to show where your sitting bones touch the chair.

The spot on one side is for the left sitting bone and the one on the other side is for the right sitting bone.



Touch the left spot with your left finger tips and then touch the right one with your right finger tips.

Question. Are you ready now to find your sitting bones ?

How can I tell if you are ?

Answer. Because you have begun to balance your body on them.

Question. What did you do ?

Answer. You began to sit straighter and that makes it easier to find them. Let's start by putting your left finger tips under the

Answer. You began to sit straighter and that makes it easier to find them. Let's start by putting your left finger tips under the left side of your body on your chair seat and you will find the sitting bone that touches the left spot in the picture. Then do the same on your right side by putting your right finger tips under the right side of your body on the chair seat and you will find the sitting bone that touches the right spot in the picture. Now place both hands in your lap and look straight ahead with your eyes. Are your heels resting on the floor ? When they are notice that you are balanc-

Question. How do we stand ?

Answer. We balance on the tops of our leg bones.

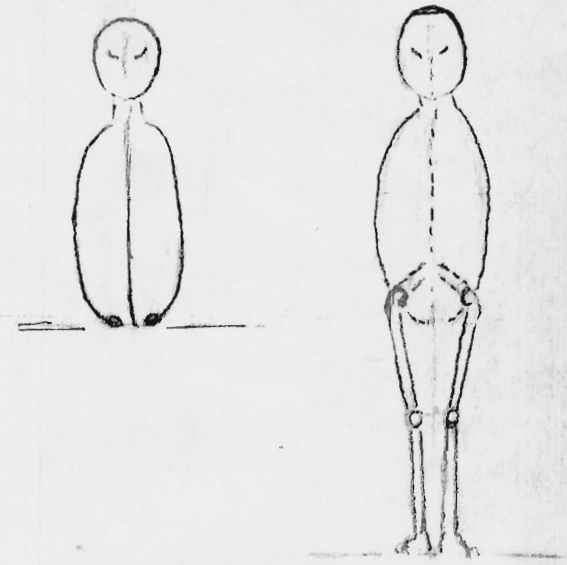
Stand and walk slowly in tiny steps for a little way.

Let your arms hang with the palms of your hands on the front of your legs. walk again in tiny steps.

Question. Can you feel your legs push your arms as you take a step?

Answer. Of course you do. Your leg action begins at your waistline. The tops of your legs are near your elbows. This is where you balance when you are standing.

The Sitting places are on the first floor of our bodies. They can touch the ground like a house does.



The standing places are on the second floor of our bodies. They are higher up in the house and we go up to them.

A fun game to play.

Sit down on the first floor

of your body. Stand up on the

house and we go up to them.

A fun game to play.

Sit down on the first floor

of your body. Stand up on the

THE CAT'S CENTER LINE & TRACING IT OUT.

Question. Look at the picture of the cat. What is the longest line that you can see in the picture ?

Answer. It is the one that goes from the cat's head to the end of it's tail.

Yes, the cat has a center line that goes all the way down it's back from it's head to the tip of it's tail.

Question. Who can think of another name that could be given to the center line ?

Answer. Would it be the cat's spine? That is a very good answer. Let's play a tracing game and feel the cat's center line.

Question. I wonder who can tell me how to stroke a cat's back? Where does a kitty like to have you put your hand first in stroking it's back? This is one way a cat knows who it's friends are, the way that you touch her. And the answer is gently over the shoulders.

Question. And then you stroke down her back don't you, toward her tail? This makes her feel very comfortable and happy and how does the kitty thank you?

Answer. She p --u - -r - - r - - s .

Answer. She p --u - -r - - r - - s .

Since there is no kitty here to stroke let's play a tracing game with the kitty picture. Tracing is like stroking except that you will use your finger tips instead of your hand. We are looking at the picture of the kitty's left side so you will use the middle finger of your left hand. Have you found it? Then you can start tracing by placing your middle finger over the top of kitty's shoulders and then following the line to the end of kitty's tail. Would you like to repeat it once?

Question. Do you suppose the kitty will turn around for us so that we can see her right side and trace her center line with our right hand? Let's turn the page and see. Oh here she is and ready to have her back stroked.

Question. Who is ready with the middle finger of his right hand ? --- is, so place your finger tip over kitty's shoulders and softly feel along to the tip of the tail. Again you may take a second turn and someone else may be getting ready.

Question. Does every now know that the cat's center line is very long and it's tail helps to make it so ? This is why cat's can balance on almost anything. A cat likes to balance. It seems as if a cat is playing a game when it is walking and balancing through it's long center line. Boys and girls can play a game like this too. We might call it an imagining game and it is one that we can play right here.

Everyone stand and begin imagining a long center line through which to balance as you walk. When ---- looks ready to start walking I will ask ---- to lead and the rest of you to start following. When you are back beside your own seat stop, and wait for a signal from me to sit down. The signal is - Think of your long center line as you sit down.

following. When you are back beside your own seat stop, and wait for a signal from me to sit down. The signal is - Think of your long center line as you sit down.

Question. Would you like a second chance to try sitting down better ?

Answer. All right stand on the other side of your chair. Think again of your long center line like the cat's and very slowly continue imagining it as you sit down.

Question. Would you like to know how I can tell if your body really enjoys having a long line as you sit ?

Our own Center Line Walkers Eye

BOYS AND GIRLS CENTER LINE - TRACING THE LINE.

The best way for boys and girls to ~~discover~~ find their center line is to start remembering the center line in the cat.

Question. Who can tell me where the cat's center line begins?

Answer. It begins at the ~~nose~~ eye level.

Question. In what direction does the line go from the ~~nose~~ eye level?

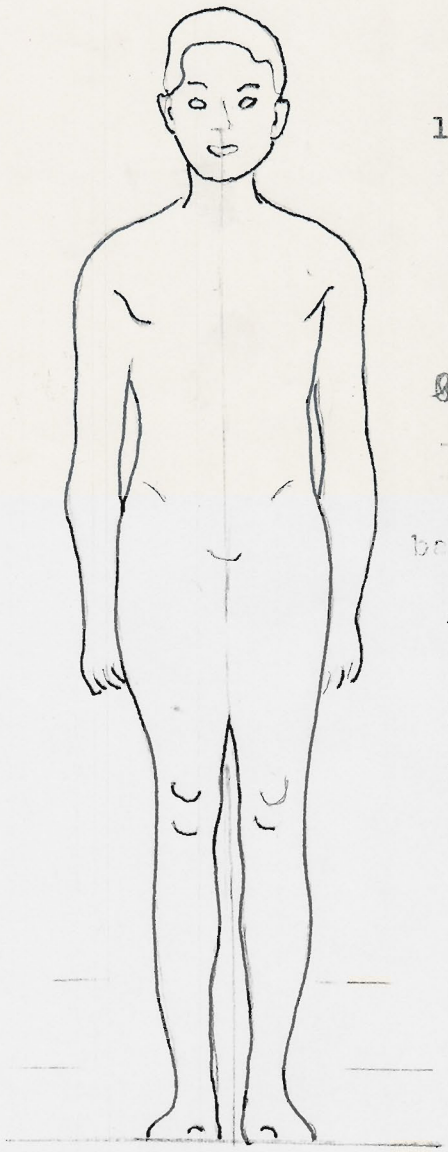
Answer. It goes down through the cat's back into it's tail.

Look at the picture on this page and tell me where this boy's center line starts.

Answer. It starts at the top level of the boy's ~~nose~~ shine at nose level.

Experiment.

Place ~~the~~ fingertips of one of your hands over the back of your ~~nose between~~ at the level of your ~~eyes~~ ears. When you feel your center line begins there raise your other hand to let me know. Now let both of your hands relax in your lap. The line is now ready for you to follow ~~it~~ down through your back by tracing it with a pencil, in your imagination. A good place to stop would be ~~between~~ the ~~sitting~~ bones, where you judge the end of your tail finish by the [illegible]



The center line goes from your nose level down thro your back to ~~that~~ ~~you~~ ~~believe~~ ~~on~~ ~~the~~ ~~to the~~ ~~you~~ ~~be you are~~ ~~lty~~ ~~time~~ when you are ~~starting~~

have a tail

~~beyond~~ ~~your hands over your nose between~~ at the level of your ~~eyes~~ ears. When you feel your cen-

OUR OWN CENTER LINE * BREATHING WITH IT.

Trace the center line of the cat. Trace the left side and do it it ~~very slowly~~ ** And then trace the right side doing it very slowly.

Question? Do you like to do experiments? I hope so, because I like to and it would be fun to work at it together. So let's begin. How do we begin ? By sitting on our spots with heels resting on the floor.

Experiment 1.

This experiment is to notice if you let out your breath at the same time as you are tracing the line. Give yourself a good chance to do so by repeating it two or three times. And try first one side and then the other to see if it is any easier on one side than the other.

Now think of your long axis line and place your hands in your lap and we will be ready for the next experiment.

Experiment 2.

This experiment is to see how many inches you move down your center line as you let out your breath. We will use a tape measure to see the number of inches your breath travels down your center line as you exhale (let out your breath).

(The teacher of the class takes the tape measure in her hands and unrolling it a little way like 4-6 inches, and holding it in a way that all of the children can see, says 'I will measure down your center line, one of you at a time, and I will start with some*-one who looks ready to do it. Someone who has a long center line by taking the time to think of it.' After that has been carried out

the number of inches your breath travels down your center line as you exhale (let out your breath).

(The teacher of the class takes the tape measure in her hands and unrolling it a little way like 4-6 inches, and holding it in

OUR TOE LINES TO THE CENTER OF OUR BODIES.

"Today you are going to lie on your back on the floor and place your feet on the seat of a chair. Everyone take this position.

Question. Where do you think your leg weight goes when you are lying this way ?

Answer. Right toward the center of the body. The toe weight goes along with the leg weight, ~~and~~ while you are lying on the floor you could let the toes play a game that begins with the toes, ~~starting the game~~.

There are little bones
in the toes that can let
their weight roll toward
the center of your body.
You will need to begin
with the large toe on the
left foot and p retend action
is creeping along the line towards ~~your knee~~ the center of your body. In your imagination it could be a tiny auto moving into a garage. The auto goes along the large 1st toe line towards the center of your knee. Then another auto starts out along the 2nd toe line towards the center of your ~~knee~~ body. And then a 3rd car starts out along the 3rd toe line, and a 4th car on the 4th toe line, and a 5th one on the 5th toe line, ~~and~~ all the cars are going toward the center of your body.

~~Then you could close the~~ door by letting ~~your breath go down your~~

it could be a tiny auto moving into a garage. The auto goes along the large 1st toe line towards the center of your knee. Then another auto starts out along the 2nd toe line towards the center of your ~~knee~~ body. And then a 3rd car starts out along the 3rd toe line, and a 4th car on the 4th toe line, and a 5th one on the 5th toe line, ~~and~~ all the cars are going toward the center of your body.

The sitting cat.

The cat can keep its balance when washing itself with its tongue. It's muscles are so long and elastic ~~down the back of its spine~~ that it can lift first one leg to be washed and then the other up to its head. It can do this without rounding its back because it's back goes down as its leg goes up. This is a good stunt for boys and girls to try.

Ex. Sit on the floor and lift each leg one at a time alternately. Think of moving the top of each leg towards your head, alternately

Let your sitting bones go way down to the 1st floor like the cat. Move hamstrings easily, thinking up & down - up and down in vertical line. Keep rhythm going along tail.

Breath - ease -

Lower body down. Raise leg up

Let your sitting bones go way down to

WRITING AND DRAWING.

Question. What do you think you write and draw with ?

Answer. My hand.

That is what almost everyone thinks. But the truth is your hand can do just a tiny bit to help you. It can hold the pencil or crayon.

Question. Now what do you guess you really move the pencil or crayon with ?

Answer. The long center line of your arm and shoulder ?

Question. Where do you think the line starts ?

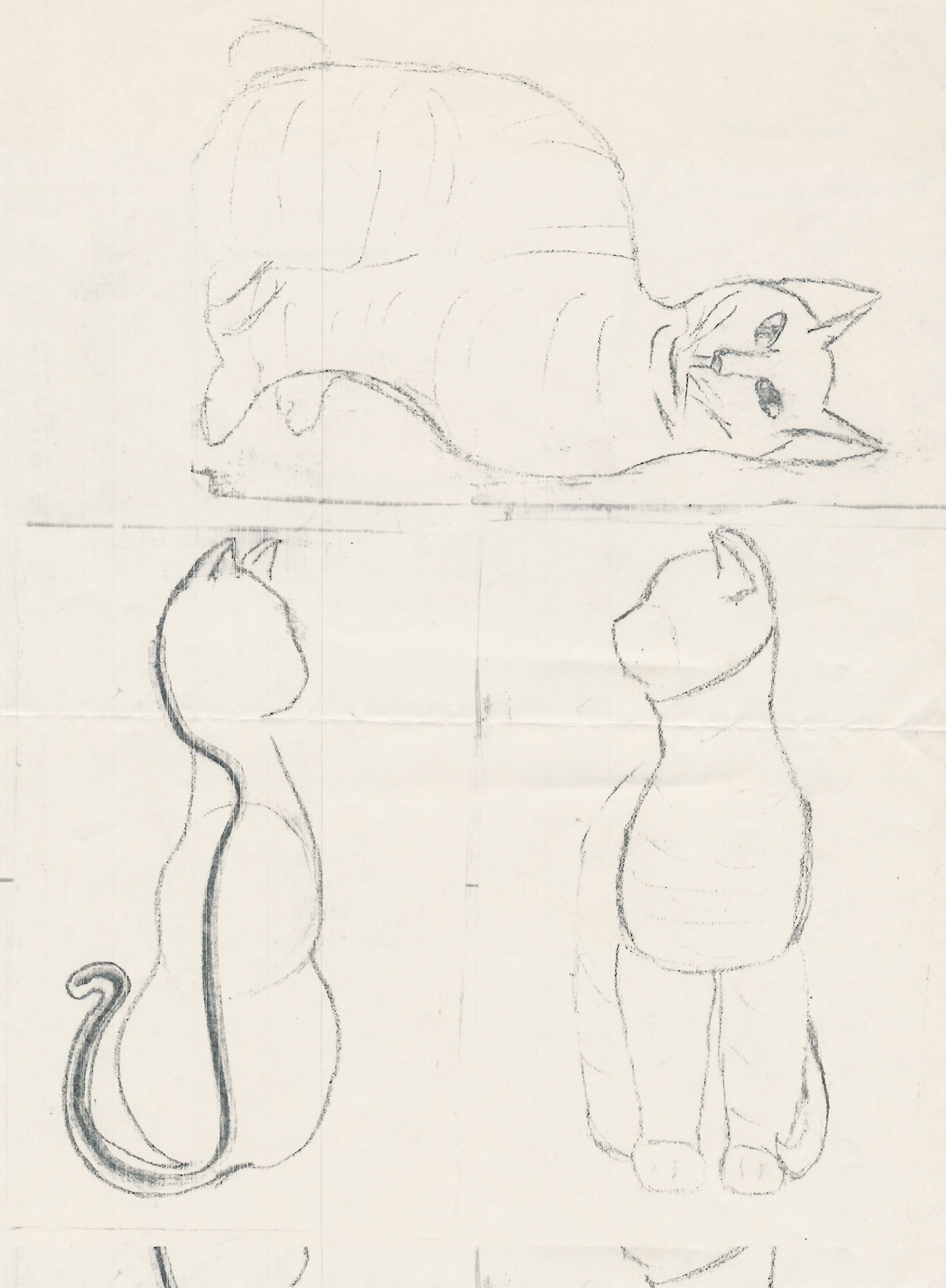
Answer. It begins where you balance your legs.

Rest - a cessation of pulling off balance
Use balance the best possible all the time.
Todd said do not fixate anything
Keep a state of flow - Breath is continuous

Rest Do not hold things in hand. Put down your pencil
Rest Do not hold things in hand. Put down your pencil pen

We have lost art of body manipulation
with accent on mechanism outside of body

Rhythm is flow from balance.
Lite jaws relax. near ears - eyes - nose bridge
" yawn hopper - dia moves in and out (balloon)
up " down



all the tails are in the back.

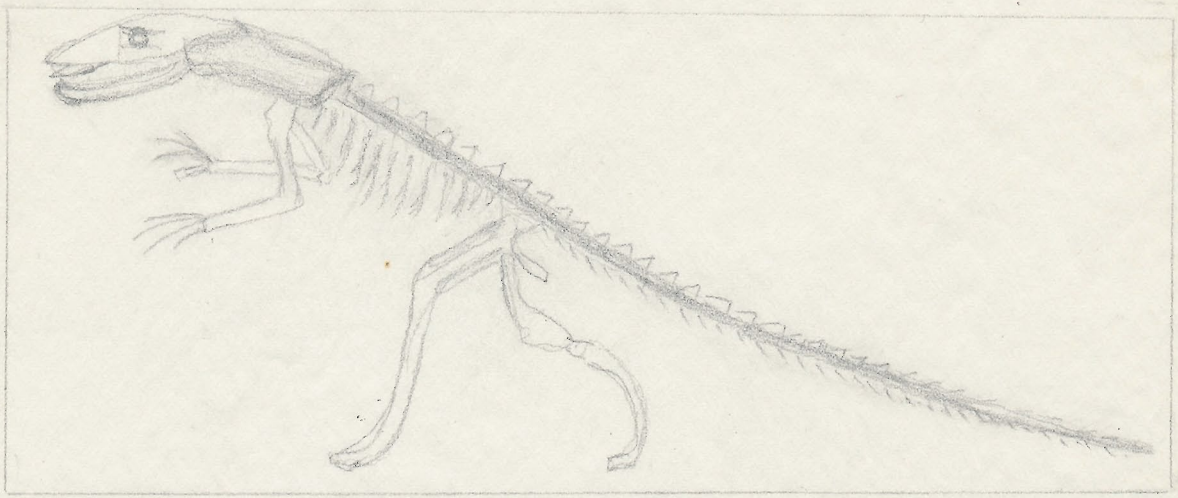
Leg tails

top of thigh

and
there
imagi-
nary
tails
back
going
down
down
down
until
~~they~~
until
~~they~~
reach
your
~~heel~~.

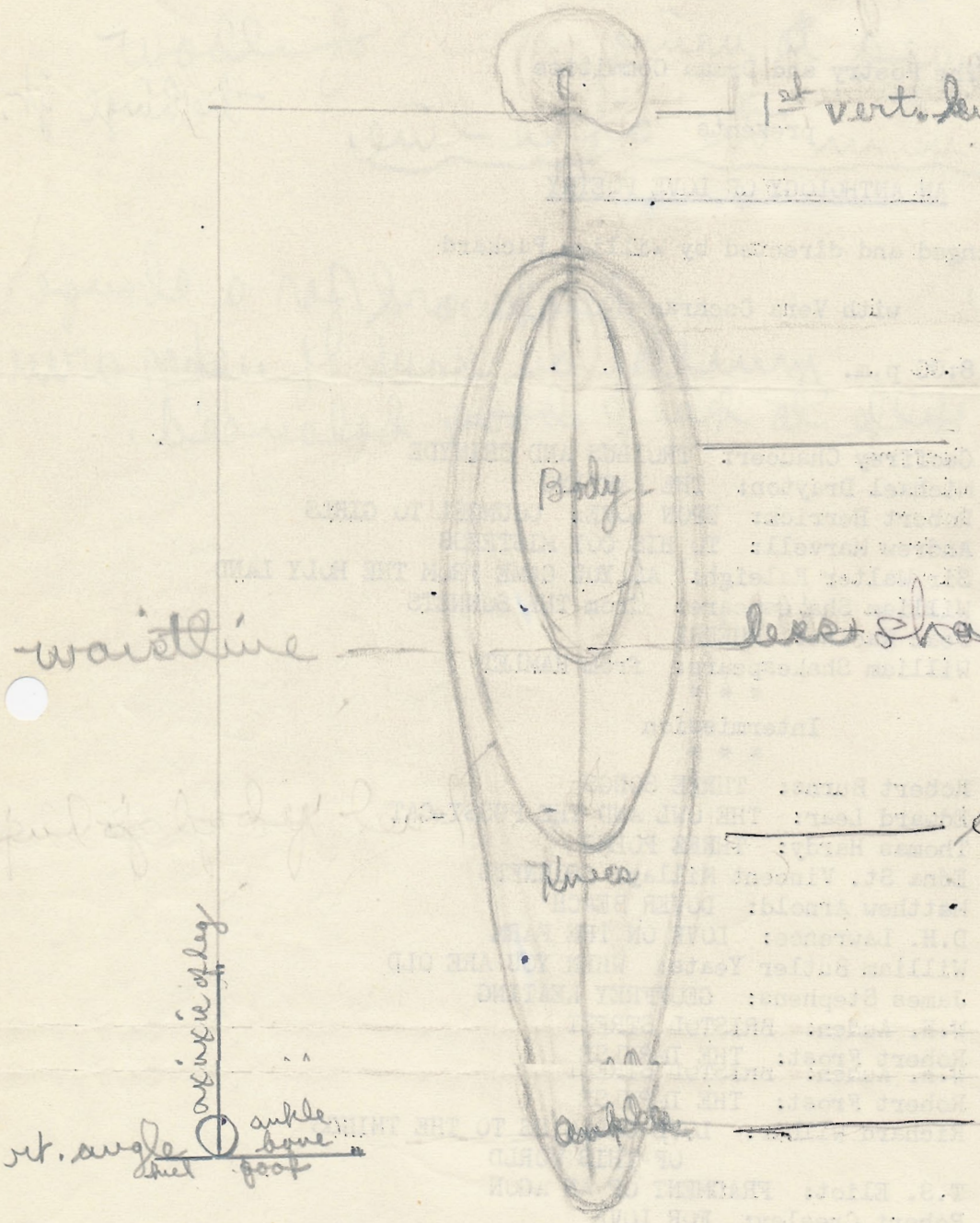
heel

(the end of the last tail is your toe)



What is the design that Breath follows?

Side view of body.

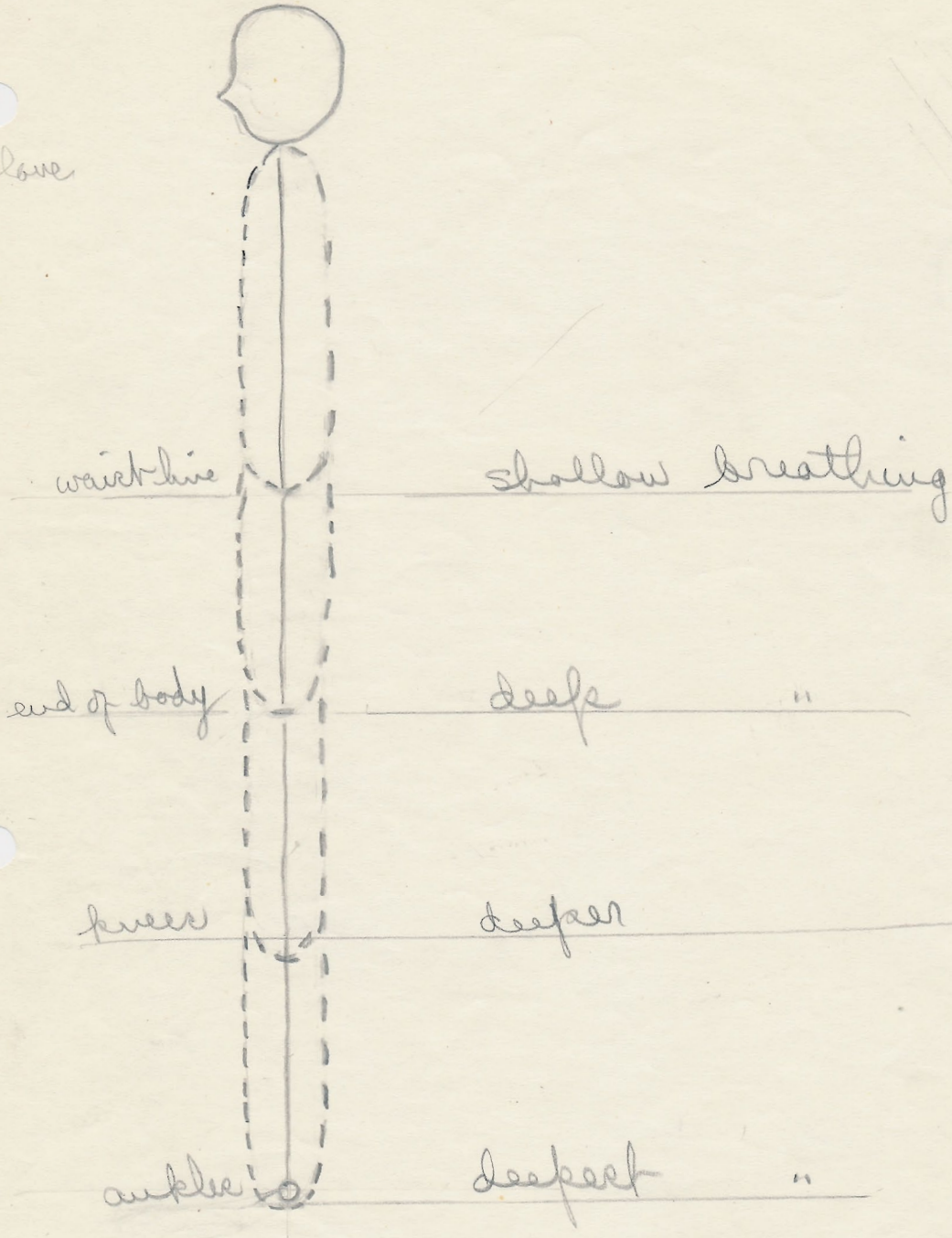


right angle at ankle
gives " " " star

Important arm integration other side of sheet.

Count up in the front
double page folded under

Head a
ball of
string
unwinding
down
the
book


plane
waist line
shallow breathing
end of body
deep "
knee
deeper
ankle
deepest "