

Releasing close to bone  
on back of leg, then  
around front of ankle.

springy soft sponge - heel  
" " " ball of foot

femur socket in line ischia tibia

Personal Analysis.

I place upper part of  
body forward and lower  
back instead of having  
them in line.

Do not think so much  
of setting ribs into spine  
as of pulling them in front.

Spine is not so bad.  
Correct other things and  
spine will help to correct  
itself.

Left arm the worse.  
I bring line from elbow  
into body diagonally instead  
of using shoulder girdle.  
This means inner line of m.  
too short, elbow remains bent.

I push forward with humerus  
which is wrong.  
Acromion swings forward  
humerus does not.

Pressure upward on outer arm below elbow carries weight through humerus into socket.

Pressure with inward going circle (rubbing a dollar) releases inner group of m. (Tiddley with counter.)

Subscapularis and teres major pulled from each end.

Inner end by rhomboids  
outer end by arm.

Teres minor - infraclavicular pulled at one end.

they pull at other.

corrections

Rhomboids swing together

Teres minor - infraclavicular relax

outer rotation of arm.  
Teres major & subscapularis  
became active.

Teaching transverse abd.  
and ext. & int. oblique m.  
is advanced work. Can  
refer to them as electric jacket.

Tacturing inner end of m.  
will bring release of outer-  
pull. Thinking both ways  
of m. bird feathers.

Twirling inner ends - ribs -  
toe - fingers, etc in at  
center bird