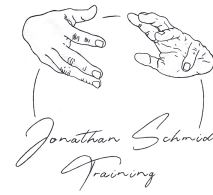


## JST Online Support

Modul 1: Training Fundamentals

29.11.2018



# Balance

## The basic principle of movement

We need a solid foundation for everything we do, because this forms our basis on which we can build, on which we can rely and from which we can derive something. This applies to a broader context, but also to our body and our physical practice. The first foundation to help shape the basis of our physical practice is the concept of equilibrium (balance).

### WHY?

Balance is a foundation of movement. We could even go so far as to say that balance is THE fundamental law/principle of movement. We want to become aware of balance again and see how it expands our potential and how we can use it to our advantage.

## About Balance

We believe that a basis and the fundamentals it contains separate the wheat from the chaff, so to speak. A base and its maintenance stands for orientation, potential, understanding, seriousness and, above all, quality. We claim that we can usually tell whether someone is building their physical practice on a foundation and is orientated towards it or not. A base remains forever, even if it may change, you will always be able to fall back on it. The base is what defines your development and determines the quality of your development.

Even when building a physical practice or, more generally, a practice for health and longevity, we need something that forms a base. If we zoom out, there are many foundations that support a good base. If we zoom in a little closer, we can see balance as one of the most important foundations.

Balance gives us the opportunity to feel safe, to literally feel our foundation and build on it. To understand balance, we need to understand our relationship with gravity. Gravity is always present. We are very well adapted to gravity. Our physicality utilises gravity very well. When we are little, we learn how gravity works by learning to sit, crawl or stand, but also by throwing things down and so on. In this way, we develop an understanding of how things work in this world. Because we are already so smart and intuitive, we sometimes find it difficult to understand gravity in motion, but we are in a constant dialogue with it, we are constantly balancing it.

The human being lives, i.e. moves multidimensionally and constantly adapts to the effects of the most diverse forces. Balance is the key to analysing and executing movements of the first and higher order. Whenever a movement is 'successful', the principle of balance can be recognised. Each of us already

has relatively good balance, but it is quite unconscious. When you stand, you make an effort to balance. As a child, for example, you do this a lot when sitting. When you walk, you have a dynamic game with gravity. But for most of us, it's now so easy that we no longer even notice it. If you have ever injured your hip or knee and then had difficulty standing or walking normally, you will have realised how much we rely on our balance.

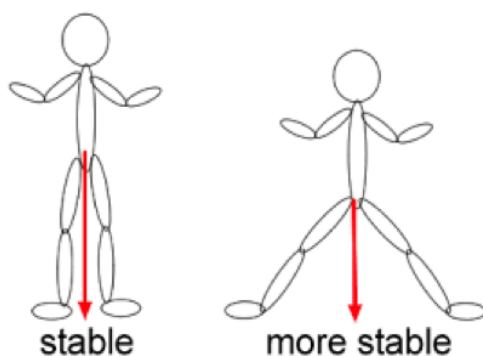
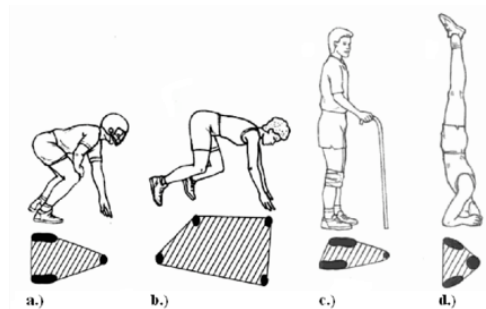
As we said at the very beginning: we want to make people aware of gravity and balance again: How do gravity and balance work and how can we use them to our advantage? In order to be able to move in many different ways and realise our potential, it is important that we continue to develop our ability to balance and play with gravity.

## Balance explained

Simply put, balancing means being, or rather trying to be, centred. When balancing, we try to find joint positions (an alignment) that allow us to hold a position without much effort. Balancing is about efficiency. At least three terms are important:

- Point of support,
- Base of support,
- Centre of mass.

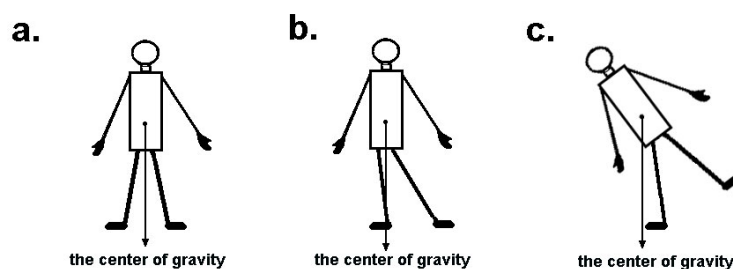
We always have at least **one point of support**. This could be a foot in a one-legged stance, for example. If we stand on two feet, we have two points of support. The connecting surface of the support points forms the **base of support**.



If we only have one support point, the base of support is equal to the support point. Apart from a few outliers, it is easier to maintain the balance the wider the support surface is.

In order to maintain balance and be efficient, it is important to place the centre of gravity, i.e. roughly speaking our pelvis, above the base of support. Balancing then means that you are within your base of support.

If you are outside this area, you will need more muscle strength and will not be as efficient.



## Applying the concept of balance

We invite you to use the concept of balance to structure and analyse your body and movement. This serves to understand and experience your own actions with the possibility of a profound calibration to a 'normal zero point', so that unwanted movements in complex sequences can be discovered and eliminated. Balancing builds skills, but also serves as a tool to visualise and calibrate yourself.

We offer you three ideas for this:

- One is shown in the [Balancing Introduction & Basic Practice](#) video.
- Secondly, immerse yourself in the 'Posture & Balance Study' sessions, which you will receive if asking for them.
- Last observe yourself and your behavior and movements in everyday life. There are countless situations in which you unconsciously balance, equalise or use force to compensate for poor posture. Example: You stretch your arm forwards to show something. At that moment, you balance it with your pelvis or another part of your body. Or you bend forwards and to avoid falling, you intuitively use your muscles and toes to hold yourself up. We want you to recognise these little moments in your everyday life and a) observe them and b) play with them: is there a more efficient way to do this and stay balanced?

## Complementary thoughts

We would like to consider all functional human processes as movement. Human movement is not only expressed as a functional process in biomechanics, but also in metabolic-biochemical processes, biophysical processes, immunological processes, psycho-mental processes and countless cellular dynamics. All these movements in the various dimensions are interconnected and, as a process, represent a multidimensional movement. If this is in a balanced dynamic, this means health. If this is not the case, it means illness.

However, the dysfunctional activity that then occurs also represents an attempt at compensation by the interacting complex system (e.g. fever in a bacterial infection to improve the body's reaction speed to the bacteria, or the jagged edge attachment to an arthritic joint to reduce the pressure per area). The formation of the pattern is an attempt to maintain the integrity of the person. Therefore, even the dysfunctional pattern of a disease is part of a global balance of the person - balance is always a prerequisite of life.

In our experience as practitioners and teachers, physical balance is one of the factors responsible for equalising mental or psychological imbalances. Balancing, being centred, gives a feeling of security, strength and serenity. Balancing is not only the basis of movement, but also brings wonderful benefits to many other body systems. In other words, due to the interconnectedness of physical, mental and psycho-emotional development processes, a well-developed ability to balance also has a positive effect on 'inner balance'.

How well you can balance says a lot about your current state of mind. If you are having difficulties, you know that either your nervous system, your mind or your soul are not at zero point, a state of clarity, calm and potential. Balancing exercises offer you stability in the broadest sense and help you to 'map' your body, mind and soul.