

## **Dvizheniye - Natural Grace**

Grace is a term we associate with the ability to smoothly flow through the trials and tribulations of life, with a natural innocence and power associated with composure and integrity. From the delicate movements of a ballet dance to the powerful acrobatics of the gymnast, we respect this quality in movement, and yet we are conditioned to believe, it is for an elite. We talk of other creatures as having Natural Grace as their birthright, so how is it that we do not keep this essential quality so precious to us in childhood?

There is no such thing as "unmoving balance." Balance is only in movement. Balance is confidence, security, resolve. Physiologically the specialized exercises of Dvizheniye strengthen the vestibular system of the head and brain, and many exercises help to protect from chronic head injuries. One of the greatest fears for young and old is that of falling.

The basic principle for understand Dvizheniye is the maxim:

We must work **From Mobility to Stability**

Prof. Verkhoshansky & Dr. Siff encapsulate this by saying that, *"the novice must be taught from a base of mobility to progress to stability, just as an infant learns to stand by first moving, staggering and exploring the environment."*

### **How does lacking exploration adversely affect our health?**

*The process of low performance health:*

Daily 'civilized' life fixes people to the car seat, desk chair, and unfortunately, the couch. If you don't use your movement, you'll LOSE your movement, literally. The Proprioceptors, the sensors that regulate and detect your special orientation 'forget' what you don't use - they get neuromuscular cobwebs.

Lack of physical exploration and movement leads to tissue deterioration and atrophy.

Tendons and ligaments are composed of collagen and elastin. As we age our tissues endure an irreversible process of decreasing elastin and increasing collagen. Injuries are never accidents! Years of poorly effective movement has accumulated trauma in your tissues. As the Soviet scientist and Physician Alexander Bogomoletz stated, *"Man is as old as his connective tissues."*

So as we grow older, with the decreased integrity of the tissue elasticity, the muscle is more likely to snap. In our youth, the ability to drop into a straddle split seemed like a desirable trick, but it has nothing to do with health, and even less with longevity. As we grow older, we see that it is not how far in a particular direction we can move, but how strong our tissues are, how quickly they resolve treacherous movement and afford us mobile security.

### **What are the Health Benefits of Dvizheniye?**

To be flexible in motion, you must dynamically stretch in motion. Most people feel better when they go through a stretch, which is healthy but should be properly understood. When inactive we experience Short Range Stiffness (and remember without movement exploration you forget your movement potential): which is a mechanical property of the muscle tissue whereby the stiffness is high for the first few millimeters of the stretch. After surpassing this initial short resistance, there is a substantial reduction in the stiffness of the tissue. This

is a temporary physiological phenomenon, not a permanent one. We should concentrate on overcoming the SRS, but not proceed to deformation of the tissue. Static stretching is not a means for permanently remaining flexible. Attempting to alter the mechanical properties of our tissues may work when we are children, but not in developed adults. The goal of allowing the organism to be permanently flexible is through the regulation of muscular tension - to govern the stretch reflex.

*The process of high performance health:*

Dvizheniye will increase the following attributes for you:

- **Biomechanical Efficiency:** total work over useful work, the ability to use less energy to accomplish more, healthily; ease of movement.
- **Joint-Plasticity:** suppleness of joints; your quality of movement & ability to adapt to an environment; your Grace.
- **Inter-Joint Recruitment:** coordination of your entire movement capacity; your mobile security and confidence
- **Joint-Mobility:** ease of range of motion; preventing of osteoporosis and arthritis
- **Tissue-Viscoelasticity:** your ability to bounce back from a range of motion; your resilience
- **Stability:** your ability to respond to forceful movement; strength of your motion.
- **Balance:** The management of your mass (weight) in relation to your point of contact with the floor. The smaller the ratio of weight-point of contact, the easier it is to balance. Furthermore - the greater the points of contact the easier it is to balance.
- **Stamina:** your poise (posture) and our breathing (energy management), coupled with your movement.

Dvizheniye will help you reclaim your birthright of human aesthetics - efficiency & responsiveness - Natural Grace.