

# Dynamic Movement control

## PEPE LE PEW

- This aim of this movement is to maintain the exact positioning in the air as created on the ground.
- Create a four point 'box' stance on hands and knees. The knees are placed directly below the hips and the shoulders sit directly above the wrists. Hands and knees are pressed into the ground creating an upward force from the ground. The hands are creating an outward spiral movement (similar to undoing a jar with the palm of the hand), however they do not move. This allows the Biceps to roll out whilst the shoulder blade points are moving down, hugging the ribs toward the tailbone.
- The spine is long from the crown of the head to the tailbone. Gently draw the belly button to the spine.
- From this stable position, slowly and smoothly lift the knees off the ground allowing the balls of the feet to come into contact with the ground. The knees will hover above the ground. It is important to maintain composure in the body, and not compromising the shape of the spine.
- In a controlled manner, 'pounce' like a cat on the spot, lifting the hands and feet off at the same time.

### Benefits

- Improves posture.
- Strengthens deep stabilizing muscles.
- Promotes balance.
- Calms the mind by creating a focus on body movement through awareness.
- Awareness of body parts.
- Spatial awareness.
- Proprioception.

### Beginners Advice

- Practice the 'Box' shape.
- Work in partners to assist in establishing the correct pose.
- Begin gently, then as confidence and body position is strengthened attempt to increase the height.

### Challenge

- 'Pounce' forward/ backward/ sideways.
- 'Pounce' 1-5 times consecutive.

### Adjustments / What to look for

- Swaying or sinking of the back. Maintain the full length of the spine from head to tailbone.
- Sinking of the lower back especially when creating the box shape, or on landing.
- Feet leaving the ground before the hands.
- Holding the breath. At all times allow the breath to flow.

