

Vladimir Vasiliev Wednesday 29 April - Natural Movement

Warm up:

Application of burst breathing

Burst breathing helps remove stress from the body

1. Physical – cope with the muscle effort and have correct body form
2. Prepare for a movement, a change, or a stressful situation
3. Erase previous exercise impact – clean up between the exercises

Drill: push ups - 10 counts to go down and 10 counts to go back up using burst breathing

Sit on your knees and keep your back as straight as possible. Inhale and Exhale.

Exhale any unpleasant feeling and increase the sharpness of your breathing.

Continue doing this while filling up your body with power and expand

Drill: inhale, exhale. Try to do the short breathing again. Bend forward a little and continue the burst breathing. Your breathing should be the exact same, while you open your body from the inside/

Come up gradually and feel the heaviness in your fists

Drill: squats - 10 counts to go down and 10 counts to go back up using burst breathing

Make sure there is no heaviness inside your movement

Drill: lie down on your back and relax so that the floor feels comfortable and soft to you

Drill: leg raise - 10 counts to raise the legs and 10 counts to lower them back down
Relax the tension within your body.

Restore yourself first with short breathing and gradually slow it down

Make sure your shoulders are relaxed

Drill: Use short breathing and stand up again

If you are off balance, you have not been breathing properly

When we need to set the body in motion, it is one of the exercises to breathe shortly. This enables your body to move right away.

Drill: do burst breathing and allow your body to move on its own naturally.

Your burst breathing is your preparation for action.

When you fill your body with oxygen, it is easy for it to move.

This is the 2nd level of short breathing. First was physical ability. Second is psychological prior to doing an action that may cause you anxiety. (Refer to the first note in the chat)

The breathing is very short, should not go past the face, not all the way down into your chest or your stomach.

Third application of burst breathing is to clean information in-between the exercises.
(Refer to the first note in the chat)

Use breathing to clean out the redundant or excessive information we are receiving.

Drill: do push ups, sit ups, or squats while occupying your brain with some information
Any thought

Lie down and use burst breathing to clean out the fatigue in the muscles and the thoughts in the brain

Stand straight. Try not to feel your body, but only your weight on the sole of your feet.
Check yourself, where do you have tension?

Drill: step and raise your leg to relax yourself

Note the way you walk. Sometimes you put too much pressure on the side of your legs.
Try to walk without a sway.

If I put a lot of weight on my hips, there is a big distance between the hip joint and the floor. This creates extra tension.

Breathe before your movement. The breathing we are doing now is relaxed, not burst breathing.

Drill: walk and put the weight on your knees. This distance from the knee joint to the floor is smaller from the hip, so that creates less tension.

Try to step and feel your knees only.

The movement just comes from your knees.

When you walk from your knees, the feeling is very light and you can walk so smoothly that you become less noticeable

This gait makes your body fill up with power.

You need to recognize when people prepare themselves to hit you.

Drill: walk by putting the weight on your feet. Now the distance from the ankle to the floor is so short, that the tension is almost non-existent. Feel it and try to go down very quickly
Any tension in your legs or anywhere in your body takes away your power.

Make sure to walk on the whole foot, place it flat on the ground.

Techniques for soldiers to use for falling:

1. Move your leg back and go down

As there is tension in the hip, moving it back allows you to go down quickly.

2. Same exercise, but move your leg forward and you go down
Useful for shooting from this position.

Imagine there is a very backpack on my back. The only way to go down would be to keep the back straight and to go down on the knees, and then fall forward or back, also keeping the back straight.

You go with the direction of the tension

Keep your knees very relaxed as you go down

If you are carrying a shopping bag and need to go down, use it for your balance

Drill: close your eyes, walk while hearing everything that is happening around you and relax.

Do not make noise while you walk so that you are more aware of your surroundings

Putting your arms forward is an expression of fear

Listen to your sensations inside. If something tells you that you're too comfortable, start to move. If you are feeling too tense, also move.

Drill: put your hands forward, feel the floor with the soles of your feet, and have some sensitivity in your hands

Walk around with your eyes closed this way

Make sure you are stable even though your eyes are closed

If stepping gives you tension, move this tension into your hands.

Find a way to relax yourself and only feel the floor and feel your hands.

Check if you know your room without looking.

Try to find objects or walls in your room

If you move with tension, fear will come. If you stay relaxed, power will come.

Switch up your hands and see which one is more sensitive than the other

Imagine your are blind, try to sense the room.

If you any tension right now, this is when you use the burst breathing.

If you have partners, listen to their footsteps and move away from them

If you are swaying it means there is tension, fear, or you are thinking about something
Now speed up

Drill: keep your eyes closed and fall and get up. If you are afraid, fall where you are and cover your head.

Try and sit on your couch without touching your legs to the surface of the couch

Touch the objects in your room, but keep your eyes closed

Keep your body straight as you do this

Try and open doors and close them, keeping the eyes closed

Calculate your room, count the steps how far you are from the door. Open the door not into your body, but to the side so you can walk through it easily.
Try to do a roll with your eyes closed. Forward and back.

Remember when you are in a roll, you can easily change direction.

Drill: eyes open - short breathing, move forward and back. Short breathing, push up.
Short breathing while having your body move.

Drill: now use the lightness to move your body.
Inhale. Exhale. And make your body free to move.

Drill: relax the way you move your joint. Relax the joint above it and use the relaxation to move the limb.

For example: drawing a gun, you do not use your fingers to grab the gun, but the elbow moves first to lead the movement

Study how to move differently. For example, relax your shoulders and use that to go down.

Tense up or move your shoulder, then relax. This will be your momentum to move.

Recover, walk around and feel power in your body.
Drill: place your fist in front of you. See if your fist has heaviness.
Move your fist in such a way that it moves you

Move your fist forward and use that to walk.

Drill: get in a push up position and inhale through the body and into your fist.
This will make your fists feel heavy.
Sit up and feel that heaviness
Any tension you feel in the body, try to move it into your fists.

You want your body to feel so relaxed and the fists so heavy that it's easy to hit.

Drill: In a push up position, rotate your shoulders, go down, and rotate them again. Try to keep rotating your shoulders in any position of the range.

Keep the power inside your body, not outside

A stance will make you lose power in the body, keeping your body together helps conserve power.

Try to find a good position of your fist. If you turn it too much, it locks your body. Keep the position open so you don't lock the position.

If your fist is feeling numb or tingling, you are squeezing the fist too tight. The fist should be formed, but not clenched.

Drill: moving on the floor like a child. Natural movements.

Side to side This restores your childhood memories and the body health comes with the memories. of course if you are old and very immature that helps too :(:)

If you want to bring your health back, try to move as a child.

Crawl across the ground by tensing and then relaxing the body

Drill: keep your movements small while you're moving on your back. As if you are a child who does not have much muscle, only use tensing and relaxing to move

Are you moving the body by moving the hips?

Move from freedom, not from a particular joint

Drill: lie down and move with short movements. And for every breath, a movement.

As if the child is growing up and gaining more power now.

Drill: raise your arms and legs in the air and move around on your back.

Drill: change position, sit up, go back down, rotate and roll, keeping the body very soft and lazy

From Systema Vasiliev to Everyone: (03:02 AM)

To help with not straining your muscles, try to relax more and keep your body collected. Continue breathing and practicing

Drill: how to slow down your heart rate:

Sit or lie down. If you can feel the heart rate without touching your chest, that's good. If not, place your hand on your chest

Listen to your heart beat.

Three heart beats inhale. Three heart beats exhale.

Let your heart beats lead your breathing

Slow down your count and slow down your heart rate

If your heart beat is not listening to you, return to the first step - let your heart rate lead your breathing

This also lowers your blood pressure

Now speed up your counting and tell your heart to go faster

This also raises your blood pressure. Sometimes you may need that (to be excused from work for example haha)

Start burst breathing and use it to get up