

Vladimir Vasiliev Structure Drills

Drill: lie down on the floor symmetrically

Inhale through the nose and out through the mouth with relaxation

Without moving, expand yourself with just the air

Open your hand and open the body at the same time

Inhale the air, but with that air, inhale power and feel heaviness in your body

Take in air as if its food for your body

Every time you inhale, take more power

Exhale the energy

Drill: Inhale to relax and exhale to relax and with every inhale relax more and more

Combine the heaviness of the power and lightness in your body and with every movement, alternate the feeling

Inhale - relax yourself

Exhale - to make yourself heavy

And then vice versa

Raise your arms as light as you can, then as heavy as you can

Drill: Try to feel the difference between the movements filled with heaviness and movements filled with lightness

Drill: walk like nothing holds - relaxation

Then walk like you are ready to do something - power

When walking with power - everything moves together

Drill: inhale fully and begin to exhale and let the exhale lead your movement. Let your breathing move you

Start moving in the middle of the exhale

Drill: now inhale and create powerful feeling in your body and let it move you

Keep your shoulders relaxed, but fill up your fists with power

Keep the feeling of power and go down and back up

Now try the feeling of lightness and go down and back up

Do the same with walking

Whether you are going down and up with heaviness or relaxation, your body should be aligned and collected

Drill: how to check where you have tension

Lean forward and feel which body part tenses up

Then clean it through breathing

Lean forward more, feel where the tension is and then go back and relax yourself

The same for leaning back and side to side

The size of the steps should be no more than the size of your body

Drill: keep your body as one structure and use your arms to bring your body up and down as pushups

Don't use your arms to move your body up and down, use your body to do so. Your arms are just there for support

Drill: squat and go as low as you can while keeping your body straight

Drill: lie down on your back, sit up and you have to back while keeping your back as straight as possible - as one piece

You can bend your legs and if it is still uncomfortable, do not get up all the way

Drill: lie down, keep your back very straight and get up fully

And back down with the same straight back

“POWER CREATES STABILITY”

If you have a partner, each person should grab the ends of the stick and prevent your partner from getting up using the stick

Make sure your body moves as one piece

Drill: hold the stick in front of you, with your hands less than shoulder width apart, squeeze with your fingers, but with no tension in your arms

Drill: pull the stick apart. Use your hands only, no other part of your body

Hold the stick, squeeze it. Then pull your arms apart and then drop the arms - relax. Then lift them up again, pull apart again and you will feel more power than before.

Drill: pull the stick apart using the shoulder muscles and then not using the shoulders, see which way you have more power

You will realize that if your shoulders are relaxed you will have more power in the hands

Drill: pull the stick apart while tensing up the back muscles

If you are over tense, you will not be able to hit properly

Drill: pull the stick apart while tensing up the legs

Relax your legs and then pull the stick apart again and feel the additional strength

Drill: put your hands on both ends of the stick. Push the tips of the stick together and squeeze with your palms

Try different positions and grips on the stick

For example, behind your back, above your head, vertical, horizontal

Do the same drill lying down

Now hold the stick in any position and start with tension in the fingers, then forearms, then shoulders and then onto the whole body. Let the tension flow smoothly, not step by step Begin to relax the same way

Drill: hold the stick in a relaxed way, keep it in the air

Get to the point where the stick feels like it has no weight

As you relax your body more and more, you will start to feel warmth and the stick will feel weightless

Drill: pick up the stick and feel that it has no weight

Hold your stick vertically, when you hold the stick properly, your body will align itself and will even move up

Breathe, relax, feel the how the stick pulls you up and switch your arms

This is a healing exercise for your spine. Correct structure heals.

Drill: walk around and move without influencing the stick to move or having the stick influence your movements

Put the stick down, pick it up and begin walking with it

Position the stick in different ways.

If there is any tension in your body, move it to your fist

How to check if you have any tension: drop your arms down and the stick should be weightless and move freely as one piece

Make sure you don't make movements that lock you

Drill: lean the stick slightly forward (only a couple of inches) you will feel that this is the moment to start moving

Let the weight of the stick move you

This practice allows you to move with minimal effort

Close your eyes and pay attention to what is inside of you and use the stick to relax yourself

Lift the stick to various positions and see how each position can relax various body parts

Sway the stick at various levels and check for fatigue and tension