

# TRAINING AT HOME by Systema Amsterdam #1

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## SYSTEMA BREATHING

Here I would like to explain to do a Systema Breathing exercise called 'The Windtunnel'. It will clean, wake-up and energize the lungs, body and mind.

As we practice Systema Breathing training it is important to know and use the 7 principles of Systema Breathing.

1. Pathway: Inhale through the nose and exhale through the mouth.
2. Leading: Let the breath slightly lead physical action in time.
3. Sufficiency: Take as much breath as you need at the moment, for the action, not more not less.
4. Continuity: Keep breathing, without interruption or holding, no matter what you are doing.
5. Pendulum: Let every breath cycle complete itself and reserve naturally, as a pendulum swings and reserves naturally without interference. Allow, and experience, the reversal pause at the end of each cycle.
6. Independence: No specific type of action is invariably tied to any particular phase of the breath cycle. (i.e. you should be able to punch or roll as well on the inhale as the exhale)
7. No tension: Keep your muscles and your body overall relaxed.

## PYRAMID CONCEPT TRAINING ^

Before we start going into the exercise I have to explain the 'Pyramid Concept' training. That is been done in many training concepts but especially in Special Forces training.

The idea is to start easy where we can feel and understand the idea and goal of the exercises or drill (objective). Then you slowly and controlled go up/deeper in intensity until you will slowly lose the objective. Then it is really important to bring the intensity slowly back until when you feel you control yourself again and can work on the objective and then slowly come back to the starting point where it was really easy.

You want to know and understand that area when you lose it and where you grab it again. But most important to finish where you can feel that you have total control. This way the body, mind and psyche will store and remember this as a positive experience and not a hard to do experience with a losing outcome. So never stop where you lose control, always go back, clean yourself and make it a powerful upgrade experience.

## BREATHING EXERCISE - THE WINDTUNNEL

### POSITION

You can do the fowling exercise in many different positions and in combination with movement and strengthening exercises. I will give some examples later in this explanation.

I would suggest to start this exercise lying down so you can relax deeper and feel more of the body.

### THE GOAL/ OBJECTIVE

It is always important to know 'the objective' of the drill or exercise to get the most out of it. In this case it is opening and relaxing the lungs and relaxing the muscles that are involved with breathing. Second goal/ result of this exercise is to relax but open and wake up the body and clear the mind.

## WHEN TO DO IT

You can do this exercise whenever you have time for it. It will feel great! I would not do it before going to sleep because it will wake up the body.

## THE BREATHING EXERCISE EXPLAINED

So what to do in this exercise. We will use counting as a tool to make our inhales and exhales longer and shorter. Please make these counts relaxed and not tense!

We will make one side of the breath-cycle longer as the other side stays the same. We will do both sides and finish off with making the breath-cycle longer and shorter on both sides.

### FIRST PART

We go up the pyramid  $\wedge$

**one count inhale, one count exhale - two counts inhale, one count exhale - three counts inhale, one count exhale - four counts inhale, one count exhale - five counts inhale, one count exhale - six inhale, one exhale - seven inhale, one exhale - eight inhale, one exhale - nine inhale, one exhale - ten inhale, one exhale**

In class we would go up to ten and then back. It is a good number to have many benefits of it, but if you have the time please go as far as you can comfortably go. When you feel there is too much tension, fear, discomfort, relax and slowly come back in the pyramid as you check yourself and the objective.

We go down the pyramid  $\wedge$

**ten inhale, one exhale - nine inhale, one exhale - eight inhale, one exhale - seven inhale, one exhale, - six inhale, one exhale - five inhale, one exhale - four inhale, one exhale - three inhale, one exhale - two inhale, one exhale - one inhale, one exhale.**

Finish the first part of the Windtunnel off with checking yourself on three main levels: physical, mental and psychological and as normal as you can without any tension of doing something extra. Take a moment to experience the feeling and outcome.

### SECOND PART

In the second part we are going to extend out exhale and keep the inhale one second.

We go up the pyramid  $\wedge$

**one inhale, one exhale - one inhale, two exhale - one inhale, three exhale - one inhale, four exhale - one inhale, five exhale - one inhale, six exhale - one inhale, seven exhale - one inhale, eight exhale - one inhale, nine exhale - one inhale, ten exhale.**

Again; In class we would go up to ten and then back. It is a good number to have many benefits of it, but if you have the time please go as far as you can comfortably go. When you feel there is too much tension, fear, discomfort, relax and slowly come back in the pyramid as you check yourself and the objective.

We go down the pyramid  $\wedge$

**one inhale, ten exhale - one inhale, nine exhale - one inhale, eight exhale - one inhale, seven exhale, - one inhale, six exhale - one inhale, five exhale - one inhale, four exhale - one inhale, three exhale - one inhale, two exhale - one inhale, one exhale.**

Finish the second part of the Windtunnel off with checking yourself on three main levels: physical, mental and psychological and as normal as you can without any tension of doing something extra. Take a moment to experience the feeling and outcome.

### THIRD PART

In the third and last part we will extend the inhale and exhale.

We go up the pyramid  $\wedge$

**one inhale, one exhale - two inhale, two exhale - three inhale, three exhale - four inhale, four exhale - five inhale, five exhale - six inhale, six exhale - seven inhale, seven exhale - eight inhale, eight exhale - nine inhale, nine exhale - ten inhale, ten exhale.**

Again; In class we would go up to ten and then back. It is a good number to have many benefits of it, but if you have the time please go as far you can comfortable can go. When you feel there is too much tension, fear, discomfort, relax and slowly come back in the pyramid as you check yourself and the objective.

We go down the pyramid  $\wedge$

**ten inhale, ten exhale - nine inhale, nine exhale - eight inhale, eight exhale - seven inhale, seven exhale, - six inhale, six exhale - five inhale, five exhale - four inhale, four exhale - three inhale, three exhale - two inhale, two exhale - one inhale, one exhale.**

Finish the last part of the Windtunnel off with checking yourself on three main levels physical, mental and psychological and as normal as you can without any tension of doing something extra. Take a moment to experience the feeling and outcome.

### COMBINATIONS

All the Breathing exercises we do in Systema you can combine with tension - relaxation, movement, stretching, strengthening, combat training, etc to create more levels and deepness in the exercise and drills. It is important to understand that the objective(s) should always be clear.

### EXPAMPLE

Let's take an example to combine The windtunnel with Tension - Relaxation exercise.

The 'Objective' of **The Tension - Relaxation Drill** is too deeply understand what tension is and the other side what is relaxation. Mainly we check this in our muscular system but we can go further than that. Second layer is to get more knowledge about the amount of control we have of our muscular system. So this will become the second 'Objective' if we combine this with 'The Windtunnel'.

### HOW TO COMBINE

In the First part of 'The Windtunnel' we extended the inhale and kept the exhale one second. We will tense up the body on the inhale and relax on the exhale and keep it like this during the three stages of the exercise.

It is important to bring the tension and relaxation in the tempo of the breath counts, smooth and don't let the tension destroy the quality of your breathing. Please maintain the '7 Breathing principle' at all times!!!

So...

We go up the pyramid  $\wedge$

**one count inhale and *tense up the body*, one count exhale and *relax the body* - two counts inhale and *tense up the body*, one count exhale and *relax the body* - three counts inhale, and *tense up the body*, one count exhale and *relax the body*, etc etc**

Keep the idea with all three stages of 'The Windtunnel' exercise, hopefully you have the idea.

## OTHER EXAMPLE

The 'Objective' of **The Stretching Drill** is to stretch the body as a whole (expanding in all sides) or stretch separate part in different directions. In this case I like to suggest stretching the body as a whole, but feel free to play around with this concept.

Combine 'The Stretching Drill' with The Windtunnel like this.

In the First part of 'The Windtunnel' we extended the inhale and kept the exhale one second. We will *stretch the body* on the inhale and *relax on* the exhale and keep it like this during the three stages of the exercise. Extending the breath means extending the time of the stretch.

The 'Objective' of **The Walking Drill** is to learn how to walk properly. Naturally straight and light but fully relaxed and heavy underneath the body and you must be able to give that weight direction if you want (speeding up, going to the floor, escape, to hit or kick etc.).

Combine 'Walking' with 'The Windtunnel' like this.

To the 'The Windtunnel Drill' as you walk. Use the steps for counting, each step is one count. So quite easy to do and excellent for walking in the park, beach, getting somewhere, etc.

You can do this with running and biking as well, or more things we do daily. Be creative.

## MORE COMPLEX COMBO'S

Is to combine 'Strengthening and Movement' drills with 'The Windtunnel'. These combos are more complex because you will use more coordination, energy and oxygen. But it is very important work! Just relax as much as you can and use 'The Pyramid Concept'. You don't have to go to ten counts. The Objective is important here! That are not numbers but control, quality and understand your limits.

The 'Objective' of **The Strengthening Drill** is to get rid of excessive tension, weakness in the body and mind, strengthen the connected tissues, tendons and ligaments, body structure and spirit.

Combine 'Strengthening Drills' (Push-ups, Sit-ups, Squat and Leg Raise)

In the First part of 'The Windtunnel' we extended the inhale and kept the exhale one second. We will *go up with the push-up* on the inhale and *go down with the push-up* on the exhale and keep it like this during the three stages of the exercise.

Extending the breath means extending the time of the movement of the push-up for example' Four inhale, one exhale = Four counts up and one down.

Make sure to restore yourself after each three parts.

The 'Objective' of **The Movement Drill** is the same as to learn how to walk properly. Naturally and light but fully relaxed and heavy underneath the body and you must be able to give that weight direction if you want. Move very light and smooth but if you let's say strike all your weight should be present.

Combine 'Movement Drills' with 'The Windtunnel'.

Just add movement to 'The Windtunnel'. Just move on the floor, going to the floor and getting up., doing the dishes, cleaning, etc.. again be creative.

Make sure to restore yourself after each three parts.

GOOD LUCK AND HAVE FUN!

Train Hard, Honest and with Happy Eyes and Strong Spirit!

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[www.systema-amsterdam.nl](http://www.systema-amsterdam.nl)