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Introduction to The Five Rings Approach for Neuro-Somatic Reprogramming
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www.coremovementintegration.com

INTRO-CMI.Approach
Video Demonstration

JOSEF DELLAGROTTE
This is a demonstration of something we have learned from biology, from brain science, from movement education, from therapy. The brain loves to have a picture. If it can create a picture of movement it learns fast. If the pieces are not put together, it takes a longer time.

So this is an approach which we call Core Movement Integration which is a kind of designation approach, a methodology, that if you talk to the brain, putting together in sequences, the brain will pick it up and learn much faster.
That is known in the animal world, the creature world. Learning must be quick at times and at times it needs to be slow. It depends on the situation.
When we say quick, I do not mean rapid. I mean that the brain learns and programs quickly, gets the picture. So we start with fundamentals.

The fundamentals of basic human movement - and if we do it slow and sagittal, you can see from the side, and you notice there are two directions to that.
Now we also add in immediately - and this is the new part that has not been often done - when I do that movement I touch and stimulate the access points, or connecting points. There are many - we have them in our manual and in our diagrams. I will just give you a brief outline:
I am using trochanter to pelvic floor, going up through the thorax and the clavicles all the way to the head and neck.

Now if my brain picks that up and says 'oh, you are touching me, I feel you more' that is a known principle. Touch increases learning by at least five or ten times more. I am using my hands. If I had a therapist working with me they would be doing the same thing, but here I am on zoom.
Now when I go the other way, which is facing the other direction, right, I am coming up this way through the trochanter pelvic floor but through the front, lengthening the back muscles and then sweeping around.

And of course there are many other points but we are just talking about the principle. The dynamic one is trochanter, pelvic floor, lower lumbar into spine. That is the core.
If I do it now in rotation I am on my left leg. This is a basic movement that is going to be applied to walking, swimming, everything else in this field. And if I go to the right side, again - trochanter, pelvic floor, lumbar, rib gate and you see how it goes up.
So that is a vector, a path determined by gravity in the human physiological system. If the brain can read that and put it together with touch, with the contact points, with the feel of the myofascial tissue, I quickly learn. And my arm even moves without effort. [It is no longer this...] It is the core vector of energy moving up or vector of force moving up.

Now you see what I can do with this. I can walk, the basic walking movement, and I can walk and change with parallel, off to the right - more like running. The same thing, when I come off here, then trochanter, pelvic floor through to the opposite side. Left leg thrust goes up to right side under the ribs, opens and lifts up.
Now I can walk, I can run, I can swim. I can do a backstroke, and notice if I do that then the left leg... and then the left leg bringing left arm back...
I could also do the same side.

And of course we have the lateral. Lateral trochanter glides. Notice [the pelvis] stays even, it is controlled. This is balance. This is the tennis player. Cannot do this [swaying], that would throw him off. He or she has to maintain equilibrium. So here again goes through, maintains core stability and that allows me to move the shoulder girdle, the ribs, arms and now I have lateral motion.

And I can have many forms. You see, this can become tai chi. It could become rotation with laterals. This is going to parlay into any kind of functional movement I want - walking, swimming, playing, tennis, bicycling, throwing a ball, you name it.

I will give you another example of another posture which I love to use because it has added value. If I come down on one knee, you see from this position I can do the same thing. This gives me some other additional value. I can go down and take the tissue, fibula, access the tissue to the hamstrings, going through my lower back. Look. I can put the front leg out.
This allows me a lot more myofascial with the tissue involved and the access points and the muscles. Then I can go in any path I want. I can go lateral. It is the same thing seen from the other side. Notice all this time I a constantly using my hands to communicate to my brain, 'look, this feel, this touch, this tissue'. From this you see [swinging arm], free movement, no shoulder problems at all.

Using this basic pattern we can apply it to all kinds of functional movement. Whatever kind of movement because it is like music or math. There is a base to it and the brain needs that base biological, gravitational formatting or programming and then it can apply it to any situation any time. So it is no longer necessary to do hundreds and hundreds of different movements and techniques that are not connected.
Now this also has another dimension which we will continue and further develop. We have the breathing factor. The breathing rhythm of the movement contributes to not only efficiency but to that deep relaxation in movement, in the motion sequences that permit us to be in a kind of polyvagal equilibrium, in a state of balance without struggle, without conflict, without distortions.

And that contributes to efficiency of action and actually to clarity about movement. It increases your sense of enjoyment of motion, curiosity, learning interest and is a great state for practising what we call awareness.
So the polyvagal state is also connected to awareness. That is why in meditation you actually use a polyvagal state. They do not call it that. In the traditions they did not know about the vagus nerve. But we now know that the vagus nerve is attaching to all the organs and muscles and all kinds of places. It has a ventral and a dorsal, is the longest nerve in the body.

So here we are at the beginning of a new kind of journey going beyond the technology of an earlier time.

JOSEF DELLAGROTTE
PAUL DAVIDOVITS

JOSEF DELLAGROTTE
Welcoming your comments, as one of the founders or mentors of the system.

PAUL DAVIDOVITS
I have to say, I have studied with Josef for more than 40 years now and when I started I had terrible backaches and aches all over my body because I had basically been hunched over books and experiments and really sort of forgot the freedoms of movement.
Studying with Josef has been just transforming even for me. You do not see me knocking on wood, but you can hear it, and I hope it will continue, but right now my body is pain-free and I can pretty much do every activity that I feel like doing.

I have seen the transformation in Josef's concepts. For example, the way Josef started to teach us running was a very complicated process where you basically rotated your joints and your hips. It reminded me of the joke about the centipede who was asked by a grasshopper, 'How do you move all these legs of yours in the proper sequence and order?' The centipede tried to explain it and everything got all tangled up and he was not able to walk.

So in the beginning - and this was not only Josef - it was generally the Feldenkrais technique became very complicated. Essentially you could get the movements. I mean I got the way Josef was teaching walking, that form. It took me about three years of practising and trying to get everything in the right sequence, but the six coordinate movements that Josef demonstrated really make it very simple.

The other day I was just going over the original way of understanding and trying to internalize the movements, which are quite natural to us and then compare them with the new insights that Josef has been teaching in the last two years and there is no comparison.

You can pick up the subtleties of walking and running, swimming and throwing a ball within a few lessons and a bit of practise and it all comes very naturally. So I congratulate Josef and thank him for doing this.

GENERAL DISCUSSION

JOSEF DELLAGROTTE
It takes a long time to refine everything down to profound simplicity, and it takes practise. There is no other way. That is why I say you cannot do this conceptually but you need the concept context to help. It is a system. But the practise and the way of practising. You get more benefits just like a diet with eating a variety of foods.

PAUL DAVIDOVITS
I just want to make one more comment. If you are served a calf, for example, it comes out of the cow's womb and within a few hours it can actually walk about as elegantly as any cow can walk. That is not so with us. Walking for a calf is essentially hard-wired into the brain of the creature and all these movements just have to be necessities that surround it.

We human beings do not have movement hard-wired and you can see a lot of awkward movements that a child executes trying to get itself moving. Some of it is dysfunctional and we see a lot of that.
I was sitting in Venice, Florida watching people walking and there is a lot of dysfunction that especially comes into practise when we get older and have no sort of functionally wired ourselves for the natural movement that is the gift to us, as it is the gift to the calf but the calf does not have to take Feldenkrais lessons, or Joseph's lessons. It comes naturally.

We unfortunately have to work to some extent at the perfection that is the possibility for our movements.

JOSEF DELLAGROTTE
Just as a side note, aging is very important. We age actually when we are 30 but do not notice it until about 55 or 60 when we start having problems. Paul is older than I am, by the way and he bikes 20 miles without even thinking about it, and swims, which I do too. That also feeds the brain. We now know that this is

feeding the brain, direct evidence that the better you move the better food you are getting to the brain. There is not a separation.

So that is an important thing. That is why it is so valuable to present a complex model, as we individually started with, like a big computer. Feldenkrais is 500 lessons in 800 hours which is not very practical as we have seen.

But if you now take the concepts plus other things he also learned and bring the neuroscience together with it, we can get there a lot quicker, a lot better and smoother, especially in the times we live in because people do not have time. The attention span is very little. We need to capture it right away and the only way you can do that is by giving it something that produces benefits. Results count.

PUBLIC YOU TUBE VIDEOS

https://www.youtube.com/watch?v=w6f_OM6sM2c
Core Integration by Dr. Josef Dellagrotte
6 primary pathways

https://www.youtube.com/watch?v=tY8OTb84vZw
Josef DellaGrotte 5 Rings Approach

https://www.youtube.com/watch?v=9SUBqK48nbI
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