

## Day 51 Monday August 8, 2011

### ATM Lesson #128 – Diana Razumny

#### Taking off sweater with arm clock, on back

CD#11/T01 [63 min] DVD#S06-1 Scene 1 [63 min] Source: Amherst & Diana's variation to prep judo roll & sawing arm series

On back, slide hand along floor, onto pelvis, around/up to opposite shoulder. Gradually increasing w/reversing, until finally arm moves across face and onto floor overhead. Do each arm then both at same time. Use pelvis lifting to facilitate arms overhead. -Lengthen arm, hand caressing thigh, move little towards midline, rpt, imagine clock, continue around numbers. Shoulder is center of clock, arm is hand on clock. Go completely around clock. Note shoulder girdle, head, C7, connection of arm to head and into ribs. Rpt OS, track changing pressure of back on floor. -Imagine clock on the floor. Note changes in shape/pressure of front/back with changing direction of arm/hand to clock numbers. Direct arm in such a way that can create pressure against the floor moves in direction of number on the clock. -Stand R foot, go around clock with R arm a few times. Leave R arm up at 11 or 10, lying on floor, lengthen out L heel, note effect on R arm/hand. Create response, once lengthen R hand, once L heel. -Bring R hand to L hip/thigh, lengthen out L heel, pause then lengthen R arm towards L hip. Imagine band/string from L heel up leg to hip, cross back to R shoulder, wraps over shoulder down arm to ring finger. Lengthen heel/hand, feeling connection of the band all along back side. Hook band to 2<sup>nd</sup> toe, through heel, all the way to ring finger again. Stretch the string/band by lengthening both, round back side along that line so it gets longer in back, little shorter in front. Arm curved, leg/heel lifts a little. Rpt OS.

### ATM Teaching #25 – Diana Razumny

#### Giving an instruction from "arm clock" ATM

CD#11/T02 [28 min] DVD#S06-1 Scene 2 [63 min]

A few interesting series of ATMs this segment. A little of a martial arts theme. Sprinkling of ATM teaching.

Groups of 4 – 2 give instructions to other 2. Choose one movement from the "arm clock" lesson, something that was interesting, or maybe not so clear, to you. Give the instruction and see how your classmates interpret your instruction then discuss what was interesting to you about it, why you chose to try to give instructions for that particular movement.

Group discussion. Betty: about asking noticing questions. Joan and Margie shared experience from Betty's group. Eric: shared experience of a sense of completeness. Carol: struck by shapes. Also sense of completeness from circular movements. Barbara: how much easier it was to feel diagonal on back, more complete. About Brandon variation helped me feel involvement of hip. Brandon: glad idea worked. Julie: when Diana taught my shoulder blades were really sliding and felt shoulder blades really flat and spacious. Karin: attention was relationship between scapula and humerus and the difference between the two. Comment about knowing anatomy. Maija: feeling differences in lower back. Michelle: original experience of ATM was about me. I experienced a free feeling and thinking about what I wanted to do. Focus on being here. Craig: been working with architect for 11 months and just got my building permit and am happy. Betty: I feel like I want to explore more time with the movements of this ATM. Joan: liked ATM teaching because it helped me to get more of a feeling of the instruction coming from me. Diana: Things are repeated in many lessons and therefore become yours to feel and describe. Watch for phrases and sounds that you repeat as teaching that are not needed. Diana: Moshe took the function out of the ATM so you would discover more.

### ATM Lesson #129 – Diana Razumny

#### Judo roll prep #1, circling cheek on floor

CD#11/T03 [74 min] DVD#S06-1 Scene 3 [74 min] Source: San Francisco ala D. Leri

Hands/knees, bring side of face to floor, roll line of pressure along side of face from jaw to above ear. Same position, roll pressure line front/back. Circle line of pressure one direction then other. Repeat OS. Hands/knees, slide R arm through gap of other hand/foot, diagonally to take head under to see ceiling, stay there, move standing hand (gap) around/behind top of head, roll towards shoulder. Repeat OS. Repeat sliding arm through, stay, stand toes, lift knee on side head goes towards, straighten leg, rolling more onto opposite shoulder. Feel diagonal connection from toes to opposite shoulder. Repeat OS.

### Discussion #93– Diana Razumny

#### About ATM lessons

CD#11/T04 [13 min] DVD#S06-1 Scene 4 [13 min]

Joe: These ATMs support my experience of learning the method. Carol: Felt like I was massaging my inner organs. Got my curiosity going and felt more mobile and safe. Michelle: more aware of the indirect affects. Joan: When you said imagine if someone could put their hand someplace and I did that and that was the key for me to move. Diana: Imagination is key.

Imagination helps you organize yourself, it is a shortcut to get the whole of yourself into it. Betty: About wanting to get the full movement and hope to get there one day. Diana: This is the beginning of a series so we start out slow because it is demanding. Rita: It looks like it will get more challenging. At first I felt my shoulder blades will never do this but by the end it improved. I don't want to get that negative voice in me. Craig: I am amazed how little I use the top of my shoulder, so undefined, so mush. Krista: Is that normal to feel the left side while doing the right side? Diana: You are still connected in the middle so it crosses over. I could really feel the whole room going deep inside. This is the beginning and we will go slowly and build. Carol: some of this was like a yoga move but doing it slowly was very powerful and different than yoga, a different sensation.

## **ATM Lesson #130 – Diana Razumny**

### **Folding with lines from ears & eyes #1, sitting**

CD#11/T05 [33 min] DVD#S06-1 Scene 5 [34 min] Source: Alexander Yanai

Sit, legs crossed, note sit bones, exaggerate so take more weight to side of more weight. Switch leg crossing, compare. Return to first crossing. Fold forward, change attention to parts of spine. Imagine rubber band from L ear to L elbow, continue folding. Repeat OS. Continue folding, imagine bands from ears to sit bones then from ears to top of spine. ROB. Sit, leg crossing switched, line from center of L eye to L knee, R eye/R knee, fold. Bend head to side then down to front, return, add in the lines/bands. Extend back, long in front, stay, turn just head at top of spine side/center. Repeat while leaning back on hands behind. Repeat OS. Repeat, turning head side/side. Return to folding forward, imagining the lines.

## Day 52 Tuesday August 9, 2011

### Discussion #94- Diana Razumny

#### Check In

CD#11/T06 [7 min] DVD#S06-2 Scene 1 [8 min]

### ATM Lesson #131 - Diana Razumny

#### Judo roll prep #2

CD#11/T07 [60 min] DVD#S06-2 Scene 2 [60 min] Source: San Francisco a la D. Leri

Hands/knee, bring R side of face to floor, roll up/down on side of head. Then roll forward/back, taking eyes side/side, going with the movement. Then make circle around side of head. Repeat OS. Hands/knees, slide R arm on floor through gap of L knee/hand, take arm under gap w/arm going towards looking at ceiling. Stay under gap, stand toes, lift L knee so roll more onto R shoulder. Repeat OS. Hands/knees, R arm/head through gap, stay on R shoulder, lift L arm straight up towards ceiling, make fist, circle straight arm, gradually leg circle grow larger until arm becomes almost horizontal. Repeat OS. Slide R arm/head through, stay, toes standing, L hand on head, roll head, can add lifting L knee. Repeat OS. Take R arm/head through gap, toes standing, lift knee, reach R hand towards L toes.

### ATM Teaching #26 - Diana Razumny

#### Giving instructions for sliding arms

CD#11/T08 [24 min] DVD#S06-2 Scene 3 [42 min]

Groups of 4 - 2 lying, 2 teaching, 1 at a time. Observe Diana's demonstration of an ATM move from "sawing arm" lesson. Put into words to instruct the 2 students on the floor. For the second move, other teacher gives instruction. Then switch roles, 2 on floor come up to teach, 2 teachers go down on floor to receive movement instructions. Discussion in groups of 4 and then full group discussion.

### ATM Lesson #132 - Diana Razumny

#### Sawing arms #1, sliding crossed arms in front, on back and sitting

CD#11/T09 [34 min] DVD#S06-2 Scene 4 [34 min] Source: San Francisco Training Year's 3 & 4

On back, stand feet, arms bent in front, forearms crossed, R inside L, hold L still and slide R across L forearm. Same position, move along L arm with one point of R forearm sliding from elbow to wrist. Same position, arms crossed, move L arm across one point of the still R arm. Same position, slide middle of L forearm along R arm from R elbow to R wrist. And repeat the 4 variations with L arm inside. Sit cross-legged, arms crossed in front same way, R arm inside the L, move R arm across one point in middle of L forearm. Repeat 4 variations with the L arm inside. On back, feet stand, arms crossed, R inside, slide both arms so hands come towards ears and elbows start coming closer together. Sit, R arm inside, repeat sliding both arms so hands come towards the ears. Change crossing, repeat.

### ATM Teaching #27 - Diana Razumny

#### Creating ATM using Gravity Baby video

CD#11/T10 [22 min] DVD#S06-2 Scene 5 [45 min]

Discussion about sawing ATM lesson while waiting for video setup.

View 'gravity baby' on You Tube. Gather in groups of 4 to discuss how to approach creating an ATM based on the function the baby is demonstrating of coming from 'W' sitting to standing.

<[http://www.youtube.com/watch?v=pm72DAEOh\\_o&feature=player\\_embedded](http://www.youtube.com/watch?v=pm72DAEOh_o&feature=player_embedded)>

### ATM Lesson #133 - Diana Razumny

#### Side bend in side sitting

CD#11/T11 [49 min] DVD#S06-2 Scene 6 [49 min] Source: Alexander Yanai

Sit, R leg back, lean on L hand/arm behind, R arm over top of head, bend to R. Repeat OS. R leg back, hold R ankle w/R hand, extend L arm straight out in front at shoulder height, turn L so L arm goes around to L, eyes on hand. Repeat OS. Sit, R leg back, hold R ankle w/R hand, L arm over top of head, finger on temple, thumb behind ear, turn to look up in direction of L elbow. Add returning w/head/elbow down to R, breathing in when looking up to L, exhale when head/arm go down to R. Repeat OS. Sit w/R leg back, lean on L hand, extend R arm straight out to side at shoulder height, lengthen arm out to R. Same quickly. Repeat OS. R leg back, interlace hands on top of head, tilt head side/side. Quick. Repeat OS. Sit cross-legged, arms out in front, switch crossing few times. Stand, walk.



## Day 53 Wednesday August 10, 2011

### ATM Lesson #134 – Diana Razumny

#### Judo roll prep #3, shoulder stand

CD#11/T12 [55 min] DVD#S06-3 Scene 1 [57 min] Source: San Francisco ala D. Leri

On back, scan diagonals hip to shoulder w/image of band. On hands/knees, top of head on floor, roll pressure point along top of head towards back of head then towards forehead/nose. Pause then roll side/side. Circle each direction. Return to rolling up/down, add interlaced hands on floor, cupped above/at head, note movement all along spine. Repeat, stop head from moving so all movement is in the spine, pelvis, hips. Add toes standing. Do asymmetrically, one knee little forward. Return to hands standing to sides of head, elbows in air, roll head side/side. On hands/knees, slide R arm/head through gap of L hand/knee without head/shoulder touching floor. Repeat OS. Hands/knees, slide R arm/head through to L, rest on shoulder, L hand on forehead, roll head side/side. Repeat OS. On back, stand feet, arms straight out to sides. As lift pelvis, roll arms up, on axis, as pelvis lowers, roll arms down. Hands/knees, take head through gap to L, leave R arm straight out to R, toes for running, lift L knee, roll onto R shoulder, R palm rolls towards/away from floor. On back, feet standing, roll arms again, note head. Repeat, add L knee lifts then R knee lifts, both in air, return R knee then L knee. Repeat OS. Same position, keep both knees in air, walk feet around to L side where head is so end up on both shoulders. Repeat OS. ROB.

### Discussion #95– Diana Razumny

#### About judo roll ATM series

CD#11/T13 [22 min] DVD#S06-3 Scene 2 [22 min]

Michelle: About length of ATMs and dividing it up. Craig: Diana's way of teaching gives time to experience. Diana: How do you hold the space as you teach. You try to hold the space loosely enough so students can have time for their experience. Craig: About pain in doing ATM. Eric: How do you keep the awareness with such challenging instructions? Diana: In ATM direction attention to sensation. Bear: On approximations and back to first approximations with these more difficult lessons. Michelle: About babies movement experience. I get to take control of my learning. Bear: about judgements: Craig: About dance class and judgements.

### ATM Lesson #135 – Diana Razumny

#### Sawing arms #2, sliding crossed elbows, on back and sitting

CD#11/T14 [43 min] DVD#S06-3 Scene 3 [43 min] Source: San Francisco Training Year's 3 & 4

On back, review 8 variations of "sawing arms". On back, knees bent, right arm crossed on inside of left, both elbows bent, have the crooks of the elbows together, slide right elbow past left. Think of the right hand moving towards the left ear. Repeat moving left arm, right elbow starts to come past the left. Add both arms moving, right elbow goes past left, hands go towards ears. Sit cross-legged, repeat above, right arm bent inside left bent arm, as when lying, slide right arm inside of left so right elbow goes past left elbow. Pause, slide left elbow around right few times while right is stationary. On back, knees bent, left arm inside right, bring elbows near each other, slide the left towards and going past the right. Repeat variations of each arm moving then both, as above. On back, right arm inside of left, slide the arms so elbows cross and hands come towards shoulder blades, start at top, caressing down sides, then up and behind the neck, fingers towards each other. Repeat with left arm inside. Sit cross-legged, right arm inside left, reach hands behind neck, over back of head. Switch crossing of legs and arms crossing and repeat. Sit, right arm straight out in front, thumb down, cross left straight arm over right, thumb down, interlace fingers, bring hands to chest, slide left elbow through. Repeat with arms switched. On back, repeat arms crossed with interlaced fingers, sliding hands up, elbow coming through and past other. Do with each arm crossing. Repeat, note the gap between the forearms, slip overhead so head comes through gap. Go back to just sliding elbows across each other, bringing hands towards back of neck. Repeat in sitting. Repeat in standing.

### FI Exploration #41 – Diana Razumny

#### Twisting, lying on side, guided

CD#11/T15 [59 min] DVD#S06-3 Scene 4 [70 min]

Demo with Margie. Exploration guided. Pairs: 1 lying on side, other sitting behind. Person lying – arms straight out in front, palms together, slide top hand past bottom hand. Person behind, observe and then place hands on shoulder/shoulder blade and ride along then find way to do it for them. (may have them stand the hand with elbow in air). Imagine diagonal line from back of shoulder to opposite hip against the floor. Switch to sitting in front, lengthening straight arm forward holding at elbow and wrist, thinking of diagonal again. Sit behind pelvis, ride along while they slide top leg along bottom, hip moving forward/back. Then take over work and do for them, think of diagonal. Go to front of knee, take forward/back, think of diagonal.

## ATM Lesson #136 - Diana Razumny

### Folding with lines from ears & eyes #2, circling head, sitting

CD#11/T16 [51 min] DVD#SO6-3 Scene 5 [51 min] Source: Alexander Yanai

On back, imagine 6 lines/bands: ears to elbows; ears to sit bones; eyes to knees. Sit, legs crossed, hands resting on knees, fold forward, imagine 6 lines/bands: ears to elbows; ears to sit bones; eyes to knees. Bend forward, note lines. Let head hang forward, swing (not turning) to R like pendulum. Repeat OS. Swing head side/side. Lean back on hands, fold, chin to chest, roll head over to R shoulder, continue around circle, reverse directions. Return to hands resting on knees/legs, fold/unfold, note lines. Stand on knees, circle head from front/center around to R and back center, return and repeat going to L and back and return. Sit, without leaning on hands, fold forward then extend back, leave head back, turn face little to R few times then to L then L/R. Repeat while leaning hand hands behind. Return to simple folding, note lines. Kneel on L knee/R foot, hang head to R, swing head around circle one direction then other with starting point to R side. Repeat OS. Sit cross-legged, without leaning on hands, hang head back, turn side/side, eyes. Repeat, leaning on hands. Sit, hands on hips, circle head. Stand on knees, circle head each direction. Play with circle size & relation to whole of spine.

## Day 54 Thursday August 11, 2011

### ATM Lesson #137 – Diana Razumny

#### Sawing arms #3, crossed arms with interlaced fingers; hold chin, on back and sitting

CD#11/T17 [71 min] DVD#S06-4 Scene 1 [71 min] Source: San Francisco Training Year's 3 & 4

On back, review "sawing arms" moves. Sit, arms straight out in front, R over L, interlace fingers, hands to belly continue, up in front of chest/throat/face, slide the R elbow through/past the L. Repeat arm position, slide R elbow through a little then slide the L elbow around the R elbow. Then move both elbows to create the slipping of the elbows past each other. Repeat OS. On back, feet standing, repeat variations with each arm crossing. Arms/elbows: R moving, L stationary; switch; then do both same time. Repeat and explore taking the interlaced hands to each side of the head and feel if it's easier to go to one side of the head. Leave the R elbow through and slide interlaced hands around from one side of head over the top to the other side. Sit, do the same variations starting the finger interlacing with the L arm crossed over R, slide elbows through, take interlaced fingers to each side of head and around the top from one side to the other. Repeat on back. Sitting, L arm forward, R over top, interlace fingers, bring hands through near body then continue so the hands go out in front, arms straighten and lift R shoulder to R ear. Repeat OS. Sit, cross R arm over L, interlace fingers, bring hands through and out in front and then down a little in front. Repeat, each time coming through bring hands out and down in front to one side, the other, the middle, varying each time where hands come through. Pause, switch arms, repeat. On back, knees bent, feet standing, R arm behind head, hold R wrist with L hand. Can start by holding R wrist with L hand while hands are on chest and then take R arm behind head, pull wrist to bring L elbow down towards the pelvis as the R arm slides more behind head and R hand comes towards chin. Look to the L so chin meets the hand as the hand meets the chin. Repeat OS. Repeat above in sitting. Hold elbow with other hand, circle elbow. Repeat OS. On back, R arm behind head, holding chin with R hand, stand feet, lift pelvis and head and circle around upper back. Repeat with arms switched. On back, stand R foot, R arm behind, holding chin with R hand, hold R elbow w/L hand, push R foot to roll to L, knee stays to ceiling, head forward of arm so it's on the floor, very gently lift the R elbow a tiny amount. Repeat on other side. On back, bring interlaced hands through, create gap between forearms and slide head through the gap, hands can separate, come together behind neck. Repeat OS. Repeat in sitting.

### FI Exploration #42 – Diana Razumny

#### FI parameters and rolling the head, guided

CD#11/T18 [58 min] DVD#S06-4 Scene 2 [70 min]

Talk on FI parameters: Presence/Self Attention: sit bones/pelvis, breath, head/neck free, rehearse/image. Quality of touch: Enter-air, clothes, skin, tissue, bone. Exit in reverse. Feedback: Pressure, speed, range, direction. Ask for feedback and using language such as, "I am curious if you tried this."

Guided exploration of rolling the head with 3 variations. Sitting at head of student. Are you comfortable sitting there? If not get a prop. Check in with your sit bones and your pelvis. Are you feeling supported? Feel your breath. Feel your head and neck and are they free to move. Begin to imagine that you are going to bring one of your hands to their forehead. Imagine which hand. Open your eyes and watch them rolling their own head. What is the range? Practitioners start to bring your hand forward as if to put your hand on their head. Can your head and neck stay free as you reach? Choose which arm you would like to start with and hover over their forehead and land going through tissue and bone. Once you connect ask how is the pressure for the student. After making adjustments, start to imagine rolling their head and how you would use your pelvis to do that and then actually roll their head to the side your fingers are pointing and listen through their spine and neck. What is the quality, the texture, the ease. Can you turn your own head and neck while you turn theirs? Imagine the exit and do so. Feedback from them about pressure, speed, range, direction. Do they need something under their head or knees? Use other hand through the same process. Next: repeating you did and this time you are going to roll their head while student has eyes open and fixes eyes on the ceiling. Feedback. Repeat with other hand. Then go back to rolling student head with their eyes closed again and note difference. Maybe their head goes farther now or smoother or different angles. Feedback again. Next: student bring one arm forward, reach towards ceiling and bring arm back. Practitioner roll head with hand from opposite side of head as they reach their arm towards the ceiling at same rate as they reach. Students reaching set timing and movement. Practitioner now guide them in the same movement as a coordinated simultaneous movement. Come back to simple rolling and note changes in them and yourself. Student stand and look around yourself and sense your freedom of head and neck. Class discussion. Switch roles. Class discussion.

### ATM Lesson #138 – Diana Razumny

#### Judo roll prep #4, with shoulder stand, on back and sitting

CD#11/T19 [45 min] DVD#S06-4 Scene 3 [45 minutes] Source: Alexander Yanai #9

On back, lift bent legs, put fists under pelvis, bring legs overhead. Add lifting head when knees come over chest. Sit, legs bent, feet on floor, arms out in front, roll back, swing legs overhead. On back, arms alongside, swing legs overhead, pushing

arms against floor, leave pelvis in air over for moment before returning. Start again, feet flat on floor, leave R foot on floor and push to help bring L leg overhead first and then R leg follows. Repeat OS. Sit, stand L foot, R leg long, push L foot to start swing of R leg overhead, following with L leg. Stand R foot on floor, hold L foot w/L palm on inner edge of arch, fingers reaching to outer edge of foot, straighten/lengthen L leg up towards ceiling. Add lifting head w/R hand when leg lengthens. Repeat OS. Hold both feet, lengthen both legs, note area of pressure against floor along back side. Add a little rolling. Sit, soles together, hands behind head, hang head forward, fold/unfold torso. Sit, L foot standing, R leg long, lean on L hand behind, turn head to L, R hand behind head to hold L ear, lean on L hand, bring R ear towards L knee. Repeat OS. Sit, stand L foot, lean on R hand, face R, L hand on R ear, L elbow towards R knee. Repeat OS. Sit, soles together, hands behind head, hang head, fold/unfold torso. On back, hold both feet from inside arch, lengthen legs, roll back. Swing legs overhead, pelvis up, hands hold pelvis up, legs together, lift/lower legs, feet to ceiling/floor. Legs overhead again, lift lower one leg, pause, then other leg. Both legs up/down. Stand feet, fists under pelvis, swing legs overhead, compare to beginning. Stand.

## Discussion #96- Diana Razumny

### Checking in

CD#11/T20 [5 min] DVD#S06-4 Scene 4 [5 min]

Eric: I think I am care of yourself, but maybe I could take better care. Julie: Ego getting in the way. Joe: Sometimes taking care of myself is not doing the ATM because fear comes up and I don't want to go there.

## ATM Lesson #139 - Diana Razumny

### Judo roll prep #5, arm behind back, tilting legs/pelvis, on back

CD#11/T21 [52 min] DVD#S06-4 Scene 5 [58 min] Source: Moshe Tucson

On back, stand R foot, slide R palm under low back, leave it there whole time, take R knee L/R. Legs straight, press/undulation from heels, pelvis, lumbar, shoulders, up to head, back down. Images for undulation? Stand R foot, take R shoulder up/down, forward back. Turn face to R in relation to R shoulder going forward/back. Cont, lift L shoulder w/head roll to R, R shoulder presses. Do undulation w/R foot standing. Rest. R arm stays behind back whole time. Slide R arm under more, take head/knee R/L in opposition. Repeat but w/L arm extended towards ceiling. Cont, add extending L arm while knee/head move in opp. Bend L leg, lift L hip, put L hand on R, lower L leg, press heels to tilt pelvis L/R, then leave feet passive and tilt pelvis L/R. Bring bent knees over chest, roll pelvis L/R. Pause in middle, start lifting pelvis, rolling so back peels from floor, knees go towards head then overhead. Legs long, undulate. Stand L leg/foot, hold R wrist w/L hand, tilt L knee R, roll pelvis, start rolling towards R side, L hand pulls R wrist. Stand both feet, lift pelvis, slowly slide R arm out to R, lengthen legs. Stand w/o use of arm, feel arms, lie, Rpt OS from the top with L arm behind back. Stand w/o using either arm, walk noting arm swing, look over forward shoulder.

Groups of 3 discuss if you were going to conduct a workshop, who would you target it to. Next, how would you go about thinking about which ATMs to choose to teach at that workshop?



## Day 55 Friday August 12, 2011

### ATM Lesson #140 – Diana Razumny

#### Sawing arms #4, exploring C7, on back, sitting and on knees & head

CD#11/T22 [11 min] DVD#S06-5 Scene 1 [11 min] Source: San Francisco Training Year's 3 & 4

Sit, hand on top of head, tilt torso forward/back from sit bones. Keep head/hand/arm stationary, repeat small amount of movement of torso forward/back. Torso moves forward/back relative to head, thinking of C7. Repeat w/both hands on head. On back, think of C7 and move it a little forward/back. Sit, repeat taking C7 forward/back, touch C7 w/each hand. (continued after FI Exploration below)

### FI Exploration #43 – Diana Razumny

#### Exploring C7

CD#11/T23 [10 min] DVD#S06-5 Scene 2 [18 min]

Demo with Craig. In partners: student sits, practitioner stands at side; practitioner locate C7 near large spinous process at base of neck. Student henpeck while practitioner fixes rib ring at sternum and T1. Then practitioner hold head while student henpecks a little in opposition, which highlights the location of C7/T1. Next, student on knees and forearms with head on floor and the practitioner near their head use your fingers on both sides of the large spinous process to provide feedback for student to feel as they roll on the top of their head. Have them move into your fingers and away from your fingers. Next: Everyone lie on back, hands on own C7 and sternum. Depress sternum to move C7 forwards. Play with moving top rib ring. Next: Everyone sitting with 2 fingers on rib ring, 2 on C7, move C7 forward and backward. Return to ATM.

### ATM Lesson #140 continued – Diana Razumny

#### Sawing arms #4, exploring C7, on back, sitting and on knees & head continued

CD#11/T24 [45 min] DVD#S06-5 Scene 3 [46 min] Source: San Francisco Training Year's 3 & 4

See beginning of ATM above.

On knees and top of head, hands interlaced around head, forearms and elbows on floor, take C7 forward and back, pelvis stays in place. Small line of movement at top of head on the floor. Same position, let pelvis move head-ward and foot-ward, allow shoulder blades to separate and come together, belly drops forward and comes back. On back, bring C7 forward/back. With each then both hands, feel along back of neck from base of skull to C7. Sit, hand on head, other at C7, move C7 forward/back. On back, feet standing, tilt tail down towards floor, lifting low back, a few times then stay lifted, note breathing. Tilt pelvis again, tail towards floor, noting C7 without touching C7 then touching. On knees, top of head on floor, interlace hands on floor cupping back of head, move C7 forward/back. Sit, roll head between hands. Switch which hand is in front. Hands interlaced on top of head and move C7 forward/back. One hand on top of head, other at C7, take C7 forward/back. On knees, top of head on imaginary clock, hands under the knees, move head between 12 and 6 a few times and then between 3 and 9. Sit, roll head between hands. Return to head on imagine clock on floor, hands under knees, circle top of head around clock, note base of neck/C7 making circle. Rest on back, touch along back of neck with fingers. On knees and top of head, hands standing to sides of head, elbows in the air, circle top of head around the clock. Repeat but with hands behind back, one hand holding other wrist, track base of neck/C7. Sit, take C7 forward/back. Repeat with one eye closed, then other eye, note difference between two. Sit, lean on L hand, R hand on top of head, circle top of head thinking about C7 moving opposite direction of head also making a circle. Switch hands and repeat. Inhibit big rib movement to focus on head/C7 circles. Lean back on both hands, take head to look up/down, taking C7 opposite. Then head L/R with C7 moving opposite direction. On knees and top of head, hands under knees, make 3 small circles around clock in each direction, attention to C7 moving in circle. Rest on back, note breath, roll head L/R.

### FI Exploration #43 continued – Diana Razumny

#### Exploring C7 continued, guided

CD#11/T25 [26 min] DVD#S06-5 Scene 4 [35 min]

Difficulties of doing this series. Betty: padding really helped being comfortable. Diana demo on skeleton. In partners practitioner at head rides along at C7/T1 as student lying first moves and then moving with extending arms straight forward and reach, and then crossing arms and using arms to press sternum down. Stand feet if not already standing. Then student roll pelvis down and extend belly and then flatten pelvis and practitioner note changes in C7/T1. Then cross arms and roll yourself by straightening each arm out to the side in turn and notice differences in C7/T1. Practitioner place one hand at base of neck and one hand on forehead to stabilize head during this movement. Then student reaches down with one hand to heel and how does that reach into base of neck. Alternate reaching. Sitting and student hen peck and practitioner ride along and see if change in movement. It is easier to identify while sitting? Feedback. Switch roles.

## **ATM Lesson #141 - Diana Razumny**

### **Judo roll prep #6, elbows/knees together/apart, shoulder stand, walk feet around**

CD#11/T26 [52 min] DVD#S06-5 Scene 5 [52 min] Source: Moshe Tucson

On back, stand feet, L hand behind head, lift R foot, R hand behind R knee, bring elbow/knee towards each other, think length: of neck, back, hip/shoulder diagonal front & back. Repeat w/head turned to R. Switch arms/legs, repeat. Slide R forearm behind both knees, L hand behind head, elbow/knees towards each other. Switch arms/legs, repeat. On hands/knees, R cheek on floor, stand toes, make circle around cheek, each direction. Repeat OS. On hands/knees, R arm out to R on floor, head under gap of L "push-up" arm, lift L knee, rolling towards shoulder. Think lengthen front/back diagonal. Add lifting one knee then other so both are lifted. Stay w/both knees up, walk feet around to R so end up on both shoulders, chin to chest. Repeat OS. Stand, walk. Sit, roll back, swing both legs overhead, feet to floor. Then return to 2 previous steps. On back, lift pelvis, use hands to keep pelvis up, knees near nose, alternately touch big toes to floor. Slide toe on floor R/L. On hands/knees, both hands stand, reach R arm down to L, look to ceiling, head lifted, shoulder on floor. Repeat OS. On back, legs long, arms straight out in front, lengthen alternately, note head rolling.

## **FI Exploration #44 - Diana Razumny**

### **Shoulder joint anatomy by Aclund**

CD#11/T27 [33 min] DVD#S06-5 Scene 6 [34 min]

DVD of shoulder joint anatomy by Aclund. Then group discussion about difficulty learning anatomy this way.

## **ATM Lesson #142 - Diana Razumny**

### **Roll pelvis/hip joints #1, circling straight leg, on back/arms overhead**

CD#11/T28 [47 min] DVD#S06-5 Scene 7 [47 min] Source: Alexander Yanai #268

On back, lengthen through each heel, imagine diagonal bands. Stand R foot, arms overhead, L leg long and little out to L, lengthen out through L heel. Add lifting R hip to facilitate lengthening. Quickly. Repeat OS. Repeat with arms behind back. Repeat OS. Stand R foot, L leg out to side, turned out, lift straight L leg, use R hip lifting. Add leaving L leg in air, lift/lower R hip. Repeat OS. Variations with straight leg lifted, alternating sides: take L/R; circle; lengthen through heel; lift/lower other hip. Both feet standing, arms overhead, lift/lower lower back, belly out when lifted. Return to both feet standing, arms overhead, roll pelvis 12/6, note symmetry. Repeat with the one foot standing, other leg straight/lifted out to side a little, attn to both sides of back lift/lower symmetrically. Repeat OS. Stand both feet, circle pelvis, keep knees forward towards ceiling, note slight movement in knees. Make small quick circles. Return to scan of diagonal bands.

## Day 56 Monday August 15, 2011

### ATM Lesson #143 & ATM Teaching #28 - Diana Razumny

#### Roll pelvis/hip joints #2, circling bent leg, on back/arms overhead

CD#12/T01 [55 min] DVD#S06-6 Scene 1 [68 min] Source: Alexander Yanai #269

(Organize mats in groups of 4, 2 people lie in one orientation, head towards front of room, other two lie with head near their partners so feet are towards front of room). Alternating ATM instructions with ATM teaching. 2 people teaching, 1 instruction each from to 2 other - the same instructions but on the other side.

Start with reference of returning home of while standing. Slide arm down outside of leg then return to upright quickly a few times. Repeat OS. On back, arms overhead on floor, stand R foot, L leg long a little to side, lift L leg, circle leg each direction. L leg lifted again, lift/lower R hip, repeat quickly. Repeat OS. (Pause, let 2 teach other 2 on other side). Soles together, arms overhead, circle pelvis. Soles together, arms overhead, lift R leg a little from floor, take R knee in arc towards R shoulder. Same position of R leg, lift/lower leg. Same position of R leg lifted, lift/lower L hip. Repeat position, circle knee each direction. Repeat all variations on other side. (Pause, let 2 teach other 2 on other side). Return to back, soles together, roll pelvis 12/6 then circling pelvis. Revisit above variations after pairs teaching. Stand feet, knees touching, feet apart, slide knees against each other, tilting legs side/side. Leave R knee inside, extend knee away, stay, lift/lower R foot. Same position, R knee tilted inward, slide heel towards butt keeping knee bent. Knees together, feet wide, slide R down/away, L knee helps in whatever way. Repeat, leave R knee lengthened in middle, move L knee, R passive. Repeat OS. Alternate extending knees in middle and down. Soles together, roll pelvis 12/6. Slide knees. Return standing one foot, lengthen/lift other straight leg. Repeat OS.

### Discussion #97 - Diana Razumny

#### About ATM and ATM teaching experience

CD#12/T02 [7 min] DVD#S06-6 Scene 2 [7 min]

Rita: At the end my back felt very relaxed. Seems to be changing. Hard to separate myself from the experience to verbalize in the ATM teaching. I see I will have to have notes. Diana: When you are thinking about teaching compared to when you are absorbed in the lesson. You don't want to lose the absorption. Let it wash over you. In the training program I am sprinkling in the ATM teaching experience. Were you able to use noticing questions? I don't want to take away from your immersion experience. All these approaches will fill out your experience and understanding of the lessons. Michelle: Very enjoyable experience. Diana: Experience about your middle, contacting the center for power.

### ATM Lesson #144 - Diana Razumny

#### Sawing arms #5, hug shoulders, elbows & C7 move forward

CD#12/T03 [61 min] DVD#S06-6 Scene 3 [61 min] Source: Moshe Tucson

On back, take C7 forward/back (relative to floor/ceiling). Rpt, touching C7. Sit, L hand on top of head, slide C7 a little forward/back. Repeat with R hand on head. Sitting, arms bent up in front, elbows at shoulder height, right arm closest to you, slide the R elbow across/past L elbow, L arm stationary. Rpt on back. Note head tilts R as elbow goes through, R ear goes towards R shoulder, base of neck/C7 slides L. Repeat with L elbow in front. Rpt in sitting. On back, knees bent, arms bent in front, R closest to you, slide R elbow through L, bring hands to shoulder blades, take the elbows towards the ceiling, feel the base of neck/C7 slide forward (to ceiling), exhale with movement. Repeat, arm crossing reversed, think of shoulder blades sliding forward with C7 when elbows come forward. Knees bent, one hand on belly, one on chest, seesaw breathing. Repeat seesaw movement with breath held in and then held out. Knees bent, R arm inside L, crossed at elbows, hands on shoulder, elbows towards ceiling, seesaw breathing, note C7. Repeat with L arm inside, coordinate C7 coming forward when belly is pushed forward. Cross R elbow in front of L, hands on shoulders, elbows towards ceiling, take elbows more forward towards ceiling, note C7, breath. Re-cross arms, repeat. Sit, arms straight out in front, R crossed over L, interlace fingers, bring interlaced hands to belly then up through to face and bring R elbow through L, hands go towards R side of head note movement at C7, R ear towards R shoulder. Repeat with reversed arm crossing. On back, reach w/each arm forward, then reach with both arms toward ceiling and note C7. On back, feet standing, think of bringing C7 forward/back. Think of movement you were doing with the arms to help with the feeling of C7 moving. Sit, hand on top of head, slide C7 forward/back. Cross R arm inside L, slide R elbow past L, feel shift on sit bones, head to shoulder. Switch arms, repeat. Sit, cross straight arms, R on top, non-habitual interlacing of fingers, slide R elbow through, keep hands connected, continue with R elbow so it goes towards ceiling, hands slide by shoulder. Switch arms, repeat. Play with straightening and bending arms, bringing them all the way through in front to sides, middle. Repeat with crossing of legs/arms switched. On back, sense breathing, imagine C7 sliding forward/back. On back, reach arm at different angles toward ceiling and sense connection to C7. Rpt OS. Pause, sense breath moving C7/rib ring.

## **FI Exploration #45 - Diana Razumny**

### **Bring legs up to stand, slide knees, extend lumbar spine**

CD#12/T04 [61 min] DVD#S06-6 Scene 4 [98 min]

Demos with Joe and Rita. Lifting head to find most comfortable height for pad. Check own pelvis, feet, all aspects of being comfortable. Might vary how you start with your student. Then practice bringing legs up to standing. Leave both legs up, feet wide, tilt knees towards middle one at a time and then both, sliding each against the other. Leave knees together, have them lift/lower low back. On side, fingers to sides of spinous processes, push forward to create some extension. Hold, release. Group discussion after exploration. Demo with Karin.

## **ATM Lesson #145 - Diana Razumny**

### **Judo roll prep #7, knees to nose & ceiling**

CD#12/T05 [37 min] DVD#S06-6 Scene 5 [37 min] Source: San Francisco ala D. Leri

Sit, arms out in front, roll back, feet overhead and swing back up to sitting. On back, legs bent, lift legs, bring hands to support pelvis up in air, knees towards nose. Lift knees away from face, feet/lower legs hang down towards floor behind as knees go up towards ceiling. On back, feet standing, roll pelvis up/down. Support pelvis in air w/hands, knees up to ceiling, feet/lower legs hanging down, feet towards butt, do same movement of pelvis/tailbone. Support pelvis, knees up towards ceiling, bend/unbend knees so feet go towards ceiling then down to pelvis again. Repeat one leg at a time. On back, walk shoulders towards feet to be able to hold ankles. Pelvis in air again, keep knees bent, lift lower knees to face/ceiling, feet stay near butt. Pelvis up, legs straight up to ceiling, lower feet towards floor overhead, back to ceiling. Repeat but without support of hands, arms on floor overhead. Pelvis up, legs parallel to floor, imagine putting pants onto one leg then other, using arms/hands. Pelvis in air, legs overhead, arms overhead, spread legs, toes to floor. Repeat w/legs close together, bend one knee and other, thinking of taking knee to floor near head. Pause, revisit C7 forward/back with arms crossed in front. On hands/knees/head, roll on top of head, take C7 side/side. Reach arm through to opposite knee, slide onto shoulder, lift knee. Rpt OS. Sit, C7 for/back.

## Day 57 Tuesday August 16, 2011

### Discussion #98 - Diana Razumny

#### Checking in

CD#12/T06 [6 min] DVD#S06-7 Scene 1 [6 min]

### ATM Lesson #146 - Diana Razumny

#### Roll pelvis/hip joints #3, holding bent leg, on back/arms overhead

CD#12/T07 [42 min] DVD#S06-7 Scene 2 [42 min] Source: Alexander Yanai #270

On back, scan movement of breath at rib ring. Break down "frog leg" movement to stand feet. Explore skeletal stability of legs. Feet standing, roll pelvis up/down, thinking lower back lift/lower. Clarify symmetry of rolling pressure. Repeat w/soles of feet together. Quick. Stand R foot, arms overhead, lift/lower lumbar, sym rolling on sacrum, pause, lift R side pelvis, roll onto L side. Repeat OS. On side, hip/knees at right angle, lift/lower top leg feeling hip joint, quicker. Repeat OS. On back, stand R foot, R hand on L temple, L arm long overhead, slide head/shoulder R, lift R hip. Repeat, stay bent to R side, lift/lower R hip, quickly. Repeat OS. (broke to observe plus discussion). Stand one foot, repeat the side bend from before, take hand that was holding head down to hold in front of knee/shin of standing leg, stay there, lift/lower hip on that side. On front side, bend knees, reach to hold below R knee, L arm long overhead on floor, lift/lower L arm/head, eyes on hand. Leave arm down, lift R knee, then lift arm, head and knee together, look at hand. Rpt OS. On back, stand R foot, hold below R knee, L arm overhead on floor, lift hip, look up at L hand. Repeat, add sliding L arm on floor. Quickly. Repeat OS. Stand both feet, roll pelvis up/down. Soles of feet together, roll pelvis up/down, quickly. Roll head, feel upper rib ring, breath moving. Bring C7 forward/back.

### FI Exploration #46 - Diana Razumny

#### Explore constraint in ATM movement

CD#12/T08 [21 min] DVD#S06-7 Scene 3 [32 min]

Groups of 3 take turns doing ATM movement of lying on back, pushing through one standing leg, hand over top of head keeping the head forward or letting the head turn noticing what the constraint of keeping the head forward accomplishes for the movement. Full group discussion about exploration. With face forward more side bending. Diana talking about difficulties of doing and teaching the Judo Roll series. With bigger and more vigorous

### ATM Teaching #29 - Diana Razumny

#### Ground rules for beginners of ATM

CD#12/T09 [41 min] DVD#S06-7 Scene 4 [66 min]

Diana: How was it different in the slower teaching of the ATM this morning? Julie: Less focus on direction of motion. More about bringing awareness and sensation to the movements. Diana: We have a visitor in the room who has never done an ATM. I could have kept the same pace but because of new visitor I taught it slower and spoke about the principles, etc. in other words, teaching beginners.

Groups of 3. Imagine you are going to teach a one-day workshop to a group of people with no experience of Feldenkrais. What kinds of information is important for them to know? Make a distinction between what you would want to tell them before they start the lesson and what you could tell them during and then what kinds of things you would tell before and during.

Group discussion: Awareness; not mention too much about the method to begin with; rests; no pain; do less; it is a process; at beginning mention to take care of themselves, small movements, if hurts do in imagination; notice sensations; varies with group, some say very little while others can talk more, who are the students?; increase options of movement; about the nervous system; learn more with less; initiation of movement; pauses during repetitions; scanning process; not a goal; experience first and then build on understanding the method.

### ATM Lesson #146 cont - Diana Razumny

#### Roll pelvis/hip joints #3, holding bent leg, on back/arms overhead continued

CD#12/T10 [51 min] DVD#S06-7 Scene 5 [51 min] Source: Alexander Yanai #270

See above for bare bones notes.

## Discussion #99 - Diana Razumny

### Questions

CD#12/T11 [11 min] DVD#S06-7 Scene 6 [11 min]

Questions about ATM lesson. Rita: About ways for hand to reach ankle/leg. Do approximations to grow the range of comfort.

## ATM Lesson #147 - Diana Razumny

### Judo roll prep #8, knees to floor

CD#12/T12 [52 min] DVD#S06-7 Scene 7 [54 min] Source: San Francisco ala D. Leri

On elbows/knees, head on floor, hands at top of head, roll on head. Repeat, stop head from rolling, still bring pelvis head ward. Repeat with knees asymmetrical. On hands/knees, slide arm through gap, stand toes, lift knees, roll onto shoulder. Repeat w/head going through gap but other arm straight out to side, arm rolling. On back, use arm in bridging position, roll other arm on axis. Rpt OS. Add bringing L leg toward ceiling, R arm bridging, draw line of pressure from L hip to R shoulder. Rpt. OS. Sit, hook big toes w/index fingers, roll back, feet overhead, widen legs when over head, chin stays to chest. On back, L hand holding L knee, R hand behind head, take nose to knee. Repeat OS. On back, bring pelvis up and support w/hands, legs bent, bring one knee to nose then other, then towards sides of head, then both knees to one side and the other, press head against floor. On hands/knees, toes standing, head through L gap, R arm straight out to R, walk feet around to L towards head. Repeat OS. From sitting, throw feet overhead, put one hand in bridge, other out to side, bring one knee to floor, continue, come up, reverse. Hands/knees, head under gap, other arm out to side, walk knees up and lift feet to roll and immediately reverse to roll forward. On back, swing feet overhead, take feet to one side then other, knees come to floor, one arm straight out to side, other hand standing.

## Day 58 Wednesday August 17, 2011

### ATM Lesson #148 – Diana Razumny

#### Roll pelvis/hip joints #4, folding, straight leg to ceiling, circling, on back and sitting

CD#12/T13 [60 min] DVD#S06-8 Scene 1 [60 min] Source: Alexander Yanai

On back, stand feet, R ankle on L thigh, hold R foot w/L hand around outside edge, R hand behind head, lift head/foot towards ceiling. Hands interlaced behind had, stand feet, lift R foot to ceiling, lift head, circle leg. Repeat OS. Sit cross legged, hold R ankle w/ L hand from under and R knee w/R hand wrapped around outside, lift/lower leg w/ help of hands, head towards knee. Repeat OS. On back, stand feet, knees together, feet wide apart, slide knees alternately in/down, lengthening out knee. Hands behind head, feet/knees together, lift legs, bend/unbend knees, lift head/feet towards ceiling. Repeat with legs, change arms to lengthen to ceiling when legs are lengthening. Pause, head on floor, explore lifting C7. On back, repeat original move of head/leg lifted, explore diagonals w/head/leg lifted.. Repeat lifting foot/head towards ceiling with help of hand on each. Repeat, thinking of directing elbow towards knee. Sit, cross R over L, hang head, swing side/side, bring head/mouth to leg, going from ankle to knee, like lips could caress lower leg. Hold R leg like before, straighten L leg, foot resting on thigh, bend knee sliding foot so leg comes towards head. Repeat OS. Repeat above movement, roll back and then up to sitting again keeping head/leg near. Lengthen arms/legs in X position, explore diagonals, come from X to sitting then standing.

### Discussion #100 – Diana Razumny

#### Blog & Higher Judo reading

CD#12/T14 [32 min] DVD#S06-8 Scene 2 [62 min]

Small groups gather with 1 laptop per group. On projector screen, Diana's computer screen, showing going to blog, everyone follow along. Once there, click on entry of "Moshe on Martial Arts". Go to first comment with link to Higher Judo book by Moshe. Share reading aloud of the intro and Chapters 1 & 2, depending on interest. Group discussion.

### ATM Lesson #149 – Diana Razumny

#### Judo roll prep #9

CD#12/T15 [57 min] DVD#S06-8 Scene 3 [58 min] Source: Diana's variation

On hands/knee, head arm under gap. Repeat OS. Cheek on floor, stand hands/elbows, circle cheek. Repeat OS. On back, 1 arm bridged, push hand, note movement through C7. Rpt OS. Again, push, lift shoulder, note head rolling. Return to head through gap on L side, R arm straight out to side, toes for running, lift/lower L knee, imagine line from L big toe to R shoulder, move towards coming onto both shoulder blades. Repeat OS. On back, feet standing, roll pelvis between 12/6. Pause, R hand behind head, L hand holding L knee, rock along diagonal. Rpt OS. Pause, L hand behind head, R arm behind both knees, bring knees toward side of head. Rpt OS. Return to having head through gap, lift both knees, start walking feet around on floor to be overhead so you are on both shoulders. Bring legs all the way over to other side, bend knees to floor. Repeat OS. Sit, feet standing, roll back, go towards one shoulder, arm out to side, other hand comes to stand by head/shoulder, Go to each side, continue over so you come up to sit on heels and reverse to roll forward. On hands/knees again, head through gap, arm out to side, roll forward.

### ATM Lesson #150 – Diana Razumny

#### Sawing arms #6, rolling across crossed arms, on front

CD#12/T16 [57 min] DVD#S06-8 Scene 5 [57 min] Source: San Francisco Year's 3 & 4

On back, feet standing, arms bent up in front, L arm inside R, slide one point of R along L arm, slide R arm along one point of L arm. Repeat same idea but by moving the L arm. Repeat all 4 variations with R arm inside L. Return to R arm inside of L, slide R elbow inside and past L elbow so R hand can come towards L shoulder and feel back of neck. Repeat with L arm inside. Cross R arm inside of L, cross at elbows and come onto front side and roll self L/R, leaving hands on floor. Switch arms, repeat. Return to first arm crossing, slide elbows closer together and roll across front having weight come into one elbow then other. Repeat with arm crossing switched. Explore rolling from just pelvis or just from the shoulder. Come onto crossed elbows on front, lift head, think of sternum moving, taking C7 forward/back. On back, cross arms, reach hands towards shoulders, keep arms crossed, roll onto front, take C7 forward/back. On front with elbows crossed, slide R knee up on floor and leave it, have R ear towards R shoulder and roll a little side/side, one elbow to other. Repeat on other side. On back, cross R arm inside L, have arms lower down and come onto front side, roll L/R with arms lower down. On front, cross arms, bring hands behind neck, interlace fingers, look up down with head/face/eyes. Same position, roll L/R small amount. On back, stand feet, R arm inside L, R elbow past L, hands behind neck, take elbows/shoulders forward, note breath/belly. Repeat, push belly forward while elbows/shoulders/C7 move forward. On back, knees bent, arms straight out in front, cross R arm over L, interlace fingers, bring hands to torso, bring R elbow through, bring hands to side of head. Switch arm crossing, repeat.





## Day 59 Thursday August 18, 2011

### ATM Lesson #151 – Diana Razumny

#### Roll pelvis/hip joints #5, folding, leg to ceiling, hand/foot circuit, on back and sitting

CD#12/T17 [48 min] DVD#S06-9 Scene 1 [48 min] Source: Alexander Yanai

On back, arms overhead on floor, scan diagonals from heel to hand. Stand feet, hold R foot w/L hand, R hand behind head, lift/lower head/foot, Think along the circuit/loop that circles from hand to foot, along leg to hip, across back to diagonal shoulder, and back down arm to hand and foot again. Continue to travel along that loop/circuit, strip away muscular to feel more skeletally along the loop. Repeat, imagine/trace a line along that loop. You can imagine a string or hose, neon tube. Feel changing shape of the circuit as foot/head lift/lower. Explore the circuit w/o lifting head, only the foot. Return to lifting head, feel the loop created by hand/foot together then note the line head to tail that crosses that diagonal loop. Or think of diagonal loop crossing mid line. Repeat but with thumb between big/second toe. ROB, think through line hand to foot while not connected via hand holding foot. Switch hands so R hand holds R foot, repeat lift/lower head/foot, thinking of changing shape of circuit. Stay with head/foot up, make small/quick movement. Repeat OS. Return to first side, hold R foot w/L hand, R hand behind head, start a rolling to sit then roll back throwing legs overhead. Repeat OS. Hold both feet with hands, roll back, feet overhead to floor then up to sitting. Come to stand.

### FI Exploration #47 & ATM Lesson #152 – Diana Razumny

#### Judo roll prep #10, lengthening through straight leg, in partners

CD#12/T18 [27 min] DVD#S06-9 Scene 2 [33 min] Source: Diana Razumny

Demo first with Joan. Pairs: One on back on floor, other standing overhead. Bring pelvis in air, hold with hands, bring R knee to floor to R of head, stand L hand in bridge, straight L leg long to ceiling then overhead, partners hold L heel so they can take head through gap. Go back and forth, head back through bridge to roll a little onto shoulder, reverse, head comes back to starting. On hands/knees, R knee stays on floor, lengthen L leg, L hand on floor, take head through gap/bridge of L arm, lengthen L leg, partners hold L heel/ankle, lengthening out heel as head comes out of gap. Head comes in and out of bridging L arm with no weight on the head but directed onto the shoulder.

### Discussion #102 & ATM Teaching #30 – Diana Razumny

#### Blog & Aikido roll video & ATM Teaching assignment

CD#12/T19 [29 min] DVD#S06-9 Scene 3 [33 min]

Blog and direct to: YouTube video of Donovan Waite Sensei demonstrating forward and backward Aikido rolls.

<http://www.youtube.com/watch?v=80aicleoK4M&feature=related>

Return to blog on screen, show AY#54 doc. Also hand out printout and groups of 3 about studying AY#54 for teaching next segment. Also go to handouts and show where we will be putting the synopsis of each segment for future use.

### FI Exploration #48 – Diana Razumny

#### Makeup students sharing highlights of Makeup

CD#12/T20 [30 min] DVD#S06-9 Scene 4 [105 min]

Makeup students used ATM Book #5, Coordinating flexors and extensors, during their makeup and reviewed what they learned so they can share it with the rest of the group. So groups of 4 of 2 pairs go with a pair of makeup students. One of makeup students on table and other makeup student will show one of things they learned. Then other partners will explore those movements. Rotate and switch as needed. Group discussion follows. Matt: The difficulty of picking up someone's head. Noticing which side someone's chooses to roll to. Diana: setting up room and props and things so room to move during lessons. Joe: Revitalized from having student work with me. Constant reinforcement of the process we are experiencing. Betty: On preparing for this project. I did take some notes during the makeup, which I used to break down notes for this exploration. Diana: Betty volunteered to put her notes on the blog. There is some special learning that happens when you work in small groups and I tried to stay out of your process as much as possible. Mischul: Focused on working with colleagues, doing trades, study groups. Work with people that it feels easy for you with them. Learning is a social event. When you share you learn about yourself. Diana: You are witnesses for each other so very valuable. Mischul: Value of questioning process.

### ATM Lesson #151 continued – Diana Razumny

#### Roll pelvis/hip joints #5 continued

CD#12/T21 [41 min] DVD#S06-9 Scene 5 [42 min] Source: Diana's variation

On back, stand feet, lift one foot then the other. Feet standing, roll pelvis up/down, note ribs sliding up/down through shoulder girdle. Place fingers on C7/T1, feel forward/back, towards/away from floor. Stand feet, R arm overhead on floor,

press L foot into floor, direct force to lengthen R hand along floor. Pause, bring R arm/hand straight forward to ceiling, repeat pushing L foot, sensing force move through to R shoulder. Sense diagonal by alternating between lifting L hip then R shoulder, hand to ceiling, rolling along the diagonal. R hand behind L knee, direct bent knee away so pulls R shoulder from floor, add L hand behind head. Repeat OS. Repeat with R arm behind L knee, L arm along side, roll and lengthen our L leg, rolling across L elbow to come to sit. Repeat OS. Lift both feet, cross arms to hold behind both knees with opposite hands, push knees away, rock towards sitting. Change arm crossing. Sit, crossed legs, round back backwards, hanging head, rolling on pelvis. Stand.

## Day 60 Friday August 19, 2011

### ATM Lesson #153 – Diana Razumny

#### Judo roll prep #11, both knees to side of head, roll back from sitting

CD#12/T22 [53 min] DVD#S06-10 Scene 1 [53 min] Source: Diana's variation

On back, lift legs/pelvis, hands hold pelvis, knees wide towards floor, alternate bringing knees to floor, turn head to look at knee that touches, begin taking both knees to floor on one side, look to that side, use opposite hand in bridge to help knees come to floor and lighten pressure on neck/shoulders, while both knees are to one side, continue to push with bridging hand and come up to sit. Reverse. On back, stand feet, stand bridging hand, turn head away from hand, slide back of hand through gap of arm. Rpt OS. Bring knees to one side of head, look to knees, hand behind head presses to help push up, roll to sit, pelvis to heels, facing foot of mat. Sit w/R foot/leg standing, L leg tucked in near pelvis, hold behind R leg w/R hand, rehearse taking L hand to R shoulder, eyes looking at hand and lifting R foot before rolling. Add rolling back, watching L hand go over R shoulder to floor, push to come to sit, reverse immediately. Practice rolls in partners.

### ATM Teaching #31 – Diana Razumny

#### ATMs for workshop & marketing sentence

CD#12/T23 [44 min] DVD#S06-10 Scene 2 [91 min]

Trios: Talk about target group for teaching a 1 day or 3 hr workshop. Discuss how you would think about choosing the ATMs to teach. Think about the most important aspect of the method for you. What is the "large picture" importance of the work. What is important for you? How could you turn that into a sentence to market your workshop. Group discussion. Also about guild trademarks and teaching ATM classes post practicum.

### Discussion #103 – Diana Razumny

#### Moshe video of flexion/extension FI, standing with hands on table.

CD#12/T24 [ min] DVD#S06-10 Scene 3 [ min] Source: Amherst July 23, 1981

Moshe showing how to work in short time to help them touch their fingers to the floor. Hands on stool, working with flexion/extension, symmetrical and asymmetrical.

### FI Exploration #49 – Diana Razumny

#### Flexion/extension FI, standing with hands on table

CD#12/T25 [7 min] DVD#S06-10 Scene 4 [32 min]

Pairs: Have student stand, bring fingers to floor. Stand at table, hands on table, have person look up/down, attention to spine. Bring fingers to spine, have person push back towards fingers then sink spine away from fingers, attend to belly coming forward and back. Pause, have person leaning on hands again, have them help bring hands to sit bones, ride along while they look up/down, start suggesting small amount to lift sit bones towards ceiling. Return to touching floor

### ATM Lesson #154 – Diana Razumny

#### Taking off sweater with arm clock, on back revisited

CD#14/T26 [52 min] DVD#S07-10 Scene 5 [52 min] Source: Amherst & Diana's variation to prep judo roll series

On back, slide hand along floor, onto pelvis, around/up to opp shoulder. Gradually increasing w/reversing, until finally arm moves across face and onto floor overhead. Do each arm then both at same time. Use pelvis lifting to facilitate arms overhead. -Lengthen arm, hand caressing thigh, move little towards midline, rpt, imagine clock, continue around numbers. Shoulder is center of clock, arm is hand on clock. Go completely around clock. Note shoulder girdle, head, C7, connection of arm to head and into ribs. Rpt OS, track changing pressure of back on floor. -Imagine clock on the floor. Note changes in shape/pressure of front/back with changing direction of arm/hand to clock numbers. Direct arm in such a way that can create pressure against the floor moves in direction of number on the clock. --Stand R foot, go around clock with R arm a few times. Leave R arm up at 11 or 10, lying on floor, lengthen out L heel, note effect on R arm/hand. Create response, once lengthen R hand, once L heel. -Bring R hand to L hip/thigh, lengthen out L heel, pause then lengthen R arm towards L hip. Imagine band/string from L heel up leg to hip, cross back to R shoulder, wraps over shoulder down arm to ring finger. Lengthen heel/hand, feeling connection of the band all along back side. Hook band to 2<sup>nd</sup> toe, through heel, all the way to ring finger again. Stretch the string/band by lengthening both, round back side along that line so it gets longer in back, little shorter in front. Arm curved, leg/heel lifts a little. Rpt OS.