

Chapter 1

Building up the foundation of
the internal body trunk operating system

1. Preparing to understand the internal body trunk operating system

As shown on diagram P033, the internal body trunk operating system is to move bones by coordinating each bone as if the three imaginary spheres were being described inside the body trunk. This line that operates bones is called 'the internal body trunk link' and these imaginary spheres are called 'the spheres of movement'. The internal body trunk link and a model of 'the sphere of movement' are shown in the photograph.

Once you learn to use the internal body trunk operating system in any of the movements which will be instructed in the following chapter and onwards, you would become able to stand up and then move using unbalance whilst positioning yourself in 'an unbalanced space' (operating the inside of the body which has a characteristics of using unbalance).

This is similar to the situation that you are riding on your bicycle. For example, a bicycle with stabilisers and one without do look similar. However, these two bicycles of the similar appearance would work in completely different ways. The bicycle is to take advantage of its unbalanced condition and you could bring its original function into full play by manoeuvring it smoothly without unnecessary tension, on the other hand the bicycle with stabilisers becomes a different stable vehicle which does not share the same function and you would require some strain to manoeuvre this.

Positioning yourself in the 'unbalanced space' means that you are using the operating system of the body without stabilisers. 'Moving using unbalance' means that you are practicing the operating systems of the body. Furthermore 'standing using unbalance' means that you are using the unbalanced operating system of the body. Thus, balancing is the condition using a sense of body mechanics by positioning in an unbalanced space (taking off stabilisers from the operating system of the body).

You could condition your body mechanics to use 'the unbalanced operating system of the body'. You should be able to benefit from understanding the balancing mechanism for improving your daily movement or sporting activities.

The purpose of this book is to make people understand the above-mentioned balancing mechanism using the internal body trunk operating system.

The outlines of flows to the destination to obtain the internal body trunk operating system, (1) to develop awareness of your bone mechanics inside the body, (2) to classify your bones into groups (units), (3) to construct the internal body trunk link (the line shown in diagram P033) for the purpose of co-ordinating these bone units, (4) to acquire a sense of bone movement describing 'the spheres of movement' inside the body trunk.

2. Developing awareness of your bones

To understand the bone mechanics easily, the body will be classified into bone groups as follows;

<Head group>

Consider the skull as one group.

<Hand/arm group>

Consider the five bones, the collar bone, scapula, humerus, radius and ulna, plus a set of the hand bones (that contain twenty-six bones) as one group.

<Leg/foot group>

Consider the four bones, the fibula, tibia, femur and ilium, plus a set of the foot bones (that also contain twenty-six, the same number of hand bones) as one group.

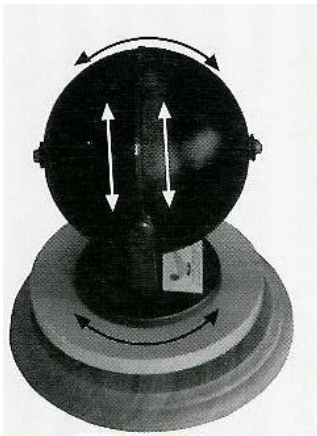
<Spine group>

Consider the four bones that construct the trunk of the body, the cervical vertebra, thoracic vertebra, lumbar vertebra, sacrum and coccyx as one group.

<Chest group>

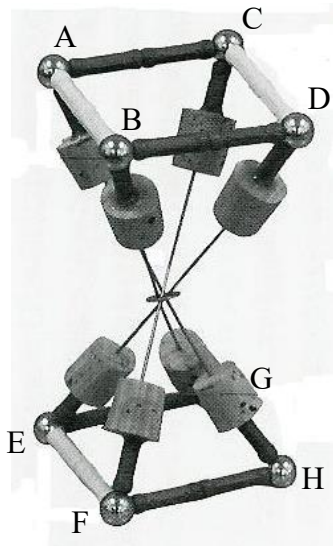
Consider the thoracic cage part which consists of the ribs and the sternum as one group.

It is not easy to separate the whole body visually, but classifying the bones into groups should help you to do this more easily.



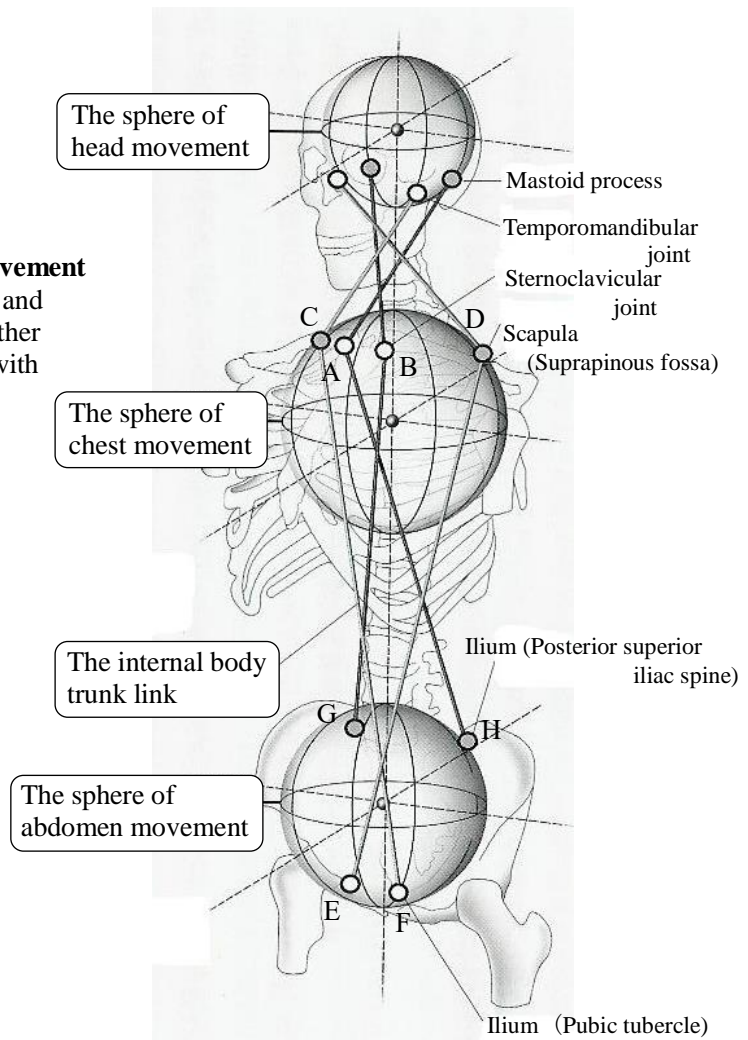
Model of the spheres of movement

The sphere of head movement and abdomen movement work together without an axis by interaction with two wheels and three axes.



Model of the internal body trunk link

Linking two wheels in the spheres of movement diagonally in back-and-forth and side-to-side directions.



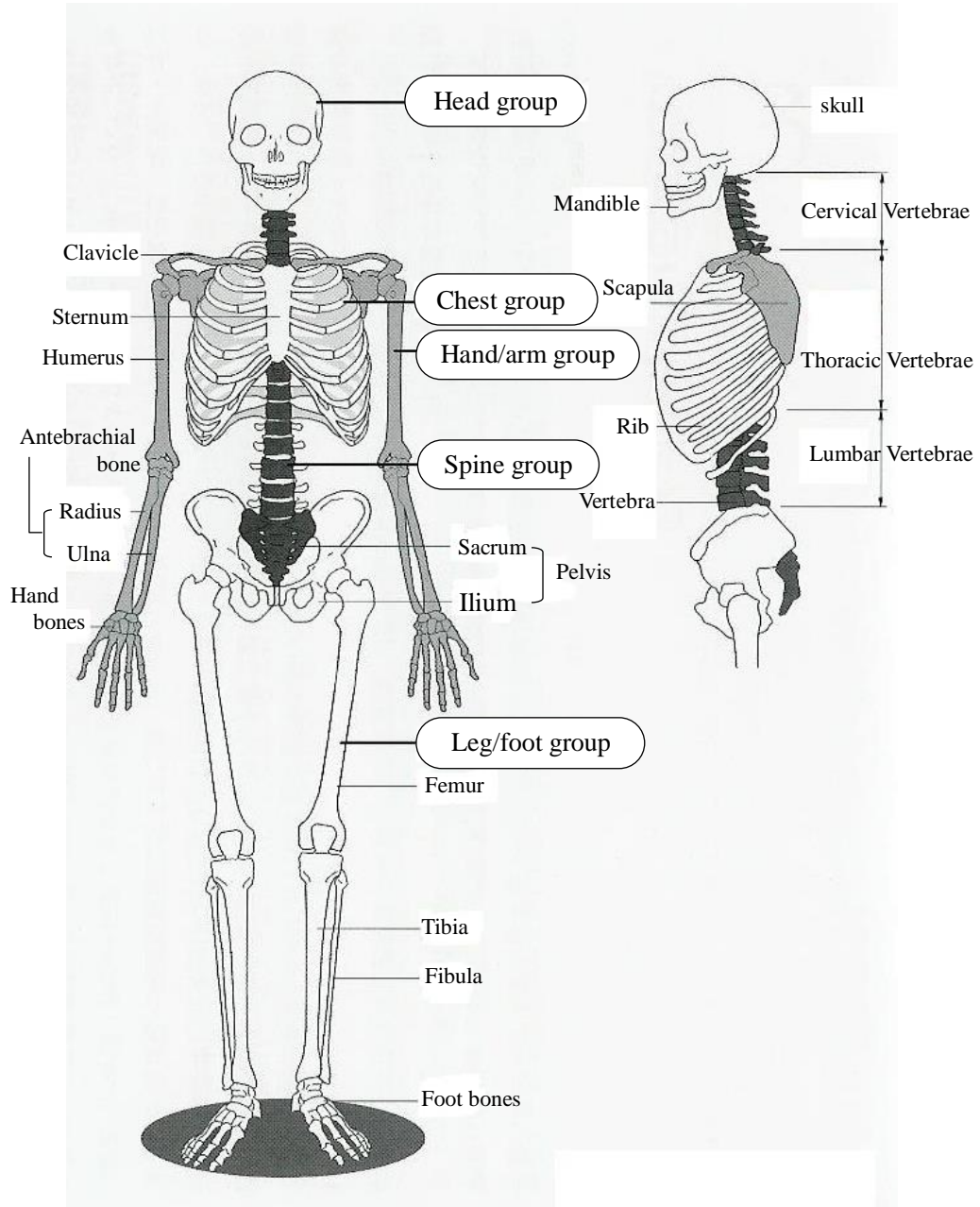
The internal body trunk operating system

Firstly, pay attention to the fact that the arm starts at the clavicle (the sternoclavicular joint) and the leg starts at the ilium (the sacroiliac joint). Once you become aware of only this, your sense of body movement will change.

One of the hand/arm group's operating system for moving each bone separately is the movement of the arm which was explained in the prologue 'Your motor nerve will improve when you introduce a more precise ordering system for operating bones'. The motor nerve ordering system of your whole body will become more precise once you develop awareness of moving the bones and apply the same kind of operating sense as you obtained in the previously practiced arm movement.

Thus, the internal body trunk operating system is aimed at ordering each unit of the classified bones to be working together.

In the process of training this system, develop awareness of operating each bone whilst gradually building up a network for coordination from one bone to another.



■ Major bones and classification of bones

P039

3. Developing awareness of your body trunk

The internal body trunk operating system is to operate bones inside the body trunk. Where is exactly the body trunk in terms of the internal operating system of 'body trunk'?

The body trunk as in 'the internal body trunk operating system' covers the part between the top of the humerus in the hand/arm group and the top of the femur in the leg/foot group, as shown in diagram P043. This makes a basement for moving the body by operating the bones.

Bones located in the body trunk are classified into three bone units considering their operating functions. Accordingly, the previous classification of bones is based on each bone, whilst bone units of the body trunk are segmented based on each operating function.

Bone units in the body trunk are classified as follows;

<Body trunk head unit>

The cervical vertebra part of head group and spine group.

<Body trunk arm unit>

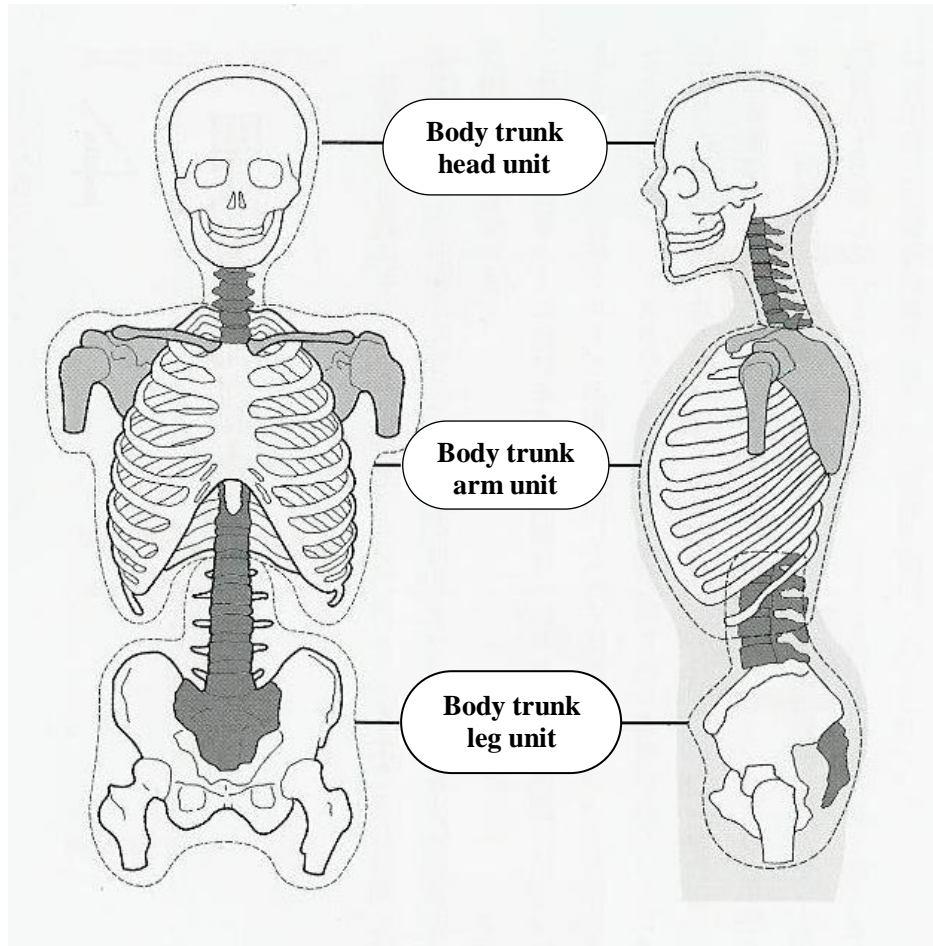
A part of the hand/arm group and the thoracic vertebra part of chest group and spine group.

<Body trunk leg unit>

A part of the leg/foot group and the lumbar vertebra, sacrum and coccyx parts of the spine group.

As the name of bone units might suggest, this classification is based on awareness of the body trunk consisting of the head, arm and leg part.

The fundamental movement using the internal body trunk operating system does not involve legs or arms as appeared, but the arm and leg parts of the bone units inside the body trunk which you could not recognise from a physical appearance. This is the operating system for moving the whole bones to be used for co-ordinating hand/arm group with leg/foot group.



■ Structure of bone units in the body trunk

P043