

Kayak Paddling Elbows

P.1

Controlled Torso moves elbows. Learn the basic vectors.

This can be very helpful for tension related headaches

If shoulders
are straining:

Hands hold
sides of neck
or

Thumb on each
collar bone
or

Arms cross gently
in front of chest.



Fingers interlock. Hands on head.
Head holds weight of arms.
Shoulders, elbows, hands and head move as one unit.

Remember, the kayak paddle does not bend.

At first, pay attention to one elbow and let the other elbow always be in the opposite location.

The neck does not need to apply any effort to make the movement.

The head and neck are along for the ride.

The ribs, spine and torso make the movement.

Move slowly, intentionally. Control the movement.



Don't force it. Teach it.



As one elbow goes up,
the other elbow
goes down.



As one elbow goes forward,
the other elbow
goes back.



Kayak Paddling Elbows

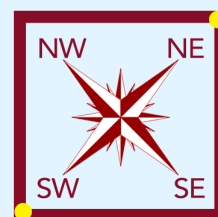
P.2

Elbows trace forward paddling circles.

Torso moves elbows.

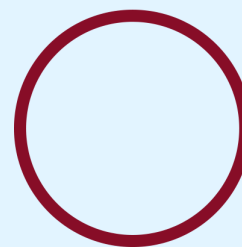


For detailed
exploration
trace out a square



or
the diagonals
between opposite
corners of the square.

Both elbows
forward paddling



Forward paddling. Both elbows trace circles
Each elbow at opposite places in their circles.

Slow it down. Get to know it.

Be in control of the movement all the way.

Look at it from inside. Notice the movement from the inner perspective.

Can you be present with where you are in the circle in each moment, not just trying to get to the next place?

What can you notice if you reverse the movement with *back-paddling elbows*?
Can you teach the confused lines? Can they move to become easy breathing?

This movement can illuminate the gaps you have in coordinating your muscles, the Sensory-Motor amnesia, in controlling your upper torso breathing space.

Can you notice the shape the top of your head is tracing?

Triple Bonus Points: Go slowly and carefully enough, while breathing gently, that you can breathe into every opening space and exhale with every closing space.

The YouTube Video Lessons

Kayak Elbows variations--keep the arms in any comfortable position
Forward & Back Paddling Kayak Elbows Playlist <https://youtube.com/playlist?list=PLFLw4vgr7aygjYFZUV3lhOZeaKov7iT19&si=RI6BvguilOvj8BRT>



**Standing, Forward Paddling Kayak Elbows (forward and back),
Back Rib Breathing On Lake Superior 2023** 5m:18s
On YouTube: <https://youtu.be/44N4glj5CeU>



This one takes it further:

**You're meant to be free. Standing movement for Torso RIB Suppleness,
and Beyond! Forward and Back Paddling Kayak Elbows for Upper, Mid,
and Low Ribs, and Sternum Circles, too!** 12m:36s
<https://youtu.be/dm4LB2dEgmg>



Standing Neck Help, Standing Neck Sequence 2023 Somatics for Neck Pain
Standing Strategies of Gentle Movement for an Achy Neck
The shoulders tyrannize the neck. The shoulders are unhappy when they are not adequately supported and moved by the ribs.
Consider your neck pain as the boiling over of hidden tensions in the torso.
Address root holdings to take the burden off the neck. <https://youtu.be/c3ojqB4pK2M>



Related Exploration:

**The Archer, a standing pandiculation for suppleness of ribs, spine, shoulders,
arms and wrists.** The movement is only the first 3m:10s, the rest is explanation and
encouragement to practice your Somatics for a better change.
On YouTube: <https://youtu.be/l6MRbTQnvJ0?si=479vBtlyGdubja6f>
May shine light on, and be helpful for carpal tunnel expressions.



**RELAX tense HANDS, and NECK, too: A Somatic Exercises. About Tension
and Arthritis** 11m:33s This is not just for the hands, it also unburdens the neck.
<https://youtu.be/T1CPMfOg3i0>



Rib Cage Un-Caged Parts 1 & 2

IMPORTANT: Where in the ribs is the breathing limited? Which Inner-X line?
Standing See Saw ribs, part 1 https://youtu.be/LU8qIXVp-_k



Inner-X rib diagonals, Part 2 This is an excellent movement to assess the
Inner-X lines https://youtu.be/bvpAMH_Ntf4



The 8 Inner-X Dimensions of Breathing Space 10m:28s
Which lines are stuck, 1, 2, 3, 4, 5, 6, 7, and/or 8?
Which lines are confusing? Which lines are limited?
<https://youtu.be/UYk4keyzz8o>

