



Matt Hill: Breath, Body and Fear



Matt is an instructor of Russian Martial Art Systema, he is a former Aikido practitioner, he has trained and lived in Japan with Morihiro Saito Sensei and Hitohiro Sensei. Systema Martial Arts, Breathing and Movement professional. Explore breathing techniques and get some tips and tricks on how to deal with fear and stress through breathing and breath holding.

TOP EMBODIMENT TIP: Just do what your body allows and stay safe, you know your body best.

Training Systema: **Matt's Story**

- Matt's story and description of his Aikido training and teaching life in Japan and how he got into the military including a parachute regiment which later resulted in his training of Systema, martial art about 10 centuries old.

Through Breath to Stress and Fear: **Introducing Breathing**

- Introducing the meaning of breathing and what it can do. The focus is on the breath, and how to better use it to have better understanding and different relation to stress and fear.

Adjusting Sitting and Standing Position: **Breathing Practice**

- Introducing different levels of breath. High, midrange, deep.

Different Methods: **Breathing and Relaxing**

- Explaining methods for how to get into a deeper breath.

Breath Holding: **Detecting Fear through Sensation in the Body**

- Sensing depth in the body and understanding how to detect feelings.
- Noticing stress coming into the body.
- Breathholding and noticing how and when to hold your breath.

Resources

- ❖ **Website:** www.matthill.co.uk



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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