



Jaques Hebert: Hebertism: 100 Years of Natural Physical Education



Come find out about the origins of natural physical education training, dating back to George Hubert, the grandfather of the presenter Jaques Hebert. Hebert discusses the Methode Naturelle, or Hebertism, its origins, and its values.

TOP EMBODIMENT TIP: *“Be Strong to be useful and helpful”* - George Hubert

George Hebert, Founder of Methode Naturelle (First natural physical education approach in modern Europe):

- Born in Paris, in 1875
- Through experience in French Navy, **noted abilities, resistance, agility and strength of people living in nature**
- In 1902 when he was 27 years old, a volcano erupted in La Martinique, killing thousands.
- Had a realization that only morally and physically strong people are capable of making themselves useful. **Was inspired to ‘recreate strong beings.’**
- Designed training for the military that was ‘complete, natural and utilitarian’: had elements of parkour, instinct training, and adaptability.
- During both World Wars, the method spread all over Europe, The Middle East, Brazil, military worlds, etc.

Hebertism:

- Is a **Holistic approach of personal education with a physical, mental and social approach**
- Training includes walking, running, climbing, jumping, throwing, lifting, carrying, fighting, swimming in a group.
- Consisted of helping each other, and working with high intensity.
- **Systemic, progressive, continuous action throughout childhood.**

Positive Attributes:

- Develop energy, courage, will, cold blood, firmness, resilience and all the qualities of action in a natural environment.
- Training in nature, as groups, for anyone, prioritizing altruism
- Emphasis on **natural, not mechanistic or gym based** approach
- Some exercises are done together, to support the fact that we need each other to develop.
- Talks about the natural training inspired/derived from indigenous communities.

Resources:

❖ **Website:** Hebertisme.com



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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