



Kyle Koch: Moving from Joy and Fear



Kyle Koch has been inspiring youth and adults to connect to their gifts through movement, curiosity and play, for almost a decade. Kyle is the resident wilderness awareness expert for Evolve Move Play. Kyle has trained parkour for 7 years, martial arts and general movement arts for many years. He takes inspiration from Strength and Conditioning, Natural Movement, Parkour, Martial Arts, Nature Connection and Functional Neurology.

Find out more about experiencing a more human vision of fitness which includes getting dirty and finding challenges in nature, to find a more heroic version of yourself.

TOP EMBODIMENT TIP: It's two parts: Step one, go outside. Step two, remain.

What is Natural Movement

- One definition: **When I am moving from a place of joy instead of a place of fear.** Some people refer to this as the flow state and this becomes the basis that we build our movement practice.
- **Our environment or situation has an impact on our movement;** We tend to act unconsciously to the ways we are impacted.

Many Movement Patterns are dictated by unconscious and conscious fears.

- While fear is not the exact word, it is the case that **we shift our movements to adapt to cues of acceptance,** getting hurt, biological feelings, and fear of death.
- **Fear is the awareness of the possibility of an undesired outcome.**
- There is a **spectrum of responses we can have** from low level tension to highly active fight-flight-freeze-collapse reactions.
- Once we become aware of what is operating for ourselves, **we have freedom to move more intelligently.**

Nature provides a dynamic environment to visit and recreate aspects of movement patterns.

- We have **conditioned responds to nature** as unsafe and dangerous, which we get to navigate with choice.
- **Nature provides food, shelter, water and resources.**
- As a human species, we have a **long history of being embedded outside,** so we can act on that spectrum from unsafe to opportunity, based on our skills, our capacity, and our ability to deduct the probability of risk in any situation.

Resources

- ❖ **Website:** [Move With Nature](#)
- ❖ **Social:** [Kyle Koch Instagram](#), [Kyle Koch Facebook](#)
- ❖ **References:** [Evolve, Move, Play](#)
- ❖ **Definitions:** Systema - Russian Martial Art. Dojo - Practice space.



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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.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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