



Rafe Kelly: The Connection Between Movement & Roughhousing, and the Martial Arts



Rafe has studied various Martial Arts since the age of 6 years old. Finding solace on the woods and being inspired and mentored to embody natural movement he overcame his ADHD and Dyslexia. Discover the full spectrum of primal human movements with the power of Parkour.

TOP EMBODIMENT TIP: Go outside.

Embed yourself in the environment, take a walk, while you're walking, breathe.

Pay attention to Nature.

Wrestling is universal to all cultures and animals.

There are three types of play that are recognized: locomotor play, object-oriented play, and interactive play. Within locomotor play, there are a number of activities which include chasing, grappling, tackling, and wrestling. In particular, non-lethal combat, or wrestling for a pin is universal in all cultures, where striking is not universal. According to Jaak Panksepp, who published a book on affective neuroscience, unique and important reward centers are activated by rough and tumble play and are highly motivating.

Success in Martial Arts training requires psychological robustness developed in rough and tumble play.

Wrestling and physical play provides a necessary experience to deal with dominance and to understand individual abilities. These playful encounters are requisite experiences to access traditional martial arts. Traditional youth sports programs are not the same as rough and tumble play. Even in adulthood, you need to master the ability to regulate emotions in intense physical partnerships and learn how to self-handicap for safety and success.

Competition can hollow out the true meaning of a Martial Arts form.

Many martial arts, boxing, and BJJ dojos are training for competition instead of training for the true intent of martial arts practices and end up with cultures of prestige. We can't change people's lives with movement practices if we cannot get them to show up at their door and keep them there. There are ways with play that we can effectively scale the challenge and build an emotional space that affords growth at all ages and abilities.

There are benefits to intergenerational rough and tumble play.

Learning how to attune to another in play at all ages will deepen relationships and increase neuroplasticity for everyone. Especially within the context of parenting, mothers and fathers can be involved with nurturing and challenging their child through play.

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- ❖ **Email:** rafe@evolveplay.com
- ❖ **References:** Jaak Panksepp, [Affective Neuroscience](#), "Rough and Tumble Play: The Brain Sources of Joy".



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Rafe Kelley and **Evolve Move Play** help you become your most heroic self through movement, mindfulness, nature connection, and community practices.



Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

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.



 **Accept Rafe's Free Gift** → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

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