



### Moti Nativ: The Paradox of Unstable Stability in Human Action





















Moti Nativ is a Feldenkrais Practitioner and a master teacher of Bujinkan - Budo TaiJutsu, training martial arts since 1966. He teaches worldwide "The Synergy of Martial Arts and the Feldenkrais Method". In this session learn how to achieve balance and stability.

**TOP EMBODIMENT TIP:** Wellness can be improved at any age. Wellness improves the movement, and movement improves the wellness. Whenever you do something, look at yourself, and notice the sensations in every part of your body.

## **Balance:** If you Have Stability you can Protect Your Balance.

- Stable balance: Usually when we think about stability, we think about a pyramid. It cannot move.
- Unstable balance
- Teachers say, "keep your balance" instead it is about stability.
- If the body returns to the starting position after it is disturbed, it has stable balance.
- Stability is about the way we are holding the body

## <u>Paradox of balance:</u> The Judo expert uses his body in an unstable position or situation.

- When we want to move, we have to compromise the stability, but the movement itself is giving us dynamic stability in the moment.
- Just by moving, we are actually gaining stability.
- If you are skilled at using your body in a good way, you can be what we call unstable. But if you are in a natural stance, it doesn't matter what you do.

## **Dynamic stability:** Stability that is acquired by movement

- We are always balanced by moving.
- Human posture is in dynamic equilibrium.
- A posture is good if it can regain equilibrium after it has been disturbed.
- In our daily action, we have to be unstable, because we have to move.
- Falling is the last resort of stability

#### **Kev Definitions**

- Pivot points: points that you can change direction or keep moving
- Ishi Tobashi: skipping stone

## Resources

\* References: Marcia Feldenkrais article: Better Judo





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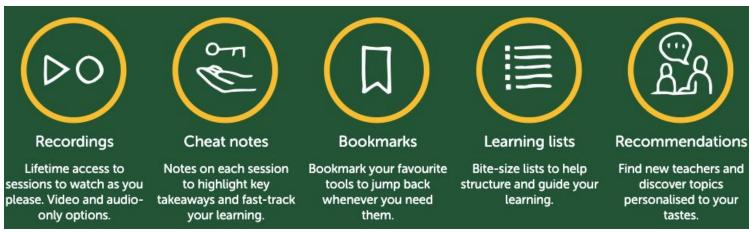
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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the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



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