



**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

**Paradox of balance: 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

**Key Definitions**

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

**Resources**

- ❖ **References:** [Marcia Feldenkrais article: Better Judo](#)



## All Martial & Healing Arts Presentations are Proudly Sponsored by

Rafe Kelley, [EvolveMovePlay.com](https://evolvemoveplay.com)



**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](#)**.

Interested in securing **[LIFETIME ACCESS](#)** to the Embodiment Conference?



### Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



### Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



### Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



### Learning lists

Bite-size lists to help structure and guide your learning.



### Recommendations

Find new teachers and discover topics personalised to your tastes.

**Get lifetime access now**