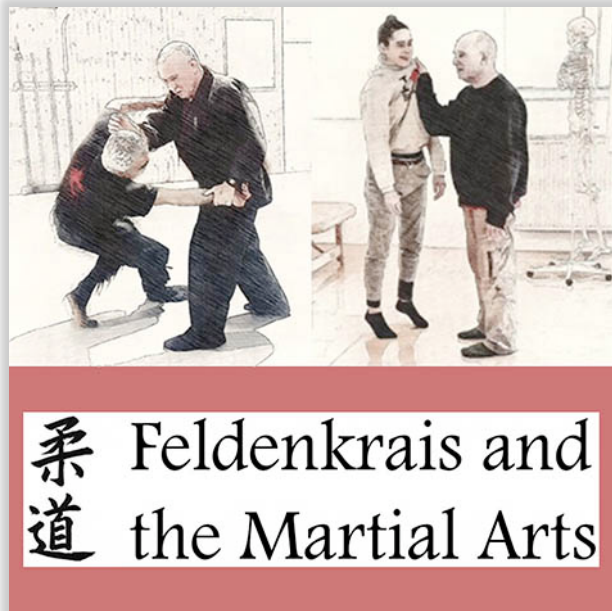




Moti Nativ

Feldenkrais and the Martial Arts

2019

In February 2019, Moti Nativ presented in Amsterdam a public workshop titled "Feldenkrais and the Martial Arts". The result of years of historical and applied research, this weekend workshop is an experiential introduction to the martial roots of the method Moshe Feldenkrais created. Moti taught a series of Awareness Through Movement classes, each of which led directly and seamlessly into practicing a martial art move with a partner. By clarifying the specific dynamic musculoskeletal organization behind a particular technique, each ATM gave participants a feel for complex coordination that would otherwise take much longer to develop. Over the course of the two days, the participants developed and applied a vocabulary of movements while simultaneously, experiencing the embodiment of the fundamental principles of martial arts, in general, and judo, in particular. The curriculum, designed for martial artists, members of the public, and Feldenkrais teachers alike, covered a series of seven ATM lessons, connected each one to martial arts practices, and, through demonstration, discourse, and dialog, clarified the key concepts such as:

- Dynamic stability.
- Spatial awareness.
- The link between coordination and strength.
- Warrior attention.

The day after the workshop, Moti came to the Amsterdam International Feldenkrais Teacher Training as a guest teacher, to reflect on and go into greater depth about what he'd taught over the weekend. Moti provided members of the training, all of whom had attended the workshop, on its curriculum and content. For instance, Moti addressed why he taught the ATMs at a pace that was enthralling for the martial artists and members of the public who attended and perturbing to many of the Feldenkrais teachers and trainees. Over the course of the training day, Moti taught two more ATMs, explored more martial arts applications — including Feldenkrais' renowned choke technique, and revealed more about the connection between judo and Moshe's method.

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