

DVD

Day 1 - Thursday 15 January & Day 2 - Friday 16 January

- | | | |
|-----------|-------|--|
| Chapter 1 | Day 1 | Discussion
The mechanics of resisting a push without leaning into your partner. |
| Chapter 2 | Day 2 | Talk & Demo
The mechanics of lifting in FI, and how to organise yourself to resist a push. Jeff Demonstrates using a roller, and then with course participants. |
| Chapter 3 | Day 2 | ATM
How the tibia, fibula, and femur could move in the ATM. Jeff shows the movements on a model skeleton and demonstrates. |
| Chapter 4 | Day 2 | Demo
Key ideas regarding moving from sitting to standing. FI with a course participant. |
| Chapter 5 | Day 2 | Demo
The neurological and developmental basis for standing. Hands-on work with a course participant, and Jeff showing an ATM sequence. |
| Chapter 6 | Day 2 | ATM
Evoking the appropriate placement of the foot on the ground for weight support. |
| Chapter 7 | Day 2 | Demo
Applying ideas from the foot placement ATM. Short FI with a course participant. |

C D

Day 1 - Thursday 15 January

D1-1 37:19 - Introduction

- ATM

Standing, hands on a chair seat. Activating the extensors.

- Activity

In small groups, explain how the ATM worked without using the term "differentiation".

D1-2 22:32 - Discussion

Jeff speaks about the preceding ATM lesson.

D1-3 23:54 - ATM

Sitting to standing from a chair.

Lifting the legs as if to stand. Standing as if to lift the legs.

D1-4 40:56 - Discussion

The structural design and mechanics of the foot for standing and walking.

LUNCH

D1-5 34:26 - ATM

Breathing (based on an ATM Feldenkrais taught at the 1974 Berkeley public workshop).

D1-6 22:49 - Discussion

- 1st Activity

Jeff and participants talk about the previous ATM.

Jeff describes hands-on, partner activity.

Hands on the abdomen and sacrum, feeling for how breathing is affected by variations in standing organisation.

- Discussion

Jeff and participants talk about the activity.

- 2nd Activity

Standing and meeting your partner's push - arms in a hoop-like circle.

D1-7 18:21 - Discussion

Jeff talks about the mechanics of resisting a push without leaning into your partner.

(Refer to chapters 1 and 2 on the DVD)

- Activities

Jeff describes hands-on activities done in partners and trios.

C D

Day 2 - Friday 16 January

D2-1 25:30 - Discussion Jeff responds to participants' questions and comments about experiences, and ideas encountered in day 1.

D2-2 41:35 - ATM Turning the leg bones to make the pelvis lighter to lift. Supine, sitting, and standing on the knees. Jeff refers to how the tibial plateau moves.
(Refer to chapter 3 on the DVD)

D2-3 18:37 - Discussion Jeff and participants talk about the preceding ATM.
- Demo. Jeff does an FI with a course participant to illustrate key ideas about moving from sitting to standing.
(Refer to chapter 4 on the DVD)
- Activity Hands-on practise in partners or trios.

D2-4 06:12 - Demo. Jeff illustrates through hands-on work & movement the neurological and developmental basis for the particular standing organisation explored in the demonstration.
(Refer to chapter 5 on the DVD)

L U N C H

D2-5 03:07 - Discussion Jeff speaks about the book, "Dexterity and Its Development" by Nicolai Bernstein.

D2-6 23:44 - ATM A montage of aspects from different ATM lessons that evoke appropriate placement of the foot on the ground for weight support.
(Refer to chapter 6 on the DVD)

D2-7 11:37 - Demo. Jeff does an FI with a course participant to illustrate ideas from the preceding ATM.
(Refer to chapter 7 on the DVD)
- Activity Jeff describes a hands-on partner activity based on the demonstration.

D2-8 08:11 - Discussion Discussion preceding an FI with a professional footballer.

C D

Day 3 - Saturday 17 January

- D3-1 23:27 - Discussion Participants and Jeff talk about the FI with the professional footballer.
- D3-2 37:21 - ATM Side lying. Sensitively moving the thumb and fingers while lifting and lowering the limbs using different coordinations.
- D3-3 14:43 - Discussion What's the strategy used in the preceding ATM?
- Demo. Jeff illustrates through hands-on work strategies used in the preceding ATM lesson.
- Activity Jeff describes a hands-on partner activity based on the demonstration.
- D3-4 03:01 - Discussion Jeff recapitulates central ideas explored in the preceding activity.

LUNCH

- D3-5 04:32 - Discussion Jeff's response to participants' comments regarding ideas encountered in the pre-lunch discussion about the ATM.
- D3-6 38:12 - ATM Standing. Stepping onto the supporting leg, keeping the back foot on the ground. A chair is used for rests.
- D3-7 36:43 - Demo Jeff does a short FI with a course participant related to the preceding ATM.
- Activity Jeff describes a hands-on activity with partners, and makes comments during the activity.
- D3-8 05:42 - Discussion Jeff offers some extra images about applying ideas from the workshop to enhancing sporting performance.
- END

REFERENCED MATERIALS

- Bernstein, N. On dexterity and its development.
In M. Latash & M. Turvey (Eds.), *Dexterity and Its Development*. Lawrence Erlbaum, New Jersey. 1996. pp.1-244. ISBN 0-8058-1646-1
- The Berkeley Workshop Audiotapes. 1974.
Feldenkrais Resources, Berkeley, California. Item #1001