



Movement Intelligence Program

Ruthy Alon

Index of Processes for Segment 2

Process	Page
31. Twisted Arms Shifting the Differentiation to the Stiff Vertebrae of the Spine	1
32. Hand on Head / Hand on Wall Connecting the Head to the Chain of the Posture	6
33. Ribs Around the Steering From Rib Cage to Rib Basket	12
34. The Hip Joint / Bow and Arrow Asymmetry in the Height of the Sides	20
35. The Function of Pulling Strengthening By Controlled Resistance	26
36. The Function of Horizontal Climbing Reversing Proximal and Distal in Anti-Gravity Challenge	30
37. Stomach Lift Revitalization	35
38. Jaw Releasing Tension by Integrating the Pelvis	42
39. Creeping: Head under the Elbow Head Under the Elbow Loading the Skeleton from the Arm	46
40. Rocking in One Unit Readjusting the Spine	53
41. Distance Between Heels Determines Stability Charlie Chaplin Vs. Parallel Feet	56

42. Goat Skipping	61
The Challenge of Rhythmic Anti-Gravity Motion	
43. Functional Reflexology	63
Neurological Response: Heel / Lower Back	
44. Whipping a Fall into the Wall	70
The Power in the Wave	
45. Frontal Rising from Lying to Sitting	73
Strengthening the Back Vs. the Stomach	
46. Weights on Ankles	81
Upgrading Equilibrium	
47. Lifting Weights: Safety First	87
Padded Lumbar Leans on a Wall / Proportional Engagement of the Spine by the Trajectory of the Spiral	
48. Handcuffs	93
Closed Cycle of Isometric Resistance	
49. Knee Straightens A Knee	97
Seesaw of Heel / Toes	
50. Primal Swimming	102
Coordinating the Body with the Loop of the Leg	
51. Water Carrier's Walk # 2	109
Coordinating Arm and Leg	
52. Rumba in the Strip	114
Proportional Flexibility	
53. Narrow / Wide Shoulder Blades	118
The Width Axis of the Posture	
54. Hand on Hand in the Strip	122
Redesigning Uprightness	
55. Step Up / Step Down	126
Proximal Mobilization	
56. Combing the Hair	130
Passive Elongating of the Neck	
57. Getting Up by Dragging	135
Airplane Vs. Helicopter	
58. Running with Inclined Head	139
Continuity Determines Posture	
59. Pillows in the Curves	142
Support Neutralizes Vulnerability	
60. Ha+3 / Ha+4 Choir in Stamping	148
Rhythm Stimulates Dynamic Motion	