MWAB membership outline

1. **Feel**
	* sensory pathways
	* proprioception, interoception, exteroception
	* sensory warm up
	* providing feedback via props
	* types of proprioception- mechano, noci, baro
2. **See** (vision drills)
	* eye position reflexes
	* inhibiting reflex to pursue motion- finger wiggle, look to opposite side
	* fun ways to practice convergence: ball bouncing, partner, brock string, cup catching, balloon toss
	* smooth pursuits, VOR, VOR c, near/far (accommodation) and opposed gaze
	* saccades
	* (17) types of visual skills:
		+ PERCEPTION
		+ visual discrimination
		+ visual spatial relations
		+ visual closure
		+ visual memory
		+ sequential memory
		+ figure ground
		+ form constancy
		+ hand/eye, foot/eye coordination
		+ TRACKING
		+ fixation
		+ central peripheral integration
		+ pursuits
		+ saccades
		+ inhibition of reflexes
		+ TEAMING
		convergence
		+ divergence
		+ FOCUSING
		+ accommodation such as near/far
3. **Balance/orient** (vestibular)
	* what is vestibular system and what does it sense/provide
	* training balance must include head and eye movement and most balance training is actually stability training
	* how this system informs and impacts everything else such as mobility, strength, confidence
	* vestibulo-spinal tract, vestibulo ocular and collic

1. **Breathe/fuel**
	* oxygen and glucose- back breathing, ladder breathing, diaphragm retraining, band breathing, using “lung expander” and resistance training for respiration muscles, exhaling into a balloon training expiratory muscles, counting, learning more about intra abdominal pressure
	* anatomy of breath
	* HRV, breathing differences between PSN and SNS
2. **Move**
	* clarify
		+ - contractile maps
			- mobility isolations
			- adding load/bands/sandbags etc for more proprioception/sensation and hence more movement
			- tracing labyrinth with laser (motor control, accuracy for cerebellum, vestibulo-colic reflex, saccades)
	* shape (inoculate)
	* coordinate (cerebellum): with rhythm challenges, speed challenges, dual tasking, responsiveness, coordination charts requiring visuomotor skills
	* load
	* integrate
	* innervate (neuromechanics/nerve glides)
	* ground- foot strength, shoes, earthing

6. **Assess**

7. **Cue**

* + internal vs external cues
	+ props aiding motor learning- how do we learn motor skills. learning or simply following?
	+ goals- jobs, external cues
	+ deconstruct, regress to progress
	+ motor learning by assessing sensory input vestibular and visual

8. **Adapt**

* + said principle
	+ needing novelty or else diminishing returns
	+ adapting to the positions, speeds, environments etc we train in
1. **Play**
	* invent,
	* create,
	* intuit
	* why play is how we learn and retain
	* why fun and joy are so valuable)

13. **Progress**

How can we progress and regress; shape, load, speed, coordination, memory. typically we think of challenging rather narrowly as in load and cardiovascular requirements but there are other ways to add challenge: coordination, dual/multi tasking, cognitive load/memory, visual and vestibular involvement, closer to the brain more stimulation.

14. **Go outside**

* + how nature heals
	+ circadian rhythm
	+ light exposure
	+ earthing

15. **Integrate**

* + drill stacking for greater impact on nervous system or for a gateway in
	+ integration
	+ incorporate- stack your life, change what you can
	+ sleep, eat and hydrate

OTHER TOPICS EXPLORE

-ipsilateral vs bilateral training- how we take in sensory information pathways

-opposing joints, neuronal limb coupling

-alignment- functional or aesthetic?

-arthrokinetic reflex

-inhibiting reflexes as in one to pursue motion- finger wiggle, look to opposite side (inhibit reflex to look to movement or sound)

-eye position reflexes

-neuromechanics- nerve glides

-tracing labyrinth with laser (accuracy for cerebellum, vestibulo colic reflex)

-diminishing returns and novelty

* cranial nerves
* spinal nerves
* the brain knows nerve pathways and patterns not muscles
* PNS vs CNS
* ways to down-regulate and what yoga is best at
* yogas blind spots
* threat bucket
* recoil
* fast twitch and slow twitch
* motor learning
* how speed impacts mobility and training at varying speeds
* what movements/breath down regulates SNS and increases PNS what arouses SNS. In an increasingly stressful world don’t we need more down regulation? what practices deliver this but promise more (power yoga)

- cognitive load of learning new skills and of remembering sequences

* how learning can be “threatening”
* threat bucket
* elastic recoil