

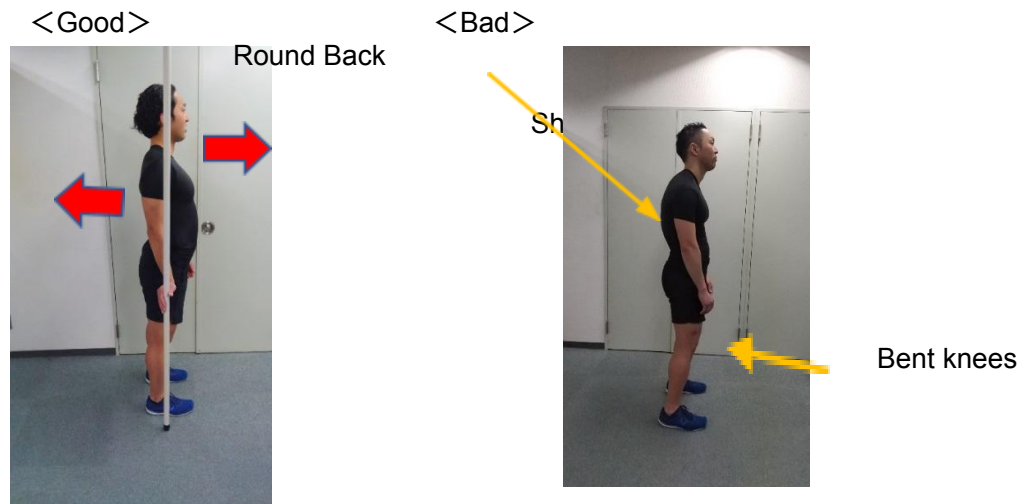
About the 2nd Correct posture

What is a Correct posture?

Have you ever thought about it?

Correct posture is the most basic and important thing for human beings.

And it is necessary to improve all sports including soccer.



Correct posture, when viewed from the side, has the chest in front and the buttocks behind with respect to the central axis of the body. It is important that they are as good as they are. Also, it is important that Correct posture is not something that you force yourself to make, but that you can relax without exerting any force.

Let's see how the body works.

Let's look at human bones from behind.

3 points

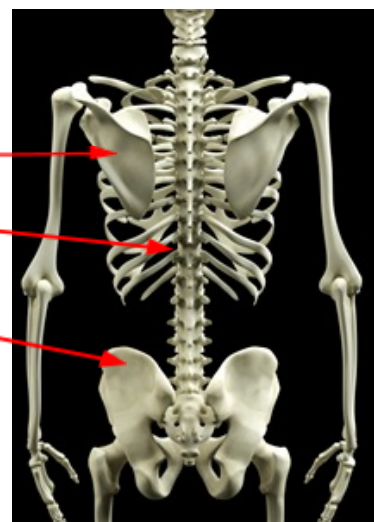
- ①scapula(shoulder blade)
- ②spine no,12(back bone)
- ③pelvis

These three "interlocking" are important.

Among them, spine no, 12 is said to be the most important part

These three parts always move in tandem.

It doesn't move apart. It folds like a gear, and when one gear moves, the other gear also moves.



The important thing in sports is to use the weight of your arms and legs. In a standing position, use the weight of your arms.

In order to move efficiently like a top athlete, useless power is an obstacle. It is important to relax as much as possible. To do this, you need to "stand" without wasting power.

This is the most necessary condition for becoming a top athlete.

Do you ever feel the weight of your arm in your daily life?

Let's actually do it.

Stand up with your chest. With your shoulders behind, try to move your arms up and down with as little force as possible. Can you feel the weight of your arm?

In addition, can you see that the weight of this arm brings the scapula closer to the back bone?

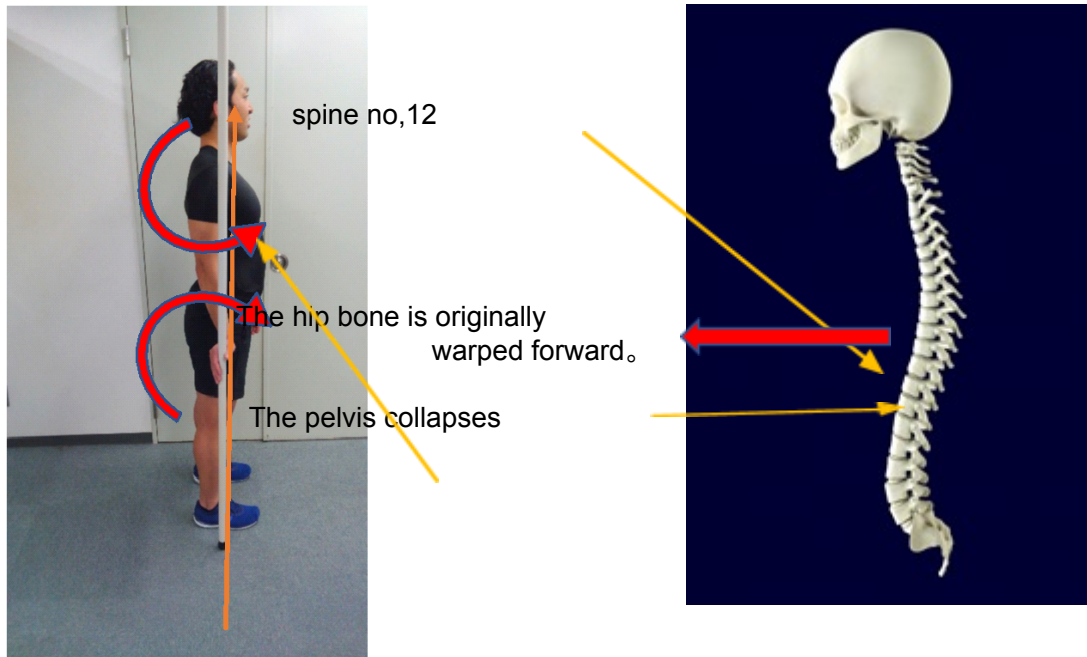
When the scapula approaches the back bone, the chest is projected forward. What is moved at this time?

spine no, 12.

When spine no, 12 moves forward, the hip bone is born and warps forward, causing pelvis to fall forward. If the pelvis falls forward, your knees will stretch and your hips will rise without any effort.

Then, you can support your body with "bone", so you can stand without using muscle strength. In other words, you will be able to stand relaxed without wasting power. It was

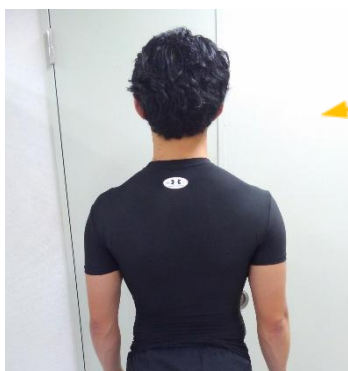
In this way, the scapula spine no, 12 pelvis works by "interlocking".



If you feel pain in your lower back or shoulders at this time, stretch your shoulders, buttocks, and back, and try again.

Keep in mind that humans can move by "interlocking" these three parts, whether they are walking, running, jumping, throwing, or kicking a ball.

In particular, the feeling of moving, supported by spine no, 12 is important.



spine no, 12 Probably more than you think

It's a little above. Twice

How is it? When I'm standing or walking

Let's care about the correct posture.
Stretching, running,
When jumping, kicking the ball, etc.
So, let's move your body while thinking about
"interlocking" of scapula spine no, 12 pelvis.
The effect of usual practice will be tripled or quadrupled!

Body conditioning Reflexer

Masatomo Ono

<https://reflexer.jp/index.php>