

Mobility Biomechanical Exercises for Seniors Adapted From Martial Science

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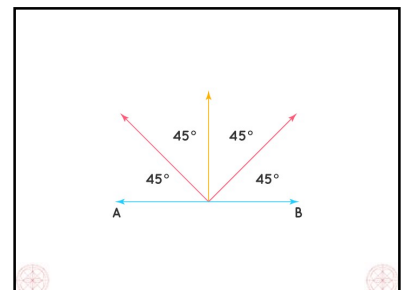
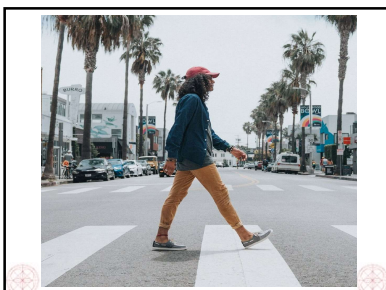
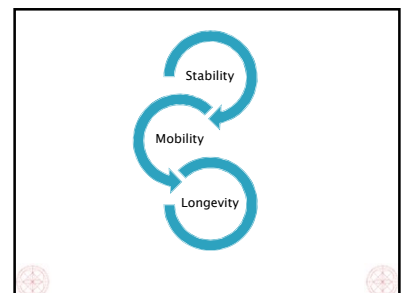


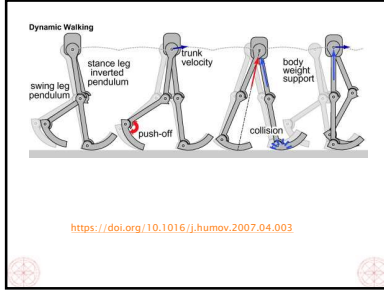
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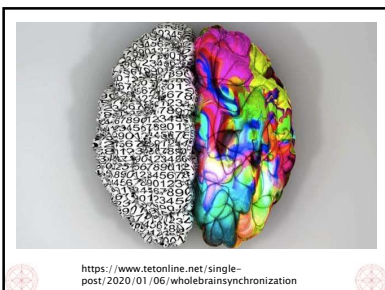
1. Stability & mobility
2. Bipedal locomotion inverted pendulum
3. Alignment mechanisms
4. Mechanically sound angles
5. Exercises to practice alignment whilst moving
6. How to stand up
7. Whole brain synchronization
8. Exercises to enhance brain communication

bio-me-chan-ics | \ bi-ō-mā-ka-niks \

Definition of *biomechanics*
: the mechanics of biological and especially muscular activity (as in locomotion or exercise)
also : the scientific study of this

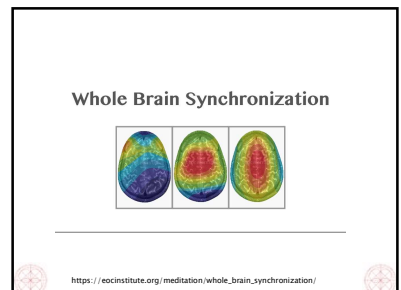






When the hemispheres of the brain were not operating at equal capacity, the body's systems suffered deleterious effects.

Dr David Crouch unpublished 2016



Integrated brain hemispheres have been demonstrated to enhance athletic performance

Dr David Crouch unpublished 2016



Figure 6: Cross-Crawl Sit-Up: Touching an elbow to the opposite knee while crossing the midline

Dr David Crouch unpublished 2016

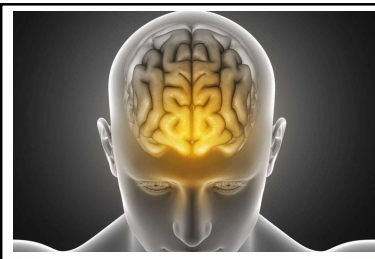


Figure 5: Standing Cross-Crawl Patting. Movements are interchanged in a marching type rhythm

Dr David Crouch unpublished 2016



<https://youtu.be/BwK3gAWphg>



<https://www.scmp.com/lifestyle/health-beauty/article/1941658/9-unanswered-questions-about-human-brain>



<https://www.youtube.com/watch?v=Ml8vLoq3ZsM>

Questions & Answers

Thank you for allowing me to Share!

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