

## Reunion session 2023: Lead by the Pelvis

This year I am bringing the focus up the kinetic chain from the feet, past the thighs and into the Pelvis. The pelvis is the boney girdle into which the energy from the lower extremities converges with the energy from the torso and core. This area, often referred to as the lower Dan Tien, is also occasionally referred to as our energy storage area because this is the area where our power comes from. The legs/ thighs and spine are both attached to the pelvis and the strength and power of each is dependent on the other's strength and stability. Without activity or energy being produced by the core, there would be inadequate stability of the trunk and hips to be able to move in a fluid coordinated way. Likewise, without some strength or activity of the legs the trunk would move with difficulty if at all without assistance.

If we turn tip, or move the pelvis our whole body will tend to follow that pelvic motion and we are dependent on the strength and reactions of the legs to that movement to make that motion progressive and fluid. Alternately, if we move a lower limb in a direction, the pelvis must move with it in some way in order to continue in a direction or change our direction. So we say that movement is lead by the pelvis.

This is evident in our transition moves that preclude a direction change such as: cross arm turn, swerve turn, roll the ball turn. This is also important for larger moves such as brush knee, snake creeps down, continuous punch, grasp bird's tail and the backward moving portion of fair maiden works shuttles.

All this is to say that we must **move our Center of Mass over a base of support progressively to create motion**. Moving the center of mass forward and back also helps us define a move as an 'advance' or 'retreat'. There is also an up and down component of the pelvis motion often referred to as 'sink' and 'rise', which, when combined with horizontal motion creates a circling or spiraling which we see in row the boat and grasp bird's tail.

Focusing our energy in the pelvis and hips, helps us to maintain balance and stability while increasing the power of our extremities, making our overall movement strong and stable.