

Sword and Spirit

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— Why Budo? —

Regardless of the times you live in, or the circumstances of your life, success largely depends on things you actually can control:

- **Building strong relationships in a community of achievement.**
- **Forging a disciplined and positive mindset.**
- **Enhancing your physical health and capabilities.**

These are exactly the things membership in a dojo provides.

Life Hacks from the Martial Arts...

Breathing: You're probably not doing it correctly

Try this: Place one hand on your chest and the other on your stomach. Take the deepest breath you can. Did the hand on your chest move first and farthest? If so, then like most people, you're breathing all wrong.

Have you ever watched a baby breathe? When babies breathe, their bellies rise and fall; their chests and shoulders barely move at all. Babies breathe with their diaphragms, and everyone else should, too.

Diaphragmatic breathing requires a conscious effort at first. One way to start is by sitting in a chair with good posture (head over shoulders over hips – no slumping!).

- 1.) Place one hand on your chest and one on your belly.
- 2.) Breathe deeply, with focus on your low hand. This hand should move first and farthest.
- 3.) Is your top hand moving first, or very much? If this happens, re-set, and initiate your breath with your belly.
- 4.) Control the breathing with a slow-count – try breathing in on a slow four-count, and then out on a slow four-count.

Breathing correctly takes practice. It will probably be tiring at first. But the more you do it, the more natural it becomes, and you and your respiratory system will reap the benefits.

If you need more reasons to breathe properly, take a look at:

www.painscience.com/articles/respiration-connection.php

www.nmu.edu/wellness/sites/DrupalWellness/files/UserFiles/9.19_final.pdf

www.runnersworld.com/running-tips/how-to-breathe-when-running

