BUDOGA

Fragile vs Ridged
The Balance of Stability
Self-Mastery Series Workshop

To Book a 90 min Introductory Assessment/Therapy Session:

Please scan the QR code to secure an appointment. You will be contacted within 24 hours to schedule a day and time.

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The Duality Method Template

Fragility ↔ Stability ↔ Rigidity

Back pain, joint issues, and movement limitations often come from imbalance. Some bodies bend easily but lack stability. Others resist movement, locked by tightness. True health comes from walking the middle path—strength and flexibility integrated into stability (balance).

The Spectrum

- **Fragility** → Flexible but not strong. Joints move freely, but without muscular support. Vulnerable to strain, fatigue and injury.
- **Stability** → Strong muscles that can lengthen, equals flexible tissues that can stabilize joints. A body that is both adaptable and resilient.
- **Rigidity** → Strong but not flexible. Joints and muscles lock tight. Movement feels compressed, restricted and often painful.

Practice Path

- **Length**, not enough strength → need stabilization work.
  If you tend toward **fragility**, **add strength**: static holds, push/pull/lever/squat movement drills.

- **Strength**, not enough length → need decompression and opening.
  If you tend toward **rigidity**, **add stretch and mobility**: lengthening, breath-guided opening.

- **Balanced strength + length** → **maintain**, refine, and deepen mobility.
  If you live in **balance**, **protect it with consistency**: daily practice to sustain the path.

Core Concept

Balance isn't a destination you reach once—it's a path you walk for life.
Fragility and rigidity are two sides of the same imbalance.
The path is to integrate strength and stretch until
they live together as stable movement.

Walking the Path: Fragile, Balanced, Rigid

Most modern people want quick fixes. They look for a pill, a doctor, a chiropractor, an acupuncturist, a massage therapist, or some outside source to correct the imbalances in their life. True balance cannot be outsourced, it is achieved through effort.

Balance is a path you must walk.

When you begin to see your own imbalances clearly, you realize they don't disappear with one appointment or one adjustment. They shift only when you engage consistently in the practices that restore balance. This is not a one-time fix. It is a lifelong path of perspective, action and consistency.

Three Ways to Start Walking the Path

- **Check your Balance Point** - Ask yourself honestly: am I more fragile (flexible but unstable) or more rigid (strong but restricted)? Identifying where you are on the scale is the first step to knowing what you need.

- **Add the Opposite** - If you are fragile, practice strength-building movements—bodyweight holds, controlled lifts, and stability work. If you are rigid, commit to daily stretching, mobility drills, and breath-guided movement. Always seek the counterbalance.

- **Commit to Consistency** - Balance is not a single workout or stretch session—it is a lifelong discipline. Set a small, sustainable daily practice (10–20 minutes) that keeps you walking the path.

Consistency Over Time Matters far more than Intensity.

Core Concept

The balance path requires work and discipline, while it also gives something profound: a body that can move freely, support itself and adapt to the demands of life.

Balance is not given to you by anyone else. It is something you create for yourself, through consistent action that offers quality of life, full & stable range of motion, including longevity.

Tool: The Breath — The Master Key to Mind–Body Balance

Duality Lens: *Anxiety Breathing ↔ Relaxed Breathing*

Why It Matters

Breath is the one function of the autonomic nervous system you can consciously control. Mastery of the breath unlocks calm in the mind, releases tension in the body, and provides clarity in stressful moments.

How It Works in the Method:

- **Breath calms the mind.**
- **A calm mind relaxes the body.**
- **A relaxed body releases tension and opens space for growth.**

This sequence works in both directions — physical tension can agitate the mind, and mental stress can lock tension in the body. Breath is the bridge that restores balance.

Integration with Other Tools:

- **Supports "A Calm Mind"** by regulating the nervous system.
- **Enhances "Simmering"** by sustaining focus and mental stillness.
- **Strengthens "Getting Comfortable Feeling Uncomfortable"** by keeping the body out of panic mode when working at your edge.

Practice Tip:

- Take time in your day with 5 minutes of slow nasal breathing. The slower, the better.
- During stress, notice if your breath becomes shallow, rapid or shifts to the mouth. Find your slow nasal breathing to stabilize mind and body.

Application Beyond Practice

Whether on a yoga mat, in a jiu-jitsu roll, or in a tense conversation, conscious breathing keeps you present, clear, and capable — while others are lost to compulsion reflex and reactivity.

The Three Body-Based Models

1. The Duality Method *(Mind-body integration)*

- **Primary focus:** Inner transformation through awareness, spectrum mapping, and self-inquiry.
- **Center of gravity:** The *mind*—and how it perceives, reacts, and chooses.
- **Tools:** Momentum, Edge, New Normal – **Simmering in a New Mindset**
- **Purpose:** Create mental, emotional, and relational balance by embracing opposites and cultivating **conscious response** instead of **unconscious reaction.**

2. The Six Ranges of Motion *(Spinal Health & Freedom)*

- **Primary focus:** The spine and its six ranges of motion.
- **Center of gravity:** The *core*—both literally (torso) and symbolically (centered self).
- **Movements included:**
    - Anterior flexion (spinal flexion), Posterior extension (spinal extension)
    - Lateral flexion (left/right side flexion/extension)
    - Rotation (left/right spinal rotation/twist)
    - Femoral rotation (internal/external femoral rotation) — as an extension into the pelvis and hip sockets, through the psoas and piriformis.

Purpose: Build a mobile, resilient spine free of chronic pain and rooted in conscious movement. Learn how to move from your center—gracefully and powerfully.

3. Earthfeet *(Rooting the Body, Reclaiming the Foundation)*

- **Primary focus:** The feet and their relationship to the Earth.
- **Center of gravity:** The *foundation*—where you touch the ground and connect with life.
- **Key ideas:**
    - Feet are sensory, electrical, biomechanical instruments.
    - Walking barefoot = nervous system calibration + grounding + functional strength.
    - Rewilding the foot restores not just structure (arch, toe spread, fascia), but function (balance, propulsion, proprioception).
    - PEMF (Pulsed Electromagnetic Fields) from the earth is *one of the five essential cellular needs*:
      Oxygen, Sunlight, Hydration, Electrolytes, and Electricity.

Purpose: Reconnect humans to the Earth—literally and energetically. Rewild the foot to restore the whole kinetic chain (foot → ankle → knee → hip → spine → shoulders → brain).

How They Integrate:

The model naturally moves from **foundation → spine → mind**:

- When the **feet** are stable, receptive and alive, they ground us in the physical world.
- A **mobile spine** allows us to move and breathe with freedom, resilience, and adaptability.
- A **calm and conscious mind** integrates that physical presence into emotional clarity and empowered action.

Anatomy Involved - Muscle Maps

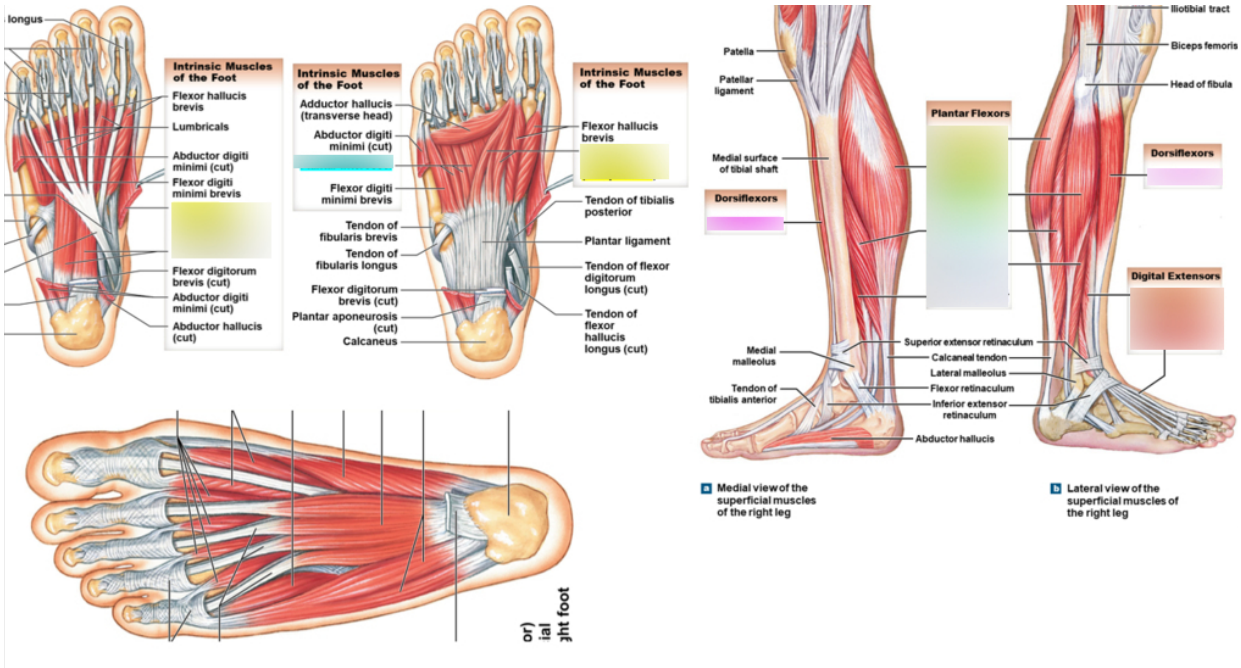
Muscles of the Feet

The human foot contains approximately 29 muscles.

These muscles can be classified into two main groups:

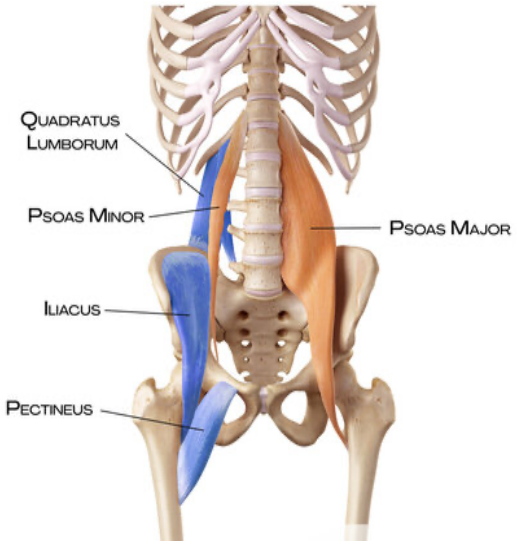
Extrinsic muscles:
These muscles originate outside the foot and cross the ankle joint to act on the foot.
There are 10 extrinsic muscles.

Intrinsic muscles:
These muscles originate within the foot and lie entirely within its boundaries.
There are 19 intrinsic muscles.



The muscles of the feet act like tent support ropes, pulling the bones of the feet and several directions, creating foot stability.

Psoas and Quadratus Lumborum (QL)



The Quadratus Lumborum (QL) is a deep muscle in the lower back. It functions as a **core stabilizer**, assists in **hip hiking** and **trunk extension**. It stabilizes the lower ribs during breathing.

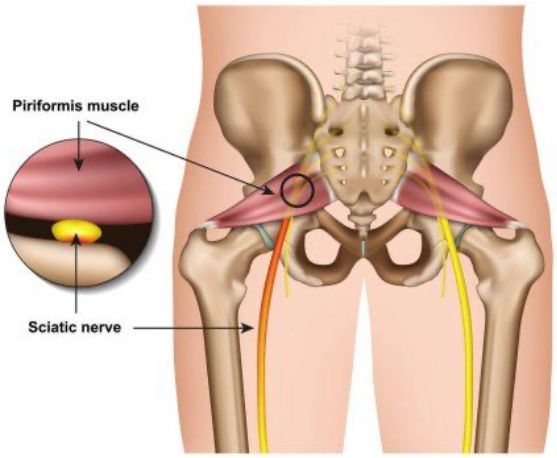
It attaches from the **iliac crest** (top of the pelvis) to the lower border of the **12th rib and the L1-L4 of the lumbar vertebrae**.

Acts as a **crucial stabilizer** for the **lumbar spine** and is required for **optimal core function**. It **laterally flexes the trunk** (bends it to the side).

It is involved in **stabilizing the pelvis** when a person is **standing or moving**.

The Psoas Muscle is a large muscle in the lower back that **connects the T12-L4 vertebrae**, moving down through the **pelvic bowl**, connecting to the top of the **inner thigh bone** (femur). It acts as a primary hip flexor for **actions like walking, standing and lifting the knee**.

The **psoas** and **QL** muscles are located in close proximity to each other in the lower back. They work together to maintain **proper posture, hip/spine mobility and pelvic stability.**



Piriformis

The piriformis muscle is located in the **deep gluteal region of the buttocks**, posterior to the hip joint. It extends from the **sacrum** (a triangular bone at the base of the spine) to the **greater trochanter** (a bony prominence/bump on the upper part of the femur).

The **piriformis muscle** has several functions, including **external rotation of the hip** as it helps to **turn the femur outward.**

It assists in moving the leg away from the midline of the body (femoral abduction).

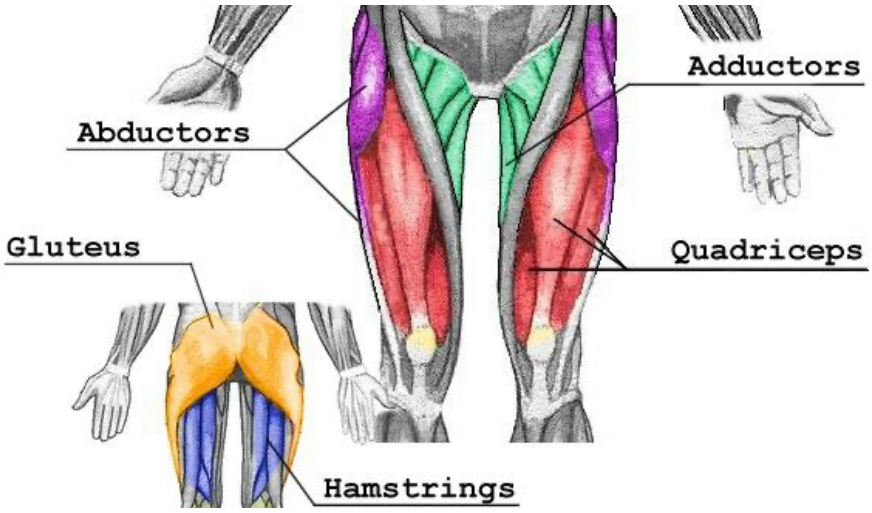
It helps to **stabilize the pelvis** during movements such as **walking and running**.

The sciatic nerve, the largest nerve in the body, passes through or near the **piriformis muscle**. The muscle helps to **protect the nerve from compression or injury.**

***In some individuals, the sciatic nerve may pass directly through the piriformis muscle, which when in an inflamed and weakened state, can lead to a condition called piriformis syndrome, characterized by pain, numbness and tingling in the leg.**

Hamstrings, Quadriceps, Adductors, Abductors

Hamstrings, quadriceps, adductors, and abductors are located in compartments around the **femur** (thigh) bone. The **deep fascia**, called the **fascia lata**, encloses the entire thigh. Fascia can become inflexible over time due to lack of use and makes opening the hips **a long-term project and effort**.



The Quadriceps are a large group of four muscles located on the **front** (anterior) **of the thigh**.

Three of the **quadriceps muscles** originate directly on the **femur**, while the fourth (rectus femoris) **originates on the pelvis**. All four converge into a tendon that **connects to the tibia**, covering the **front and sides of the femur**.

The primary function of the quadriceps is to extend the knee.

The Hamstrings are a group of three muscles located on the **back** (posterior) **of the thigh**. They attach at the **pelvis** (ischial tuberosity) and extend down to the bones of the lower leg (the tibia and fibula), **running along the back of the femur**.

The hamstrings work to extend the hip and flex the knee.

The Adductors are a group of five muscles on the **inside** (medial) **of the thigh**. These muscles originate on the **pelvis** and mostly insert on the **inner, posterior surface of the femur**.

The adductors main function is to pull the legs toward the center of the body (adduction).

The Abductors are a group of muscles located on the **side** (lateral) **of the hip and buttocks**. The most significant abductors (the **gluteus medius**, **gluteus minimus**) run from the upper part of the **pelvis** (ilium) and attach to the **outer side of the femur at the greater trochanter.**

The Tensor Fascia Latae (TFL) is also involved in **both abduction and femoral rotation**. It is located at the **top of the iliotibial** (IT) **band**.

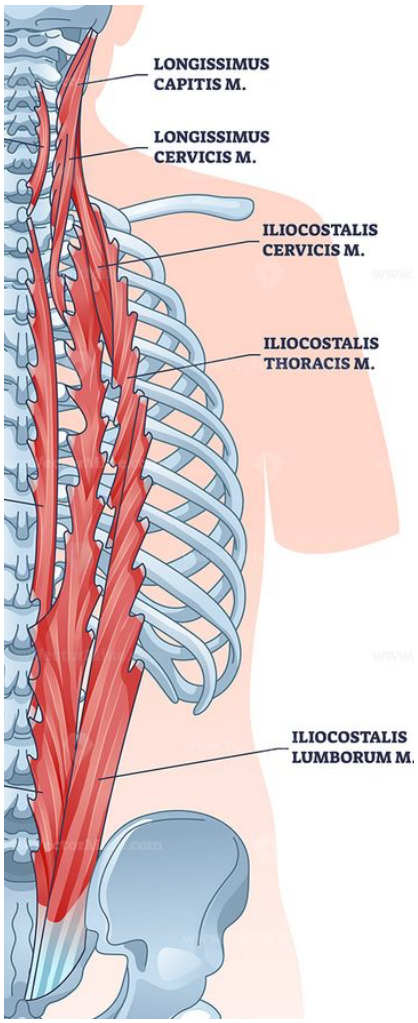
Together the abductors and TFL are responsible for moving the leg away from the midline of the body (abduction) and stabilizing the pelvis.

Core Concept

The hamstrings, quadriceps, adductors and abductors work together to stabilize the hips and spine.

Scapula and Erector Spinae

The Scapula is the shoulder blade is a flat triangular bone located at the back of the shoulder. **It serves as an attachment point for many muscles** that move the arm and shoulder, while the **erector spinae** are a group of muscles running **along the spine** that primarily extend and rotate the **vertebral column to maintain posture**. While distinct in location and primary function, **the two systems interact** because scapular muscles like the **trapezius and rhomboids** attach to the vertebral column indirectly, and their actions influence the body's overall **posture and movement**, which is supported by the **erector spinae**.



The scapula provides an attachment for numerous muscles that move the shoulder joint, particularly the **glenohumeral** (ball and socket) **joint**.

The **intrinsic scapular** muscles, such as the rotator cuff muscles (subscapularis, infraspinatus, teres minor) **help with movements of the glenohumeral joint.**

The **extrinsic scapular** muscles include the trapezius, levator scapulae, rhomboids, serratus anterior, and parts of the biceps and triceps.

Together these muscles associated with the scapula are responsible for its **elevation** (shrugging), **depression, protraction** (away from each other), **retraction** (towards each other), and **upward/downward rotation**.

The **erector spinae** are a group of muscles located **along the spine**. They consist of three main parts: **the iliocostalis** (most lateral), **longissimus** (largest and central), and **spinalis** (most medial).

They are primarily responsible for keeping the **spine erect**, **maintaining posture**, and **enabling movements** such as **extension** (arching the back), **side-bending**, and **rotation of the vertebral column.**

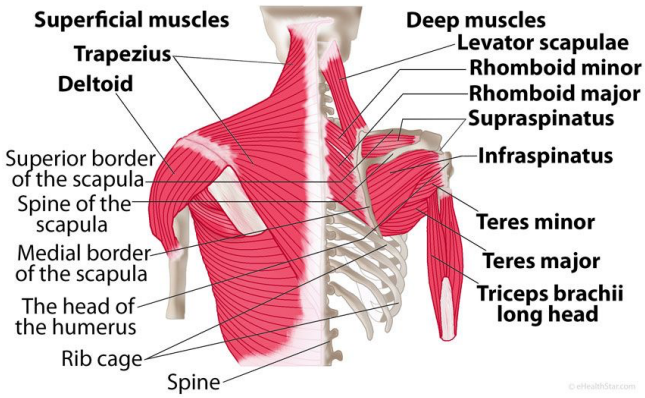
When the Erector spinae **contract**, they **move the spine**, which is a **distinct function** from the **shoulder blade movements.**

Relationship Between Scapula and Erector Spinae

While the erector spinae **do not directly attach to the scapula**, they are **connected via fascia** that extends from the **spine to the shoulder** region.

The muscles that **move the scapula**, such as the **trapezius** and **rhomboids**, **have attachments on the vertebral column**, which is the primary action site of the **erector spinae**. Therefore, actions of the scapular muscles **indirectly influence the spine**, and vice versa, as the **entire trunk and shoulder girdle work together** for functional movements.

Both the **scapular muscles** (which position the shoulder blade) and the **erector spinae** (maintain spinal alignment) are **crucial for good posture**.

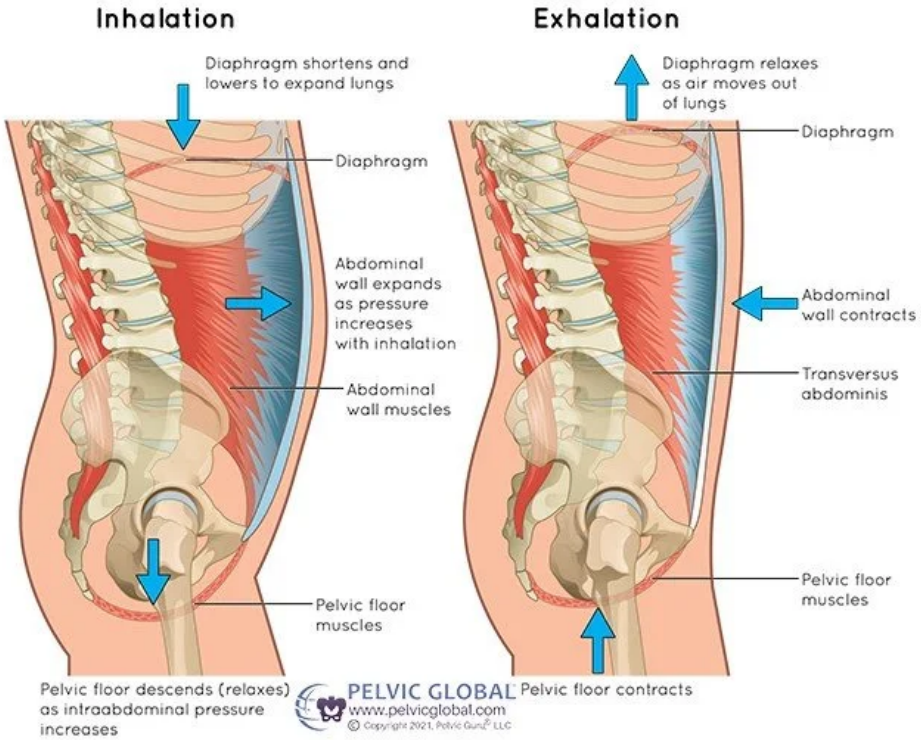


Diaphragm, Transverse Abdominus, Perineum (Pelvic Floor)

The transverse abdominis, diaphragm and perineum (pelvic floor) muscles work together as an **interconnected system** to provide **core stability**. Often referred to as the "**inner core**" or "**core canister**," these muscles coordinate with each breath to regulate **intra-abdominal pressure**, which **stabilizes the spine and pelvis** both passively and during movement.

The "Core Canister" Allows One to Imagine the Abdomen as a Canister or Pressure Vessel

- **The roof:** The **diaphragm**, a dome-shaped muscle located under the lungs.
- **The walls:** The **transverse abdominis** (the deepest abdominal muscle) and the multifidus muscles along the spine.
- **The floor:** The **perineum**, or pelvic floor muscles, form a hammock at the base of the pelvis.

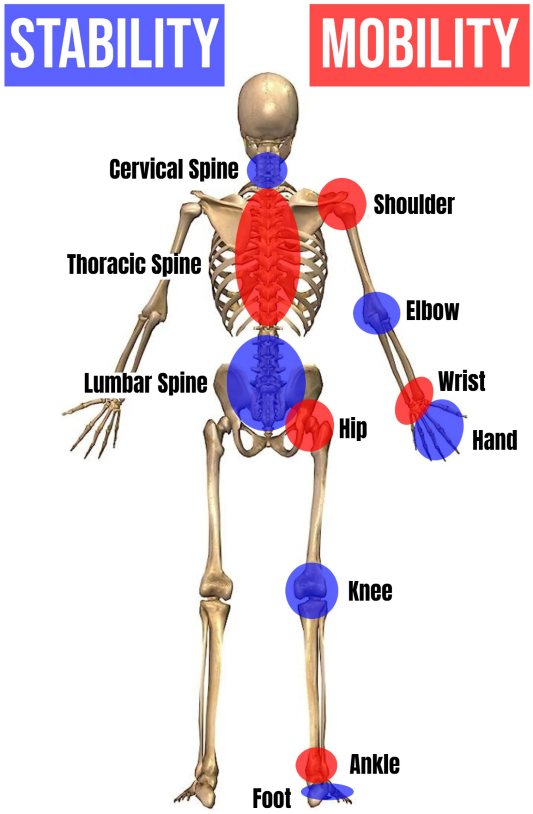


There are 2 cavities located in the torso, the chest (lungs) and the abdomen (core canister). The chest changes in volume, while the abdomen changes shape, facilitating belly breathing.

Coordinated action during breathing creates optimal core stability and is tied directly to a breathing pattern known as **diaphragmatic** (belly) **breathing**. Frequent practice of belly breathing **ensures that the core remains stable.**

The diaphragm is the chief muscle for breathing. By controlling **intra-abdominal pressure**, the diaphragm provides **dynamic stability** for the **lumbar spine**. Studies have shown that in people with **optimal core stability**, the **core canister co-contracts to stabilize the spine** in anticipation of hip-hinge (lever).

The transverse abdominis (TrA) acts like a **natural corset** or **weight belt**, wrapping horizontally around the abdomen. It provides a key component of **core tension** and **spinal support**. The TrA contracts **synergistically** with the **diaphragm and pelvic floor** to help regulate intra-abdominal pressure and **provide stability to the trunk.**



The perineum (pelvic floor) **muscles** work with the **diaphragm** and **TrA** as the "floor" of the core canister, **stabilizing the spine and hips**. These muscles naturally lengthen on the inhale and contract on the exhale to assist in **managing intra-abdominal pressure.**

As a consequence of **lack of use**, if this system does not work in unison, then **core stability is compromised.** The deep stabilizing muscles become **dysfunctional**, forcing **larger, superficial muscles to take over**, which can cause poor movement patterns, injury and reducing core stability. An **inability to contract** (activate) the TrA is directly linked to **low back pain.** While disfunction of the pelvic floor can lead to issues such as **incontinence** or **pelvic pain.**

Additionally, **poor breathing patterns** (shallow breathing) can lead to overuse of **neck and chest muscles**, causing postural problems like a **forward head/hip positioning**, including **chronic neck, shoulder and back pain.**

Summary

Working from the ground up, the feet give us a solid foundation to walk on. Stable hips, spine and shoulders provide ease of movement, longevity and quality of life. A steady mind offers us more mental fortitude and self-control, leading us to a stable and a more balanced state of health and wellness.

A Plan of Action

Many people focus on what *they "can't"*, rather than focus on what *they "can"* in order to drive Momentum.

What each person requires in order to be successful at anything is a personal experience. In jiu jitsu, or even yoga, each person learns some basics to start. After a while, the person makes what they have learned as their own. Meaning, **they adapt a move or position that works for them best. Like a language, they create their own dialect.**

Each person must create the solution that works for them, their own dialect based on likes and dislikes, lifestyle, etc.

Face reality, *we are not going to change our life on January 1st, or Wednesday*. **We are seeking incremental steps towards a shift in Momentum of where we would rather be**. The opposite end of a spectrum of options is part of a concept called **Duality**.

If someone calls me "selfish", and I take this opportunity seriously, I am given a choice. Is this person venting out of frustration and is full of crap, or does this person have a point? **Am I really selfish?**

If we look-up at the definition of a word, then a few synonyms and antonyms, we can **draw a picture of a spectrum of options that exist on a plane**. Kind of like a 33rpm record balanced on our finger. **The weight of where we reside on any plane is our "bias", making the record unbalanced**. We often cannot see imbalances because where we "see things" looks like a flat plane. Kind of like the way we cannot see the earth is round, on our plane it looks flat.

Once we understand there are legitimate options to our bias, we can come to the realization of our imbalances and can make corrections towards balance.

Making the concept of Duality a practice in our lives allows us to discover our biases.