

HOW TO SIMPLY SIT AND BREATHE LIKE A SENSEI



BREATHWORK
FOR BROTHERS AND SISTERS

DOJO DAD

SO SIMPLE, A CHILD CAN DO IT.

Breathing like a Sensei (Japanese Martial Arts Teacher) is simple, subtle, and something you can (and should) do all day. I learned how to do it from my (Korean) Grandmaster, Min Q. Pai, through the culmination of his life's work, Butterfly Hand (Nabi Su).

It's called
BREATHING DOWN
(Not just in and out).

It's what Zen Masters, monks, and yogis do in meditation, and it is a paradigm shift in Self Awareness.

Many forms of Breathwork hyper-oxygenate the blood, brain, and body and are, for lack of a better term, unnatural activities, despite their benefits. Breathing Down is a return to how you'd naturally breathe as a baby. If, of course, you were born healthy. It reconnects you to your Divine*Design better than any other exercise. Building muscle is great, but it only really 'works out' within the framework of an aligned skeletal structure. Hence, Posture and Breath go hand in hand.

*No matter your Religious/Spiritual beliefs, know the word spirit comes from the Latin word *spiritus*, which means:
BREATH!

Unfortunately, most folks have fallen out of touch with their natural intuitive way of being and breathing due to stress and the comforts and conveniences of our couches, cars, computers, and, inconveniently, Covid.

As a result, many people, children especially, are unknowingly detached and traumatized in this tech-no-logic time.

So now, it's my mission to reboot the mainstream Martial Arts mentality of breaking boards and busting heads to the more peaceful empowerment of innately knowing and being able to rebuild our Breathing-Bodies.

We are all in a battle for better health, strength, and growth, and to embody this knowledge, is to embark on The Path of exploring and elevating our personal evolutionary experience.

First, please review **The Breathing-Body Blueprint**© on the next page as this is the plan for erecting your Breathing-Body-Building.

It indicates the spinal column is central to your body's construction. It also points to the core muscle you'll be exercising, the diaphragm.

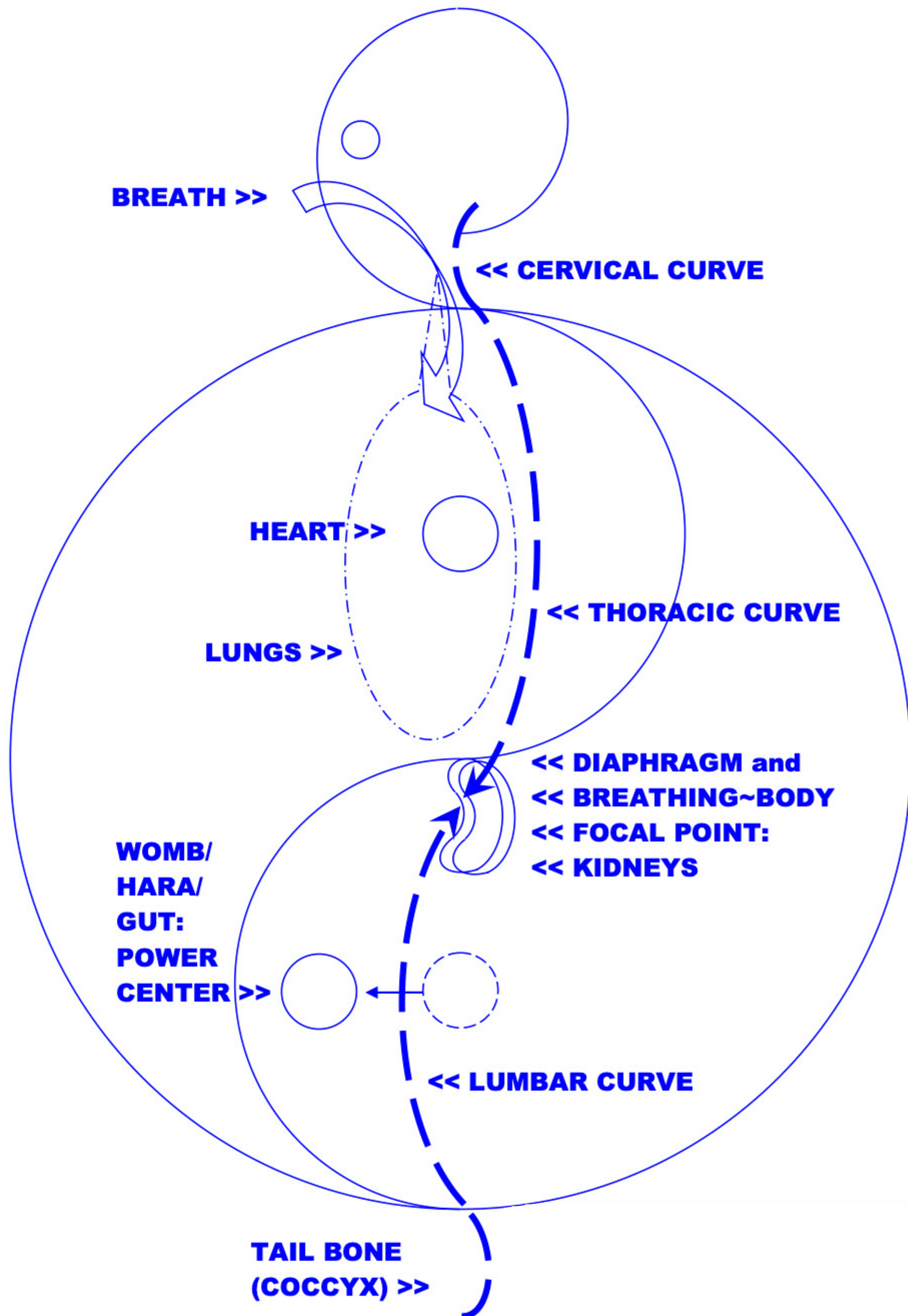
Next to the heart, this Most Important Muscle makes the lungs work and surrounds several vital organs, specifically the kidneys.

Connecting to your diaphragm to 'squeeze' your kidneys is the simple **ANCIENT SECRET SKILL** to enhance your health, strength, and life force energy: chi.

The kidneys clean the blood and are thus known to be the 'spark plugs' of our living, breathing Musculoskeletal Machines.

Seeing as We Are Energy Beings, this 'core concept' is crucial to embody. 'Core Strength' is critical in being a healthy human, but this is the core within the core. And just as Earth creates its electromagnetic field, your world will r/evolve around you with
IRON CORE STYLE.

THE BREATHING-BODY BLUEPRINT®



DOJO DAD'S 6 SIMPLE STEPS

To Structure, Empower, 'Air Condition,' and
Healthfully Inhabit Your 'Breathing-Body-Building'

1. Breathe 2. Stretch 3. Bend 4. Twist 5. Shake 6. Hang

(Carefully read and follow these directions to the first step)

1. Sit at the front edge of a seat or flat, seat height surface as erect as possible, then let the upper body fold over the legs pivoting at the hip and keeping the spine 'straight.'

2. After relaxing into that position, place your arms against your shins and 'pry' the spine open.
Breathe. (Inhale~Exhale, 2X minimum.)
Then, lock into the lowest part of the spine you can and, leading with the head, sit up slowly.

3. After you've sat up straight, spread the legs and lower the thighs below hip height.
Notice how it thrusts the spine into an improved posture.*

4. Pivot forward and back on the flesh of the sit bones, hinging at the hips and flexing the curve of the lower back (Lumbar) and then the entire spine several times each.

5. Inhale, pushing the belly out, then exhale, sucking the belly in,
in unison with the forward and back flex** 3X.

6. Gyrate the pelvis/spine in a circular motion several times,
then reverse to loosen the Lumbar curve further.

* When a Grandmaster/Sensei sits in 'Full Lotus,' their crossed legs help the hips and spine into a posture-perfect position. The focus is to erect the spinal column, and train the Breathing-Body in this position.

** Inhale slowly through the nose, flexing the spine towards the body and abdomen away from the body.
Fill the lungs $\frac{3}{4}$ full, expanding the belly, not the chest. Exhale longer than inhaled (try to 2X the time and more), aiming to push all the air out of the lungs. In doing so, bring the belly towards the body. Some schools say to exhale through the mouth; some say to make a sound: a sigh, hum, or tone. I learned to breathe silently through the nose.

Note: If you cannot inhale for 4 seconds, you're going too fast, or your lung capacity needs to increase.
Do what's comfortable. Practice improves the amount of time and air used for inhalations.

Breathe in and out again. After exhaling as much as possible, 'cough' to engage the diaphragm further.
Notice and maintain those core reflex muscles, then exhale even deeper. Do this several times to connect to your *vital organs* area. Recall a 'vomiting sensation' and copy it. Many people do not 'breathe deep' using the lungs only at the chest level, which is a shallow breath. As the belly expands, so does the lung's capacity.

Some benefits of deeper Breathing through the nose are:

- Nasal hair filters out dust, allergens, and pollen, which helps prevent them from entering your lungs.
 - Your nose warms and moisturizes the air you breathe, making it easier for your lungs to use.
 - Your nose releases nitric oxide, which helps widen blood vessels, improving oxygen circulation.
- Conscious, controlled Breathing regulates the nervous system, calms the mind, and nourishes all of our cells (blood, brain, bones), mitochondria, and, well, everything!

THE EASIEST EXERCISE EVER

These **6 Simple Steps** are a mix of foundational Martial Arts movements and proto-yoga practices designed to prime a child's *posture and breath connection* to support their growth before 'bad back habits' form.

How we walk in the world and *be in our being* is imperative to transforming our Breathing-Body-Buildings into Temples of True Power. This *physical education edge* I learned as a young adult needs to reach kids early as their bodies blossom and before they damage themselves due to these modern daily distractions.

If they have poor posture, suffer from (growing) pains, low self-esteem, or any number of issues (ADHD, Asthma, attitude), this 1 **Simple Skill** offers a deeper understanding of their body's ability to relieve stress, tension, let their energy and blood flow easily, and facilitate health and healing on many levels. I know this to be the most important information for our kin to get *in formation*. The benefits of this 'Ninja Knowledge' are numerous:

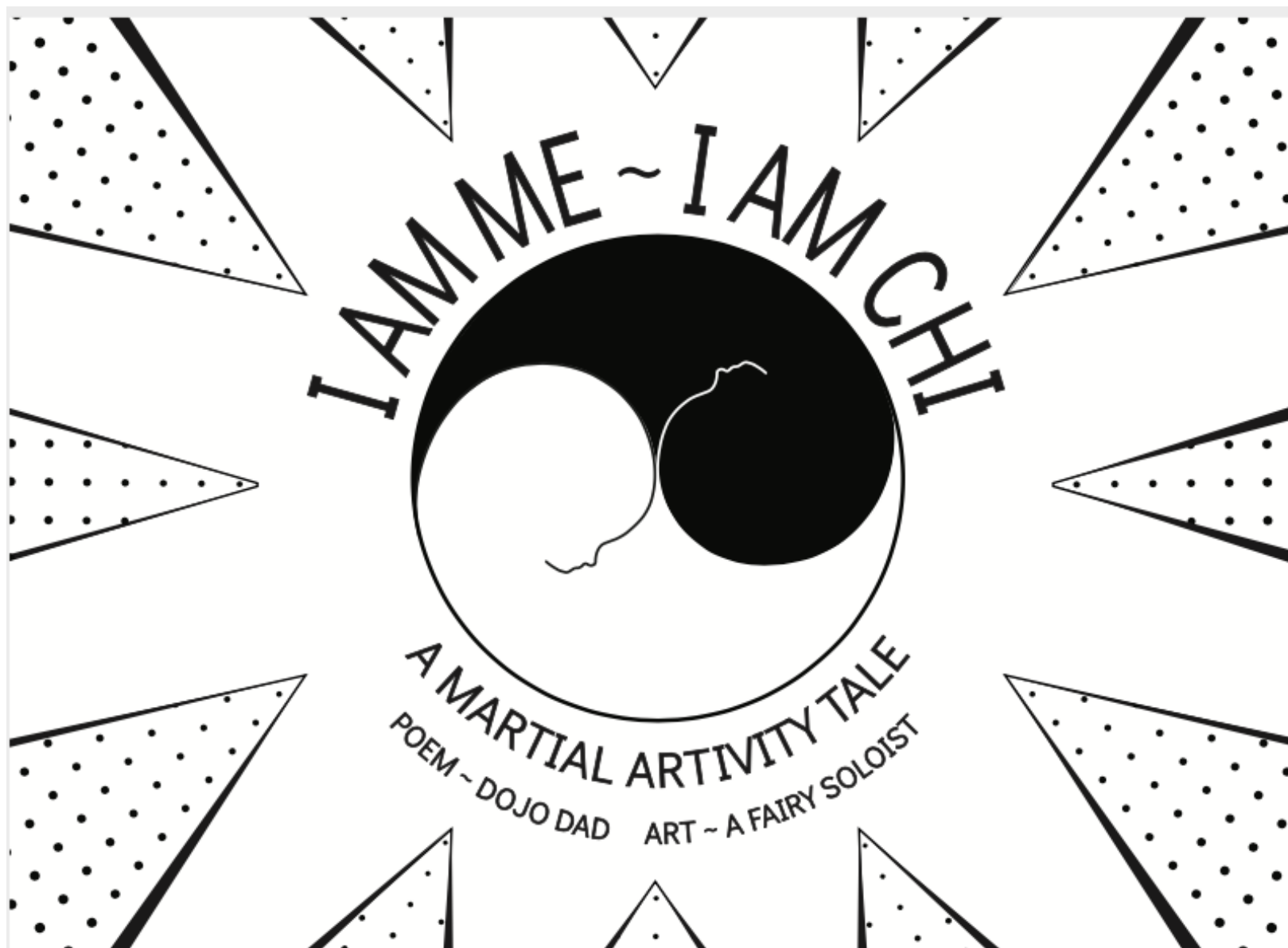
- Health • Strength • Growth • Flexibility • Functionality
- Self Awareness • Self Confidence • Self Control • Self Defense
- Saving Money/Time from Pain Management/Health Issues

In the meantime, make this your (and their) mantra:

Posture IS Power ~ Breathing IS Eating ~ Energy IS Everything

Additionally, I just published this short and interactive book that's fun for families to read together because educating our children with this knowledge of Self will be the greatest gift we can give them.

It reached Amazon International Best Seller Status in 6 Children's Health and Fitness Categories! Awesome, right? Please click the image, check out the book, then please, get one and give one. Gratitude in advance!



HI, I'M DOJO DAD

It's my honor to continue my Grandmaster's lineage with these teachings and with your child.
I AM here if you have questions or desire to go deeper with *Breathing Down*
to **build bones, optimize organs, and evolve energy.**

A parents prime concern for their child/ren is helping them care of their bodies and minds.
Fortunately, protecting our progeny starts when they tune into the *sensei-bilities* of their Divine Design.

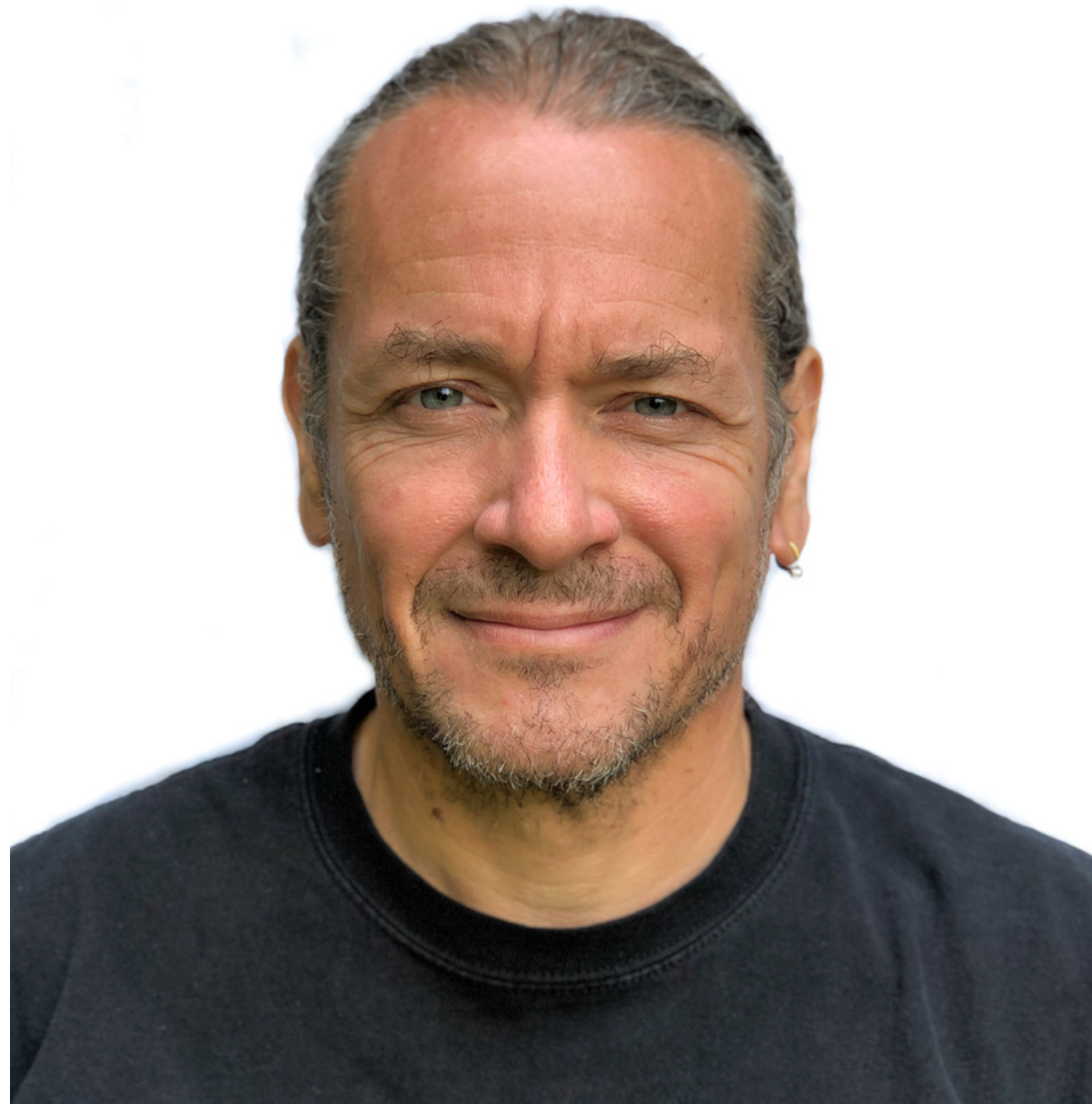
Contact me for more pre-requisite Personal Training, next-level Martial Arts, and definitive Self Defense.

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Blessings and Respect!



LET'S CONNECT

