

EXAMPLES OF SELF-LIMITING ACTIVITIES

These are only a few suggestions provided to spark your own imagination.
Each of the examples should be performed for technical correctness, not to failure and not even to fatigue.

PAIN OR DISCOMFORT TO LEARN BODY MANAGEMENT		
Balance Beam Walking	Climbing Activities	
Barefoot Running and Training—Pose, Chi or Evolution Running	Farmer's Carry	
BREATHING		
Crocodile Breathing (yoga)	Rolling Patterns	Classic Yoga Instruction
Classic Martial Arts Instruction	Pressurized Breathing for Power	SeeSaw Breathing (Feldenkrais)
GRIP / SHOULDER / CORE / CONTROL		
Goblet Squat, to Overhead Lift	Bottom-Up Clean, Bottom-Up Press	Bottom-Up C&P, Tall-Kneeling
Bottom-Up Press, Tall-Kneeling	Climbing Activities	Heavy Rope Work (Brookfield)
BALANCE AND SMALL BASE CONTROL		
Trail Running	Bottom-Up Press, Half-Kneeling	Single-Leg Deadlifting
Single-Leg Med Ball Catch	Half-Kneeling Kettlebell Halos	Tall-Kneeling Kettlebell Halos
Goblet Squat to Halos	Medicine Ball Throws, Half-Kneeling and Tall-Kneeling	Single or Alternate Leg Jump Rope
POSTURE AND COORDINATION		
Jump Rope	Indian Club Swinging	Turkish Get-Up
Kettlebell Overhead Walking	Farmer's Carry	Surfing & Stand-Up Paddleboarding
COMBINATIONS		
Cross Country Skiing	Trail Running	Single-Leg Squat
Single-Arm Pushup	Chop and Lift, Half-and Tall-Kneeling	Press—Bottom-Up, Half-Kneeling
Double Press, Tall-Kneeling	Single Bottom-Up, Clean/Squat/Press	Double Bottom-Up, Clean/Squat/Press
Yoga	Pilates Mat Work	Martial Arts Movements
Climbing Activities	Surfing & Stand-Up Paddleboarding	Obstacle Courses
Sparring	Running Uphill	Running Downhill
Compressed Athletic Activities—meaning smaller areas, quicker play, increased one-on-one contact and disadvantaged activities		

A word of caution: These activities are not magic. They don't automatically install movement quality. They simply provide the opportunity should the individual be up to the challenge. Each of these activities imposes natural obstacles and requires technical attention. There is usually a coordination of attributes not often used together, such as balance and strength or quickness and alignment. These activities usually require instruction to provide safety and maximize benefits. If you do not respect them, they can impose risk.

However, patience, attention to detail and expert instruction will provide a natural balancing of movement abilities. These do not have to make up the entire exercise program. Instead, they offer mental and physical challenges against natural limitations and technical standards. These activities will not only provide variety, but should ultimately produce physical poise, confidence and higher levels of movement competence.