



From pain to performance

Yong Jik Lee, DC MS

What is Foundation Training?

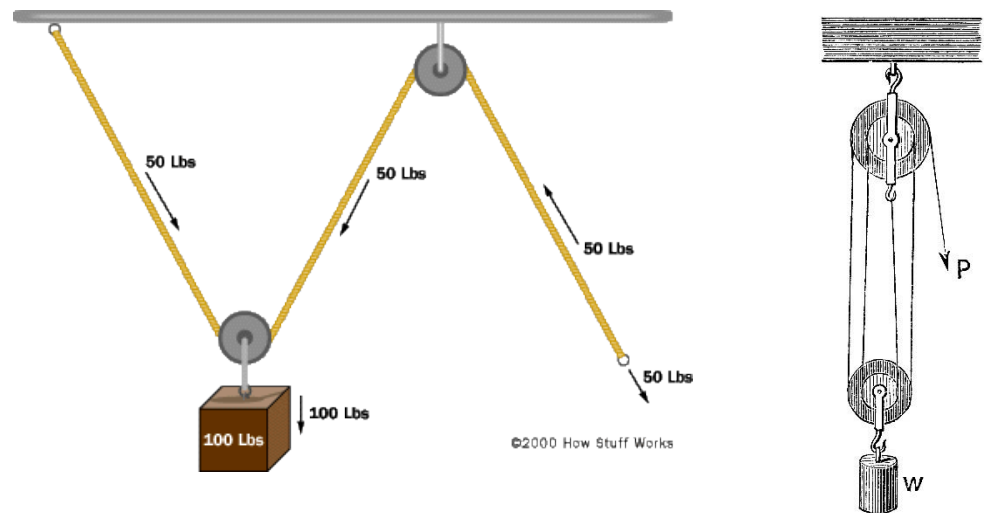
- Foundation Training (FT) is a series of exercises designed to bring us back to our natural postures and movement patterns.
- It teaches how to effectively use your body and build it up rather than the constant break down our modern lives create.
- Awakening this innate potential through simple positions and movements, untapped power and strength become your new natural state.

The backstory

- Eric Goodman & Peter Park- Lance Armstrong' strength coach
- 운동선수들- 일반인들까지: any age at all levels of fitness
 - Back surgeries, prescription painkillers, Derek Fisher, Kelly Slater, USA Olympic water polo
- 모든 운동/스포츠를 수행하기 전에 해야할 기초운동(Basic/fundamental)
 - 화장할때 화운데이션의 기능
 - Establish basic movement pattern & building the initial strength needed to go forward
 - Baseline for any sport or exercise program/ pelvis is the structural foundation
- Strengthen your lower back and posterior chain: 움직임의 시작은 고관절에서 시작되어 힙과 햄스트링을 강화시키며 동시에 척추를 강화함(brace)
- Back 근육들이 강해지면 질수록 척추는 이완되고 (체중부하를 근육에 전달시켜 디스크의 압력을 줄임), 햄스트링은 길어지고 둔근은 기능적으로 파워풀해진다

A Pulley system

- Muscles working together have much more strength and stability than a single muscle working on its own.
- Pulleys throughout the body, allowing people to use as many muscles as possible within a given movement.
- This disperses more force throughout the body, removing friction from the joints and instead placing tension on muscles created to handle such tension in the first place.



- Every muscle that directly **connects to your pelvis** should be considered a piece of your **core**. Your athletic ability, flexibility, balance and strength are all dependent on powerful hips. To accomplish that, FT recommends strengthening the following muscles using the Foundation Training Program:
 - Glutes
 - Adductors
 - Deep low back muscles
 - Abdominal & hip flexors
 - Transverse abdominus
 - LATS & Pectoralis

Foundation Training Principles

- Anchoring
- Decompression
- Integration

Principle #1: Anchoring

- A Sustained bilateral contraction among the muscles which connect the bottom of the pelvis to the arch and toes. The muscles we focus on for anchoring are the Adductors, Tensor Fascia Lata, Iliacus, Sartorius, Hamstrings, Posterior Tibialis, and Medial Arch.

Principle #2: Decompression

- The action of creating downward spinal traction by anchoring the pelvis, counter tensioned by upward spinal traction from muscular deep breathing. The result is a subtle lengthening of the deepest para-spinal muscles leading to a decrease in the force placed on individual segments of the spine.

Principle #3: Integration

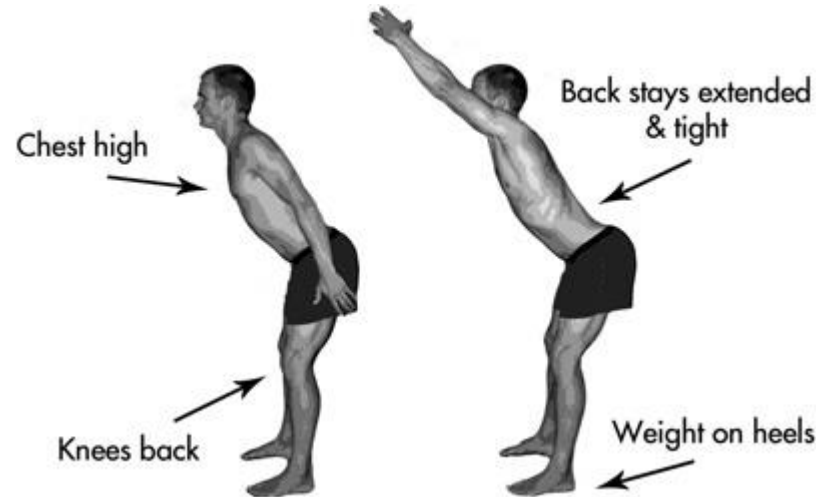
- Integration – The art of shifting the body so that tension is shared among muscles within a chain as they were designed to share tension *Interconnected*
- Integration vs. Compartmentalization
- The body as a Pulley System 도르래
- Dormant Neural Connections

The Founder

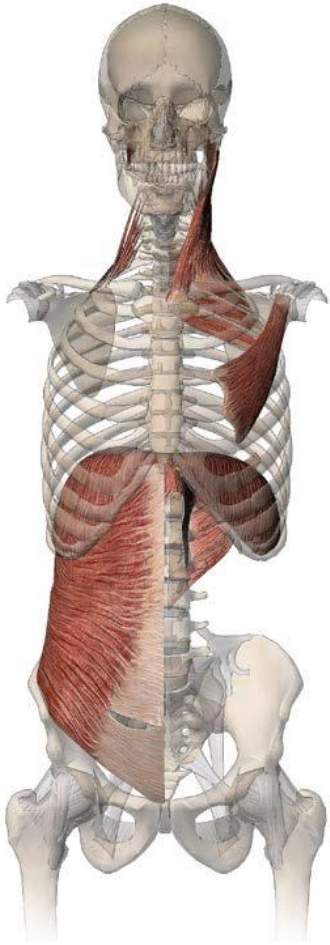
Correct movement patterns의 기본동작

- Posterior chain 활성화: glutes, hamstrings, lower back, and upper back

- Hyperlordosis: spondylo-, hyperextension, hypermobile 여성들은 muscular deep breathing 통하여 후면흉곽의 확장 (elevating the back of rib cage)에 더욱 신경을 써야함.

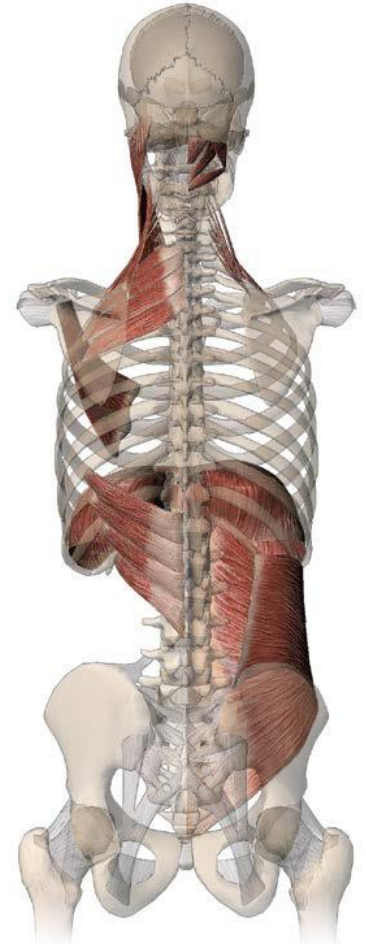


Decompressing in a Compressed World

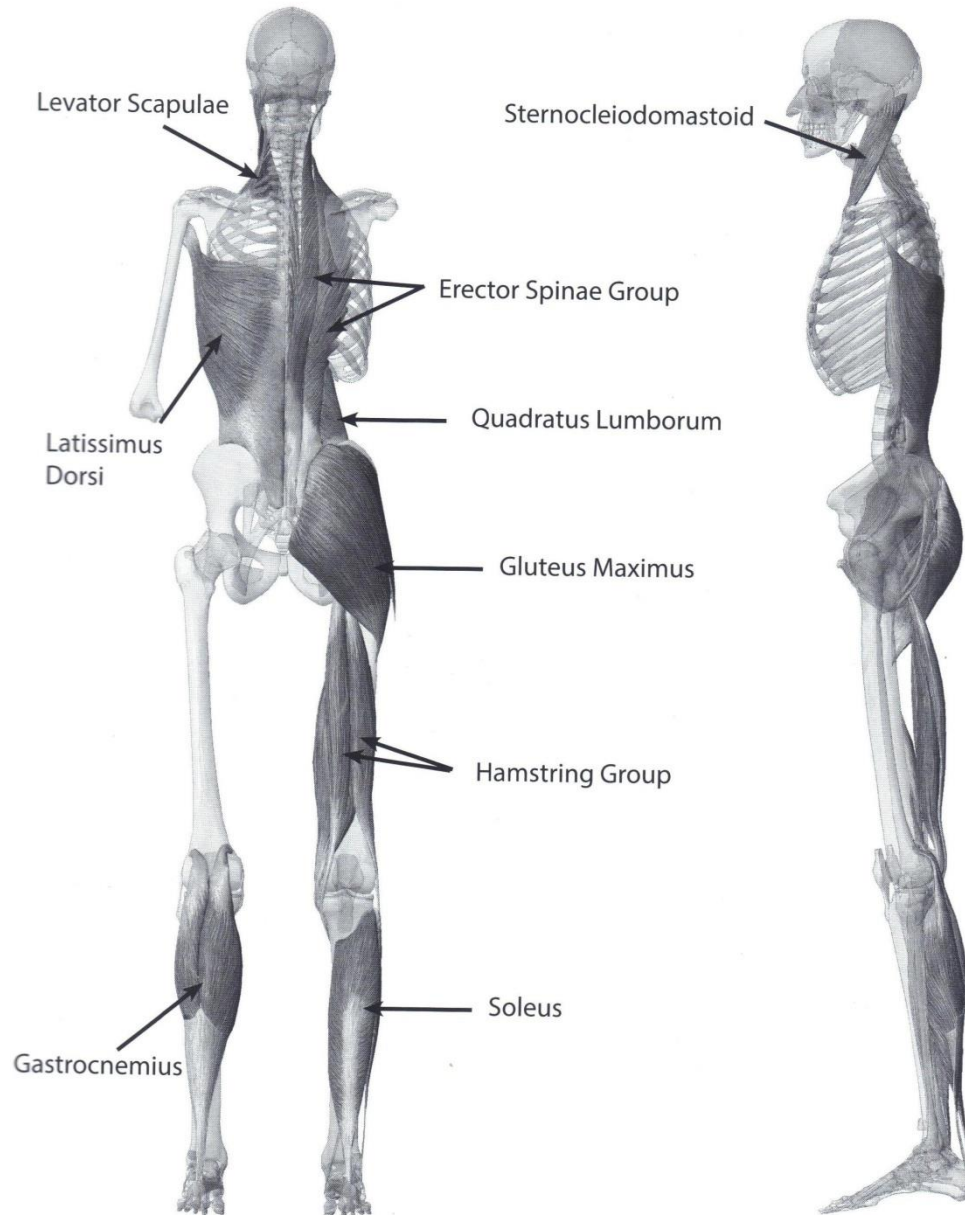


Breathing

- Our lungs are held w/in our ribcage.
- Without proper chemical respiration we are entering every moment of every day at a disadvantage
- Correct breathing facilitates strong, powerful posture



POSTERIOR CHAIN ANATOMY



Posture Requires Power

An intersection of 3 things:

- Mental Wellbeing
- Physical Ability
- Inspirational Capacity

1. Mental Wellbeing

- Don't over-react to any given stimulus
- The ability to remain present the majority of the time
- The facilitation of effective communication between the body and systems

2. Physical Ability

- The capability to choose your desired level of fitness, strength, stamina and agility instead of having them dictated by your limitations
- The ability to be physically confident and minimally anxious about the physical demands that are placed in the body
 - 일상생활 가운데, 운동·스포츠 수행시 (performance) 육체적인 요구에 대해 자신감을 가지고 대응할 수 있는 능력
- The ability to remain supported through our primary stability feature- our muscle chains

3. Inspirational Capacity

- Ability to remain excited about life- always wanting to improve your interactions with others with nature 창조적 영감
- Physical inspiration- the ability to sustain a high volume of chemical respiration, blood oxygenation, and mental awareness through more efficient breathing
- Inspiration is both cause of and the reaction to sustainable health
 - 호흡은 건강의 지속적인 관리를 위한 필수요인이다.

Modern Imbalances

- Hypolordosis
- Hyperextension
- Anterior Head Carriage
- Duck Feet
- Pigeon Toe
- Knock Knees
- Joint Laxity

What's this complacent adaptation thing really doing?

- Less efficient movement patterns = more frequent injury.
- Forces of gravity absorbed through the skeletal system rather than muscles.
- Chronic Inflammation throughout the body due to unnatural diet and motion.
- Back pain is universally within the top reasons people are utilizing various healthcare systems with little to no long term effective relief.
- Lifestyle illnesses, the groups of symptoms caused by complacency, are reason enough to see the power we actually have to change our health and the health system at large.

Why Aren't People Finding Relief?

- Reduction vs. Holistic Wellness
- Active vs. Passive Patient Role
- Modern Conveniences
- Loading the Unloadable Body

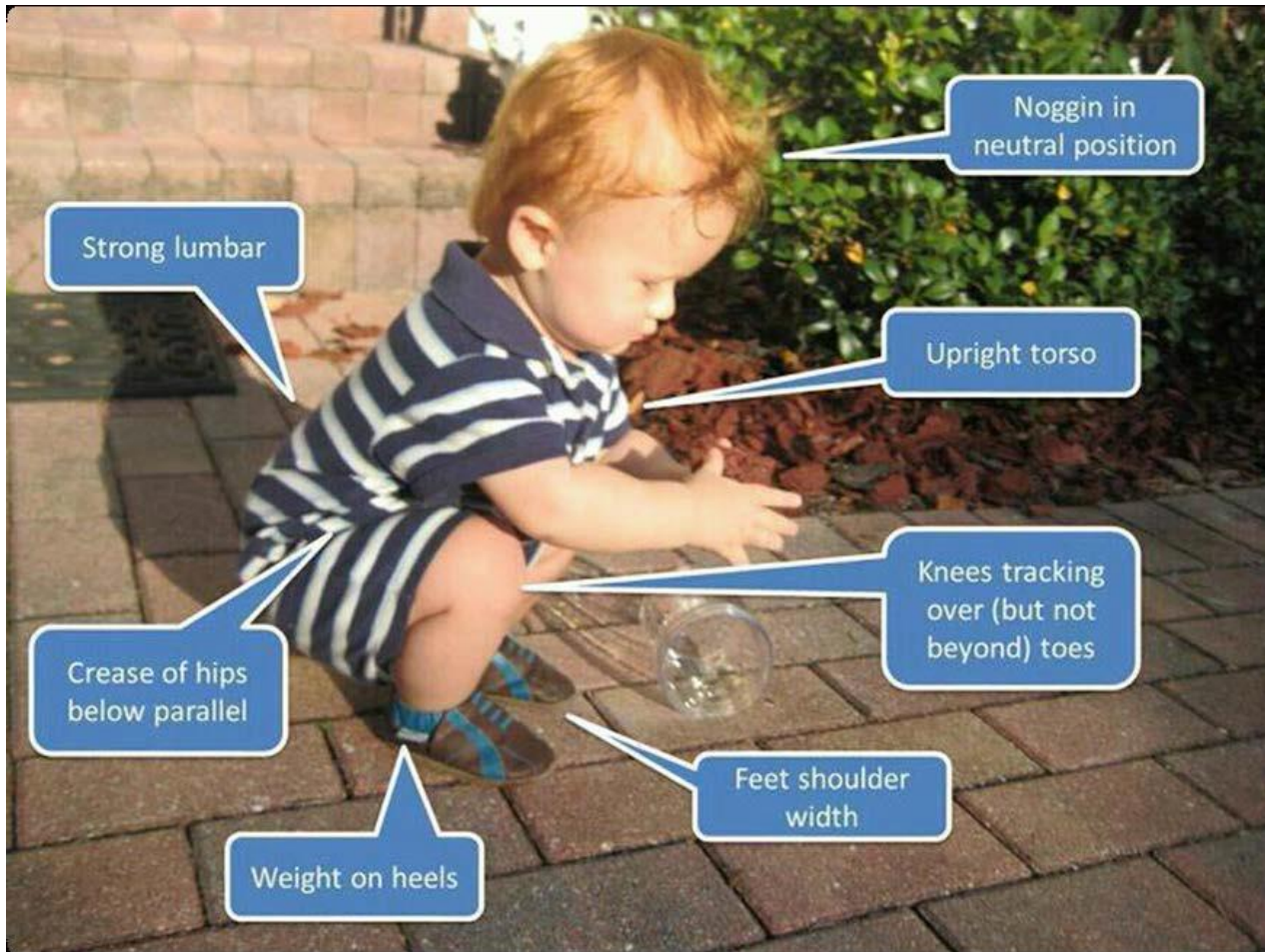
What is Foundation Training?

- 18 facilitative exercises sharing a common goal of effective human hip hinging
- A gateway to health for many people, and the plateau busting accessory for others
- The most interesting thing we have ever come up with, and we are trying hard to improve upon that
- The spine must be more stable than flexible for your body to be at its best. That thought is at the core of Foundation Training

Founder



Move like an adult, babies can't even read.





Q & A

- Thank you!
- Any questions?
www.nmsschool.com