

The Training and Life Wisdom of Ido Portal

www.idoport.com

All things in this document have been quoted by Ido (or one of his staff members, there's no way of knowing) on his Facebook fan page (in the form of posts or comments, if a comment, I will post the question/statement he is replying to. Q=Question, S=Statement), personal Facebook page, one of his blogs, videos, or another source (interview, etc). Anything added by me will be in ***italics, bold, and underlined***. If you have anything else to add, please tell me. I will try to update this regularly. I hope you enjoy. Review, digest, implement, as Ido always says. And yes, I did write most of this in a squat.

Training

Handbalancing tip #1: Transitioning into the One Arm Handstand and "Skiing".

For serious 'addicts' going towards one arm practice, here is my best advice: the most common error with beginners is what I refer to as '**skiing**'. Instead of leaving your shoulders above the hands, most will shift their shoulders laterally and end up in a broken alignment. This will also lead to other mistakes down the road like opposite lateral pelvic shift and you will end up in a question mark shape and nowhere near a OAHS. (One Arm Handstand)

The best medicine: I have created a variety of drills I work with intermediate level practitioners for re-educating the scapula and shoulder to take a more active and stable role. All efforts should be made to keep the shoulder above the same side hand. In order to do so, while shifting the legs and pelvis into the one arm position, you should pull the opposite shoulder (the free side) a bit away and up. This minor counter balance is all that is needed for the stabilization of the OAHS.

Preventing **Skiing** is no easy task. It is a major road block in the path of transforming into One Arm Handstands, but is something that is possible to sift through with proper instruction and practice.

Strength Tip #1: The Planche

The Planche. An amazing, almost inhuman, physically impossible looking feat of Straight Arm Strength.

But... The Planche still has to follow the same rules as any other static position of any object/being on planet earth - center of mass (around the lower abs in the Planche) has to be placed on top of the point of support. (hands)

In order to achieve that, a certain lean forward has to happen, shoulders should drift far forward in front of the hands and the more you extend you legs behind you the more your shoulders have to move forward for compensation.

The problem arises of where to start?! Some are able to lift into what is called 'Tuck Planche'. Those are talented, strong people to begin with, but not all of us can pull that one off

without some basic training.

Others get the idea of starting with a **'Frog Stance'**. That is also where most gymnastics coaches will start their students with and the common recommendation floating around the web. I do not subscribe to this, to say the least. Actually, from my experience, most people will get stuck in that stage due to improper transfer to the next drill in the progression chain. (Tuck Planche)

Why is that? Because in the Frog Stance or even the Straight Arm Frog Stance, there is contact between the knees and the arms, a contact that does not allow the proper 'connection' in the scapulae to be adequately developed. is the most important link in the chain and is often the weak link that prevents you from making progress. This

The Frog Stance does not belong to the Planche progression and will not lead to optimal results.

It is very easy to give criticism without offering an alternative, but I do not intend to make that mistake here.

What I suggest is replacing the 'Frog Stance' with an **Elastic Band Assisted Tuck Planche**.

Here are the instructions on how to perform it:

Set an elastic band from a single ring above the floor in a certain height. Put your waist inside the band and assume a push up position with hands on the floor just below the ring anchor. Assume a tuck knee position (Tuck Planche) with your knees between your arms, without touching them. Feet should be on floor although the elastic is giving it a certain pull at the start. Protract shoulder blades and lean forward into a Tuck Planche position. Feet should elevate if band tension is right, proper protraction is made and body is tight throughout. It should be difficult, not impossible. Hold for 10-15 sec, lean back to come down.

If that is too easy, you have a couple of options:

1. Decrease height of the anchor point.
2. Go to a lighter band.
3. Hold for longer the position.

The Elastic Band Assisted Tuck Planche will move you towards the real thing very quickly if performed with quality, enough quantity and the right frequency. I've used it with clients for some years now and have seen amazing results with people who were stuck with the Frog Stance for a long time. I hope it will do the same for you!

Remarks:

1. I am not a fan of elastic band assistance in dynamic strength exercises due to interruption of the strength curve, motor unit recruitment, weak link mismatching and other issues, but in static positions (isometric) these problems are non-existent.
2. Effort should be made to maintain full Scapulae Protraction throughout the Planche hold. It will facilitate the Scapulae Connection and will enable you to make better progress. This does not mean a planche can not be done without full protraction. It can be done. (Watch Bboy Junior's clips and see what I mean)
3. The body adapts to isometric holds quite quickly in comparison with dynamic efforts. Increasing volume and frequency is a must down the line for intensity (more advanced holds and/or more time) gains to be made.

4. Effort should be made to move on from the Elastic Band Assisted Tuck Planche into the real Tuck Planche. Do not make the mistake of moving into more advanced variations using the band. Especially not as your main practice. There is nothing like the 'real thing' and progress this way will be made quicker.

Comments:

Q: Ido, I'm still experimenting with my grip width. Some folks seem to place their hands quite far apart, your style seems to be narrower. Would you say that this is highly individual or is there some rule of thumb?

Ido's Answer: @Oliver It is individual. Some factors effecting this: structural balance, mechanical leverage, tendon insertions, length of arms, length of legs, length of torso, etc, etc...

Q: Hey Ido, would this be effective in increasing your tuck planche time? I have not been able to get passed a 20 second max tuck planche for almost a year and am not sure why. Your thoughts?

A: @Justin you better off practicing tuck planches. The problem lies in too little volume. I go as far as 10 sets of 20 sec holds with some individuals to induce results.

Mobility Tip #1: Loaded Progressive Stretching (**LPS**)

I am not a flexible person by nature. My nervous system is wired for explosiveness, strength and muscle fiber recruitment. Part of its efficiency towards those abilities depends on its rigidity. For me it was a journey to be able to lower into the full splits as demonstrated in the attached clip:

<http://www.youtube.com/watch?v=EqUxJIVK1jo>

I have been training in martial arts from early age, but only achieved my splits after the age of 25, at a point were many trainers were telling me - the game is over, you will never do it. How, you ask? Using Loaded Progressive Stretching.

Basically - use resistance to fight against, increase training variables such as amount of resistance, time under tension, number of reps and total volume and make sure to progress these variables and your flexibility will progress along side.

I do not make use of relaxed stretching any more, besides one scenario where I view it as beneficial: at night to calm the nervous system down after a day of training.

If you are an inflexible person looking to increase ranges of motion, do not waste your time on relaxed stretching. Use Loaded Progressive Stretching and the results are soon to follow.

Mobility Tip #2: Improving the Back Bridge

Over the years through my [Blog](#) and my [Youtube channel](#) I've shared many useful tools for shoulder and bridging mobility.

As I've indicated before, I am a believer in active work and do not use much relaxed stretching in my practice.

Here is a nice routine to work on, if you want to concentrate on your back bridge and shoulders. I suggest you follow this routine twice a day, 6 days a week for a period of three weeks and then evaluate your progress before devising a new mobility phase for yourself.

A. [Ido's Scapula Mobilization Routine](#) X1

Rest 90 sec

B1. [Rotations into Bridge-Beginner](#) X 10 reps

or [Rotations into Bridge-Advanced](#) X 10 reps

B2. [Two Arm Bridge Push Ups - Beginner](#) X 10 reps

or [One Arm Bridge Push Ups - Advanced](#) X 5/5 reps

B3. [Rounded Back Locked Knee Deadlifts \(light - 15-40kg\)](#) X 10 reps + 10 sec pause at the end of the last rep

and Repeat B1/B2/B3 for 3 total Giant Sets, without rest between exercises

Notes:

1. Ease into this type of work - perform once a day for a week and then increase to twice a day.
2. Aim for quality of movement in the Rotations into Bridge - spin on the outside base of the palm and lift fingers off the floor to avoid friction, use a circular motion in and out and control each phase of the movement.
3. Take your time moving from the beginner variations into the more advanced. This will not happen overnight.
4. Support your active mobility work with Soft Myofascial Release work - either by a professional or by yourself. Good structures to address for shoulder mobility: Subscap, Infraspinatus, Lat-Tri insertion, Pec Minor, Teres.
5. As you have probably figured out I balance arching work with rounded back work. If you are not used to arching this will alleviate a lot of discomfort and low back aches that are usually associated with such practice.

Stay consistent and mobility will be coming your way. Soon.

Enjoy,

Ido.

Comments:

Q: Any recommendations about the sort of band to use with the mobilization routine?

A: @Adam Deuser Band in Europe, Iron Woody Bands in the US.

S: I was planning on asking how to load a backbend today. Thanks Ido!

A: @Alex Not a fan of Pilates as its usually practiced, but as anything out there - there are pilates instructors and there ARE pilates instructors. Make sure you work with progressive overload - thats where most of the pilates/yoga/light elastic band folks are failing.

Strength Tip #2: Improving Scapula Strength

Over the last few years I've come to a very important realization about upper body strength - I came to realize that someone who is strong in the muscles surrounding the Scapulae is an upper body strong person in any endeavor, or if he is not yet strong in one specific discipline, he will be able to transform his strength into this new arena after a very short 'transformation phase'. This is one reason ex-gymnasts are able to transform their strength into various other fields after retiring and very quickly. Gymnasts are the kings of Scapulae control, stability-mobility and strength - in any direction and vector possible. Especially in Russia you will meet a lot of ex-gymnasts competing in Arm Wrestling, Martial Arts and MMA, Powerlifting, Olifting, various Athletic Disciplines and more...

The reason is that most complex movements in the upper body are originating and being stabilized by the scapulae.

'You can only shoot from a cannon sitting on a canoe once!'

There are many ways to address the various Scapulae stabilizers and prime movers passing through it, but the most targeted one is what is referred to as 'Straight Arm Strength'. I was introduced to this concept through my good friend and ex-Belarusian gymnast Yuri Raviz. I go as far as referring to it as **'Straight Arm-Scapular Strength'**. (SASS)

Most strength trainers are ignorant to say the least when it comes to SASS. Gymnastic coaches, on the other hand, are ignorant of proper anatomy cues, application, programming and manipulation of training variables. Thankfully, I have some experience with both sides of the equation and though, I am able to help you with proper integration of this and other training concepts that belong to the 'dark area' between both disciplines.

Through this page I intend to share more concepts, ideas, programs and routines for direct and immediate implementation into your training schedules.

How do you start incorporating basic SASS exercises into your upper body strength work? Here is an example:

A1. [Swedish Bars Back Support Hold](#) X 10-30 sec hold

A2. [Swedish Bars Front Support Hold](#) X 10-30 sec hold

* Perform a total of 3-5 sets resting 60-90 sec between exercises

Notes:

1. The Back Support Hold should be performed with a protracted scapulae position.
2. The Front Support Hold should be performed with a retracted scapulae position.
3. If no Swedish Bars are available, try to improvise using a squat rack and a barbell placed close to a wall. The idea is to not have any room to lean forward or backwards with the upper body while supporting yourself on the barbell.
4. It is possible to implement this couplet as auxiliary work in the end of a bent arm push/pull

such as Pull Ups/Handstand Push Up or similar work.

5. It is possible to implement SASS as a Superset with Bent Arm Strength components. For example:

- A1 Back Support Hold X 15 sec
rest 10 sec
- A2 Planche Push Ups X 3-5 reps / 3101
rest 100 sec
- A3 Front Support Hold X 15 sec
rest 10 sec
- A4 Sternum Chin Ups X 3-5 reps / 30X1
rest 100 sec

6. Another implementation possible is in a separate SASS workout.

Experiment, implement and play with,
Ido Portal.

Comments:

Q: Ido a small question, on notes 1 and 2 do you mean that we should try to retract and protract the scapulae on these positions? Because it seems impossible to me to protract the scapulae on the back support or retract on the front support. I might still be missing something though...

A: Back support - protraction. Front - retraction. You may be too weak to do this. It is often the case. Start with some spotted holds and build up to the full thing.

Q: now i'm doing these exercise for the scapula, does the front lever use the same muscles as these exercises?

A: @Alessandro, yes, they share some of the same muscles. It does not mean you will get 100% transfer, though. It is one more piece in the puzzle, but ultimately you need to perform front lever to become proficient with front lever.

Q: so the victorian on the rings is more similar than the front lever? with the time make sense increase the max hold or when i'll be a 30 sec on the swedish bar support i'll be sufficiently strong in the scapula's section?

A: I see little use of more than 30 sec holds in the Swedish Bars support holds.

Q: Hi Ido. Can I replace the planche push ups with push ups on paralleletes? I was going to put chest to the wall holds but I believe this part has to be dynamic, yes? Thank you!

A: Reverse grip push ups or normal push ups can be implemented there as well, yes, Aylin!

Practice makes perfect?!

People need to distinguish between a movement that is a good DEMO of a certain ability and a movement that is a good DEVELOPMENT tool for that ability. Often, these are two different

things. The reason is that in any complex movement chain there could only be one weak link at a time. It means that targeting that weak link will move you forward, but the movement itself does not necessarily target it efficiently. Example - doing countless side splits is not necessarily the quickest way to a side split as many martial artists know from experience.

The same can be said for the bench press. Performing countless bench presses will take you so far towards your goal. The system will soon stagnate again due to a weak link that will stay behind. A weak link that will require more isolated and directed approach to solve.

What about more complex movement skills like acrobatics? The same logic holds here - if you are just practicing the final skills again and again, soon a problem will arise. The solution? a more intelligent practice which diagnose and treat weak links that develop along the path.

Don't get me wrong - practice of the skills themselves is super important and in large quantities if one is interested in elite performance, but there has to be a supporting system for weak links as well!

Practice makes perfect?? Its not always as simple as that!

Q: Ido, I agree with your point and have found this out through personal experience (especially with floreio). However, what about approaches like John Broz's? His lifters do just the O-lifts and some squatting from what I understand, and the results speak for themselves.

A: @Edward Great question. I love the bulgarian approach and it does produce results - the weak links get stronger by sheer volume, but the journey will end eventually.. It works, however its a very crude tool. I am using both approaches to gain the best of both worlds - high volume of the relevant neural patterns and movement skills and then more surgical, pinpointed, weak link and perhaps more 'intelligent' (for lack of better word - since it requires a lot more knowledge and thinking behind the process) work to solve the issues that the volume approach brings to the surface.

Q: Let's say I want to learn full twist backflip on a trampoline, I've already mastered layout, whip, these are the prerequisites, and my half twist is solid, still, I can't land the full, and I can do all of the prerequisites... I haven't learned something new in acrobatics in 8!! months! still practising the basics, but that is getting me nowhere...

A: @Jirka You, my friend, are in need of a new goal - not the full twist but some element in between what you can already do (Back layout) and what you cannot. It is too far of a gap. I suggest doing halves. If you can master that and still cannot move onward to the full twist, a 3/4 layout into a side crash. Perfected, this 'crashing' element will take out the fear out of the full twist, produce superior air sense and will allow for quality practice of the real thing. If you are unable to crash a 3/4 with safety - it will be hard to practice full's with enough volume. (due to fear)

Q (Similar things, double slash separates the different comments, Ido responds to both of them):

A great coach of my mine often said "Practice makes permanent..." that is, if you are practicing incorrectly, you will be ingraining improper neuromuscular patterns; it is only with intelligent focused practice of correct movements that will help you improve //// Good point. My favorite quote from my favorite Olympic Weightlifting coach Tommy Kono - "People say practice makes perfect? I say practice makes permanent..."

A: Vadim & Benjamin, you are pointing out important things but my post was not talking about

that. I was talking about proper practice and why even PERFECT practice will not always lead to further development.

Q: Could you give some info on finding the weak link. Ive been trying to figure out mine since you've made mention of this in the past. I believe the quote was "attack those weaknesses" but finding them seems to be difficult

A: @Javier This is like asking: 'What do you think is my biggest problem in life?' Who knows? Weak links vary from person to person, movement chain to movement chain and even shift within the same person and movement in various different periods of time. Come on, Javier..

Q (same person): Well theres a process to diagnosing weak links. I wasn't asking what mine are, I was asking about the process of finding them.

A: @Javier I meant it was like asking a psychologist: 'How do you find your life's biggest problems?'. There is no short answer. As Jim has pointed out - thats when you go to a specialist to get diagnosed and helped. Having said that, the most common issues in the athletic world are these: Ext Rotators, VMO, Trap-3, Scap retractors, Grip strength, Hams, Brachialis, Glutes, Lower Back. Not by any order.

S: I guess it's also slightly different for things like floreio, acrobatics, handbalancing, etc as compared to Olympic Lifting.

Acrobatics, floreio and handbalancing are all about moving onto more technically challenging positions.moves (of course some level of strength and conditioning is required, and this could be someone's weak link). But Olympic Lifting is more about increasing the load, again of course there is technique aspects they are just (usually) developed at the beginning of training.

My point is, I'm guessing one can utilise the 'crude' tool of sheer volume of practice of a neural pathway or movement pattern for longer or to greater effect with more basic elements.

A: @Edward True only to some degree. Movement is movement. Neural pattern manifested in the physical world. You would be surprised how many technical issues advanced lifters have to deal with. You would also be surprised how many strength and conditioning deficiencies are holding back acrobats.

Q: so in your opinion is possible split every skill in some steps in order to achieved in a better way the final movement?

A: @Alessandro it is not about splitting movements, it is about finding a weak link - in coordination, strength, mobility, conditioning or even tissue health and joint prep.

Strength Tip #3: The Perfect Pull Up

Few people are really capable of doing a real Pull Up - using complete Lat recruitment.

Most will pull towards the bar, only reaching over it with their chins.

Some will be able to touch their chest to the bar, but will do so with rounded shoulders at the top - relying on their subscapularis - a habit that will eventually lead to shoulder issues.

Many do not fully depress shoulder blades nor do they retract it before pulling up - a habit that

will lead to injury.

The real pull up is very difficult to master:

1. Start in a slightly wider than shoulder width grip. From a complete hang with shoulder blades elevated, while maintaining locked elbows, depress shoulder blades down and retract them together. Your head should elevate between your shoulders as the lats and scap retractors will 'engage'.
2. From the position achieved in stage 1 start to pull up by thinking of bringing elbows to your sides. Do not concentrate on the upper arms. You should also avoid concentrating on the load - as research shows one should concentrate on the working muscles in order to achieve optimal activation, even if you are not interested in body building - this is an essential cue for you: concentrate on your lats.
3. Pull all the way up until your lower chest hits the bar with shoulder blades retracted backwards and shoulder rolled behind. The triceps of both arms should make contact with the lats and there should be a slight pause at this position for 1-3 sec. The come down will reverse the process, going down at least in 4 sec to complete hang.
4. Repeat for the required amount of reps.

Note:

Beginners, most females and generally weak people should concentrate on lat activation work first or will forever rely on their upper arms, Teres Major and Subscap for the Pull Ups and will neglect their Lat development.

Vince Gironda, who was an innovator of many training and nutrition concepts wrote many years ago this description:

THE CHIN UP **by Vince Gironda**

I do not think I have seen six men in my life do a chin properly. Don Howorth was one of them. Don pulled up with his chest high and touched his chest to the bar almost as low as his low Pec line. His elbows were drawn down to his sides, touching his lats, and with the chest high and the shoulders down and back, he contracted his lats to the maximum.

If you look up the function of the lat in any Kinesiology book, it will show that the lat – in the fully contracted position – the shoulders are drawn down and back! Round the back and shoulders forward, and you shift to the Teres major muscles. Also, if you do not arch your back to full contraction, you will not develop any of the fibres across the back that attach to the spine. This will give you a flat underdeveloped look with no thickness.

This is how you do the chin: Reach up and grasp the chinning bar, but not too wide...closer than you ordinarily do them, because the lats are partially contracted in a wide grip. Next, stand on a box so that you can jump up into the contracted position and hold at the top for a split second.

Now, lower your body and stand on the box (Do singles). Jump up again and touch your low pec to the bar and arch the back. Most important – elbows must touch the sides in the top or contracted position to achieve maximum contraction.

So, enjoy mastering the Pull Ups, good people. It is not such a short journey as most think, but by taking the right path - one will enjoy healthier, stronger upper body in the long term.

Ido Portal.

Strength Tip #4: Rope Climbing

Rope Climbing was first practiced by the Greeks as part of their 'Gymnastic' practices. The Greeks understood the great value of RC and it was suggested as a beneficial practice to become stronger. One of the first proponents of RC was Galen - who is considered the first 'Private Trainer' and coached many Olympic athletes for competition.

Rope climbing was once also an Olympic Sport. It was part of the Olympic Games between 1896-1936 and was then abandoned.

Nowadays RC is still pursued in some locations around Europe and mainly France and the Czech Republic. Competitions are still being held, but the popularity of the sport has decreased tremendously.

For more historical information about Rope Climbing, [I suggest this page by John Gill](#)

Climbing rope is one of the **best Upper Body Bent Arm Strength Pulling** exercises one can pursue.

Climbing a rope without leg assistance is one of the first practices I will have clients pursue after being able to perform multiple reps in the pull ups. (5 reps is the goal here to be achieved first with beginners)

If you look at a rope climb, the movement is organic, round and continuous. RC is basically a form of **vertical locomotion!**

Taking a wide bird eye view on movement development, you will notice that animals and humans do not have even one linear straight line in our bodies. Not in our feet, hands, arms, legs, torso or anywhere else. This makes interaction with linear rigid structures an interesting place: something has to yield. That something will in most cases be you - moving towards a path of least resistance or making a harder choice on purpose.

Working with linear structures becomes a movement challenge for us. It is a Kinetic Riddle the neuromuscular system has to solve.

But... Working with those rigid structures has it's cons as well - injuries are more common and a holistic development of your musculature and skeleton can be compromised.

When working with 'organic' movement patterns the CNS has a lot more choices to choose from - that's what it comes down to.

A couple of examples here:

A. Only squatting, even using perfect technique can in some cases expose and create imbalances around the lower body. Don't get me wrong, it is an excellent practice but sometimes requires the integration of corrective exercises like single leg work, ham exercises, glute activation drills, specific mobility and more and more.

B. On the same token this is why Swimming is considered so healthy. It's not only the 'decreased gravity effect', it's the round, organic movements. The problem here again is - specific ability development is not optimized. Swimming will not develop great pull up strength for example, but it doesn't make it a bad movement choice.

Looking at these examples, we arrive at Rope Climbing, again.

Rope Climbing offers us resisted, intense 'organic' movement pattern with very obvious (for the serious practitioner) benefits:

1. **Superior demands on scapula stabilization.** (compared to a pull up for example)
2. **Holistic development of upper body pulling musculature** - the unique movement of climbing will activate the whole back from rhomboids to lats to traps and more. Arm muscles will also be recruited in a superior fashion - biceps, brachialis, brachioradialis, elbow stabilizers, forearm and grip: flexor digitorum, flexor radialis and flexor pollicis longus to name a few.
3. Rope climb due to the risk involved, instability and other factors will result in much **higher motor unit recruitment** than again the various bar pull ups. The rope climb belongs in the Neuromuscular Activation Chart popularized by Dietmar Schmidtbleicher, Nilson and Charles Poliquin next to movements like Power Snatch and Gymnastics Rings Dips. (high rings)

Due to the first 2 reasons Rope Climbs are prescribed to gymnasts, both female and male from early age as a **corrective exercise** to maintain healthy joints and soft tissue. Excessive use of linear strength exercises is understood by the better gymnastics coaches as problematic and the necessity of more organic movement patterns and 'Joint Prep' is obvious.

The third reason solidify in stone why we should integrate RC into our practice.

A lot of coaches like to show first various assisting techniques for climbing - using leg locks and other 'step' methods. I will not do the same here, but concentrate on developing Bent Arm Strength using legless RC.

A note: people without proper base of Scapulae stabilization (using Straight Arm Scapular Strength basic progressions) and at least 5RM with the bodyweight Chin/Pull up have little business playing with the rope. They are better off concentrating their efforts around these prerequisites first.

Before attacking the full Rope Climb, I like to take people through some of these basic progressions: (moving from easiest to hardest)

A. **The Rope Pull Up** - assuming a hand below hand grip with a distance that varies between one fist directly below the other up to a distance where the lower fist is placed at the height of

the opposite arm's elbow when it is straight. From this position I will have the person perform multiple reps of pull ups - each time starting from fully locked higher arm position to the chin clearing the top fist. Once completing the reps, switch the grips and repeat.

B. The Rope One Arm Assisted Pull Up - very similar to variation A, only this time the lower fist will be placed at the opposite shoulder height or even lower (sternum height)- and though will only enable partial assistance from the lower arm.

C. The 'Regretting' Step Rope Pull Up - from a starting position that will vary between A and B, hang by your arms strength and perform a pull up. While reaching with your chin high enough, let go of the lower hand and perform a large stroke with it over the opposite hand upwards the rope. Grip it/touch it at the new position and come back down to the starting position under control.

These variations can be viewed in the following clip made by a Czech Rope Climbing club:
[Rope Climbing Stroke Development](#)

Once you have mastered one of these variations, you can also start to integrate the full **Continuous Rope Climb**.

What can you do once you got a full legless continuous rope climb of 5-8 meters?

You have a couple of options here:

1. **Endurance** - go for doubles, triples, etc.

[2 X 7 Meter Climb](#)

[1 X 20 Meter Climb](#)

2. **Strength**

[Weighted Climbs](#)

[One arm Negatives on the way down](#)

[One Arm Rope Climb](#)

3. **Technical work**

* Emphasizing minimal amount of strokes per certain distance and maximal reach per stroke

* Emphasizing maximum amount of strokes per certain distance with minimal stroke length

* Emphasizing various tempos - slow climbs-slow descend, fast climb-slow descend, etc..

* [Reverse Chameleon Climb](#)

* [Reverse Grip Climb](#)

* [Front Lever Climb](#)

* [Behind The Back Climb](#)

There is a lot more to explore with rope climbing, a good place to start is with circus specialists, who call this discipline '**Corde Lisse**'. Hanging around with circus people over many years in Europe, the US, Canada, Asia and in the Middle East I've picked a few tricks and explored various uses of the rope both as a strength and conditioning tool and as a tool for movement

research.

Check out my good friend, amazing circus performer and LA stuntman [Victor Gathing working the Corde Lisse](#).

Enjoy, and get yourself a rope if you don't have one already!

Comments can be left in the comment section below,

Ido Portal.

Credits:

[Charles Poliquin](#)

[Cisco - an amazing climber/ex-gymnast](#)

[Czech Rope Climbing Club](#)

[Victor Gathing](#)

[John Gill](#)

[Steve Atlas - my long time student and an excellent coach of himself!](#)

The Bent Arm Podkatchka - The Russian Strength Circuit:

The Podkatchka is a classical gymnastics strength circuit performed using 5-15 stations. I've received the information about the Podkatchka from a good friend and an ex-Belarusian gymnast, Yuri Raviz. Yuri teaches gymnastics here in Israel and his approach to training is somewhat old school.

The Podkatchka is more suitable for general development of strength, strength-endurance and GPP and is extremely useful in a more of a maintenance scenario or in a situation where there is limited amount of time for strength training. Also, the Podktachka IMO is more of an intermediate level tool since it covers so many angles, points on the force-velocity curve and tempos.

When aspiring to make gains with the Podkatchka, one should consider the whole circuit and not only one or two movements. You are making gains once you can go through the circuit successfully with the higher end of the rep ranges and/or with the lower end of the rest period range.

I've put the various movements in the Podkatchka into order, knocking the higher threshold motor units first and then into the rest of the motor unit pool, according to the Motor Unit Size Principle. This is not the way that the Russians have structured this, but I felt the need to introduce some changes to improve upon the traditional approach.

I should mention I do not agree with all of the material brought here, instead of criticizing it, I simply provide you with the information, nothing more, nothing less. You decide if it is useful to

you.

The upper body Podkatchka is usual divided into two different workouts performed in alternating days:

- A. Bent Arm Podkatchka (BAS)
- B. Straight Arm Podkatchka (SASS)

Here is the bent arm (BAS) version: (First go through exercises A1,A2... and then go to B1,B2... rest 90-180 seconds between stations)

Elite

- A1. Bar Ecc one arm chin ups X 5 cluster reps per side X 5-0-0-0 tempo / 10-30 sec rest between singles
- A2. Ring HSPU X 5 reps / 3121
- A3. Inverted Pull Up to Shoulder Stand (Inverted Muscle Up on Rings) X 5 cluster reps / 3121 / 10-30 sec rest between singles
- A4. Pbar L-sit Dips X 5 Reps / 3121 (harder than it seems - keep heels level with glutes, full ROM)
- A5. Bar Ice Cream Makers X 10-15 reps, as slow as possible, possible added weight on a waist belt
- A6. PBar swinging dips to handstand X 10 reps (20 dips - on the way in and out)

- B1. Ring Muscle Ups X 10-15 reps (strict and no kip)
- B2. Parallettes L-sit press to handstand with bent arms X 10 reps
- B3. Rope Reverse Chameleon Climb X 2-3 reps X 6 Meters
- B4. Floor Cobra Presses - Press from cobra stretch into handstand X 10 reps / 30X0
- B5. Rope climb in straddle-L-Sit 2-3 reps X 6 meters, no rest and dont touch the floor.
- B6. Parallettes Handstand Push ups X 10 reps / 30X0 (full ROM)

Advanced

- A1. Bar Ecc one arm chin ups with pinky finger of opposite side assisting - 3-5 cluster reps per side X 5-0-0-0 tempo / 10-30 sec rest between singles
- A2. Parallettes Handstand Push ups 5-8 reps (full ROM)
- A3. Inverted Pull Up to Shoulder Stand (on Rings) - eccentric only X 5-0-0-0 tempo X 3-5 cluster reps / 10-30 sec rest in between singles
- A4. Hovering Push Ups 5-8 reps / 31X1
- A5. Ring Muscle Ups X 5 reps
- A6. Floor Cobra Presses - Press from cobra stretch into handstand X 5-8 reps

- B1. Bar Ice Cream Makers 10 reps, as slow as possible, possible added weight on a waist belt
- B2. Parallettes L-sit press to handstand with bent arms X 5-8 reps
- B3. Rope Reverse Chameleon Climb X 1-2 sets X 6 Meters
- B4. PBar swinging dips to handstand X 10 reps (10 dips - on the way in only)

- B5. Rope climb in straddle-L-Sit X 1-2 reps X 6 meters, no rest and don't touch the floor.
- B6. Pbar Dips X 15-20 Reps / 20X0

Intermediate

- A1. Bar Ecc one arm chin ups with middle finger of opposite side assisting - 3-5 cluster reps per side X 5-0-0-0 tempo / 10-30 sec rest between singles
- A2. Floor Cobra Presses - Press from cobra stretch into handstand X 3-5 cluster reps / 10-30 sec rest between singles
- A3. Ring Muscle Ups X 2,1,1,1 cluster reps / 10-30 sec rest between doubles/singles
- A4. Parallettes L-sit press to handstand with bent arms X 2,1,1,1 cluster reps / 10-30 sec rest between singles/doubles
- A5. PBar swinging dips to handstand X 10 reps (10 dips - on the way out only)
- A6. Bar Ice Cream Makers 10 reps, as slow as possible
- A7. Rope climb in straddle-L-Sit X 1 reps X 6 meters

- B1. Inverted Pull Up (on Rings) X 5 reps / 31X1
- B2. Chest to Wall Handstand Push ups (to floor level only) X 5 reps / 30X0
- B3. Pbar Dips X 10 Reps / 20X0
- B4. Pull Up / Wide Grip Pull Up X 10 reps / 20X0
- B5. Hovering Straddle Push Ups X 5 reps / 31X1
- B6. Rope Reverse Chameleon Climb X 1 sets X 6 Meters

Notes

1. Go through the Podkatchka one-three times, (resting 3-5 minutes between runs) try to decrease rest intervals as you improve towards the 90 sec range.
2. In the Russian training camps the Podkatchka is performed in the mornings after 2-3 Km run in the cold and jumping and bounding exercises outside. After the podkatchka, some extreme stretching and off to breakfast.
3. The Podkatchka is performed sometimes as a warm up to check if the gymnasts could perform technical skills under fatigued conditions. (Yes, against the western common sense...)
4. Twice a week the Podkatchka is performed for 3-5 straight rounds - what was called 'Strength Training Marathon'. Usually afterwards the gymnasts would head for the local sauna where the coach would make them go to the highest step (the hottest) and would put a bucket of water on the stove. They were 'encouraged' to go to the shock ice pool and repeat this sequence for a couple of rounds for recovery purposes.
5. The Podkatchka is used as a strength maintenance routine for in season and pre competitive scenarios.

6. Expect soreness in every fiber of your upper body 24-48 hours post training.

Enjoy,
Ido.

* This is an old revised article once posted on the web

Comments:

Q: Ido what do you think about Low reps?

A: LittleB, I like them, thats 95% of my training.

Q: Just a question about advanced A3- inverted pull up to shoulder stand - is this the same as a negative reverse muscle up from shoulder stand? And rep scheme for Advanced hovering pushup - 31 secs?

A: Yes, Desiree - thats the negative of half an Elevator. As for the hovering push ups - 3-1-X-1 If you don't know how to read tempos in training programs ala Ian King and CP, search online.

Not long ago I read the book '**The Talent Code**' which I highly recommend you check out. The book goes into the process of skill acquisition and talent formation and tries to investigate the various contributing factors to talent. Notice I am using the word 'creation' as both the book's author nor I think that the most important factor is DNA ingrained 'natural born' talent.

One of the concepts explored in the book is the act of '**Chunking**' as part of the learning/teaching process.

Chunking is basically taking a larger skill and taking it down into smaller, more digestible chunks. Working through these smaller pieces and later on integrating them into the larger skill allows for a better learning curve to develop and a shorter time to the final product.

But... That's nothing new.

Actually, any teacher who knows anything already performs 'Chunking' as part of his teaching process on regular basis.

If you are 'Chunking' and you think you are something special, wake up - everybody is doing it.

I argue that 'Chunking' is not the best method for acquiring certain complex skills.

Complex skills require what I call '**The Chemistry Model**' or as some of you have heard me saying '**Atoms to Molecules to Final Product Method**'.

Using the analogy of a phrase in a certain language - trying to learn it by 'Chunking' without any thought behind it - can lead you to disaster - one can chunk words in the middle and glue other parts of words into un-usable chunks.... The result may resemble the real thing - but upon use

the bubble will burst in your face!

I believe there is a certain logic to follow - to every complex skill, process, system or component. One needs to realize the 'seed' or the basic 'atom' that governs the skill and from there develop connections, thickening that basic entity into 'molecules' and finally into the final product.

One example from my world is **the handstand**. I am perhaps the person who taught more adults (not children- mind you, which are a completely different crowd) to stand statically in a handstand than anyone else. Over the last 10 years thousands and thousands of students have passed under my wing learning this 'basic' (from my perspective) skill.

Many people who have despaired from learning a static handstand have been successful with my methods and an exceptionally big number of people have achieved the **'60 second static handstand mark'** under my wing, which I consider the graduation from a beginner into intermediate practitioner. (and the start of the One Arm Handstand process)

Why do I think I was so successful where many others - Yoga instructors, Gymnastics teachers, (the children thing again..) Acrobatics coaches and Capoeira Masters have failed? I have devised a system that relies on something else than just 'Chunking'.

I start my students with the most basic and important 'Atom' and build from there. Soon the final product is not so intimidating and far away.

The 'take home' lesson here is this:

1. Do not think that using 'Chunking' alone makes you a good teacher.
2. Every skill has an 'Atom' that governs it. Without it - no skill. Identifying that atom - that is what makes you an exceptional teacher!
3. Upon acquisition of that 'Atom' - you are on your way - but there is still work to be done!

Thoughts? That's what the comment section is for!

See you out there,
Ido.

Comments:

Q: I too wish there was more to read. Sounds VERY much like something success can sink its teeth into. It sounds, I think, very much what my martial studies calls a "mother set" -- a small move that opens up into something much bigger. You can show someone a technique, and break it down, BUT, unless they understand the underlying Mother Set, they just won't.... get it. Plus, a simple Mother Set will open perhaps 5 complicated martial arts techniques, and not just one. Is this idea close to what you're talking about?

A: @Bryan Similar idea - but a set is still too of a complex entity to serve as an 'Atom'

S: Interesting thought, Ido. I do agree to some extent about chunking not being a new concept, and nor is it always the best answer to teaching (and can definitely lead to disastrous results

when not used correctly!). Although I'm not sure I really understand the alternative method you're proposing. From one teacher to another, my two secrets to teaching are this:

1) Never expecting the student to adapt to the way I teach, and always try to adapt my teaching to the way the student learns.

2) Sure, "chunking" in general, but being able to break down a skill in a new way for an individual student to identify his/her specific needs so as to give them a specialized lesson just for them, regardless of how many other students are also in the class.

I think what I love most about teaching though, is how there is always a new lesson, every day, for both the student and the teacher.

A: @Abbie Good thoughts and valuable, but identifying the 'Atom' is still the most important thing a teacher can do!

Q: would the atom of the handstand be body line?

A: @Misha No! because obviously there is no one body line and some people do not even use a rigid position what so ever!

S: Finding it hard to understand the concepts of the chemistry model.

A: Nobody said this was simple stuff! This article's goal is to expose my readers to superior thinking, but understanding the whole model and its application to movement is beyond the scope of online writings. It takes experience, hard work, hard thinking and constant retesting.

There is so much 'Instructional' BS out there it's incredible. The last craze is trying to find 'universal' principles for all movement patterns - from trying to implement a gymnastics 'Hollow Position' in squatting to using the 'Active Shoulder' shrug from Gymnastics Handstand in the Snatch. This, ladies and gentlemen is BAD advice. The fact it comes on a spoon doesn't mean its not poison.

One of the most productive warm ups you can use is a gymnastics basics warm up. It covers all the body in different vectors of movement and increases general athletic abilities such as elasticity, support strength, joint prep, orientation and more. Take a look at the Japanese team (up to 03:50) going through the basics here and start to apply to your daily grind. Grass or mats are perfect for this. Enjoy!

<http://www.youtube.com/watch?v=ND8FXIlqBog>

Comments:

Q: Would you recommend these types of warm-ups for athletes of sport as well? Football?

A: @Adam Yes - it is general good base of movement skills for any mover.

Rolling is an essential skill for all movers, not only acrobats or gymnasts. Rolling is the basis of breakfalling skills and contributes to orientation, air sense and general body awareness. It is best incorporated into your warm ups. If you have no idea how, check out this clip with some

intermediate level rolling biomechanics. (**Video no longer available**)

Comments:

S: if it wasn't for the roll all us that do martial arts and parkour would be cripples

A: This roll is the Judo Roll. Systema people did not invent this.. As for 'there may be items on the floor', give me a break will ya? There may be a knife on the floor as well. A gymnastics roll done correctly and under control should be safe to perform on a hard floor. I teach all kinds of rolls because I feel they are all essential, but if your interest is in flipping and acrobatics, the gymnastics roll must be learned and perfected.

'Roundtable' kind of interview I participated in Toronto during the Agatsu Convention.

<http://www.youtube.com/watch?v=vY6AMGz1nzi>

Comments:

Q or S: ***Deleted***

A: I love CF- especially in the early days when it all felt so fresh, was truly open source and was oriented in more direction than pure capacity. Also, there are CF boxes and there ARE CF boxes! Some of the people I value most in the fitness industry are part of or own the better facilities. Some of them are CF Valey, CF Portland, CF Seattle, CF South West, Flux CF, CF South Tacoma and more.. @Espada Would love to come over and share some movement with you guys. When I am talking about being open source, I am again not talking about the people who own boxes - some of them are following their passion and will learn from anyone who has something to teach. I am talking about HQ - through them in order to teach and share you have to be close to the plate. Thats why a lot of the gymnastics stuff in CF is going nowhere. IMHO - bad coaching.

Q: Did you recommend the book "I am a strange loop" by Hofstadter?

A: @Alex Yes

Honored for being mentioned in Charles Poliquin's article, and YES - give me a pair of Rings and some wooden boxes and with the help of some sound nutrition and good sleep I'll put slabs of muscle on anyone.

<http://www.charlespoliquin.com/Blog/tabid/130/EntryId/624/Conan-the-Vegetarian.aspx>

71 years old and still playing around with levers like nothing. And then a 40 YO dares to tell me - 'I am too old for this'? You might have 30-50 years of play ahead of you still!

http://www.youtube.com/watch?v=qIAIQIxB_U

Their acrobatics is not clean and not always the most technically sound. Their boxing is far from accurate and perfect. Their kicking has some sharpening up to do. But... Gotta love the combination between the acrobatic/gymnastics ability, takedowns, the stand up game and the conditioning. Good work!

<http://www.youtube.com/watch?v=d-oUAhBVtJU>

Comments:

Q: I always wondered how a gymnast who would make the switch to Martial Arts would move...a person like that should have some extra possibilities I imagine... Do you know of any athletes that did this and became "successful"?

A: Erik, go to Russia. Everyone in all strength-speed oriented disciplines seems like they are ex-gymnasts. From Arm Wrestling to Powerlifting to Body Building.

S: I do I just wanted to say that I really appreciate how you can make thoughtful and observant critique of flaws and still find room to make positive comment. It is a rare thing on discussion boards and social network pages where the trend seems to be blame, blame, blame.

A: Just giving it as it is! This kind of combo is too rare in the west. You throw a fighter in the ring and they do not have orientation, proprioception and 'air sense' to properly catch themselves. Check out Rickson Gracie (Brazilians are also another nation that practice a lot of acrobatics - not like the Russians and ex USSR in the form of wrestling warm ups but on the beach as kids) moving and also his reaction to getting thrown over his opponents head!

In Brazil the habit of injecting cheap oil or Synthol into the muscles to induce inflammation for the appearance of muscular growth is quite common. I guess these idiots are part of physical culture nowadays.. Sad times we are living in...

http://www.youtube.com/watch?v=YwETnw_66ZM

Some of my recent morning ritual, while on the road - teaching you guys! Enjoy...

<http://www.youtube.com/watch?v=PXw2OmjPGJ4>

Comments:

Q: Seriously, air baby? easy position?

I'm curious, I do. For those 'easier' positions do you tend to do them for a specific time or do you just play around with them?

A: @Edward I usually use them in complex dynamic flows or just do some long duration (relative) isometrics for maintenance. This was a short session - hence just some statics. I also did not want to bore the viewer any more than I already did!

Some good old school training before we became wussies. Partner wrestling drills, basic gymnastics conditioning, Olifting(baddddd but who cares??), rounded back zerchers, KB throwing, bungee cords, barbell exercises, track and field outdoor drills, neck bridging, isometrics and more. Hard as nails, athletic, strong and durable. Thats why they wiped their asses with the rest of the world back then.

http://www.youtube.com/watch?v=SbC6X_JyE1s **Part 1**

<http://www.youtube.com/watch?v=wN0f9nBz0N0> **Part 2**

Comments:

Q: my cousin is in colorado training for the olympics this year (greco-roman 55kg weight class) I should see what he thinks of this compared to his training... I hear they spend a lot of time using the gymnasts' equipment!

A: @andres would be interesting to hear. These days I do believe it is much more sports specific- tailored, no walking around the bush. For specialists - thats great, for generalists - less inspiring.

S: Saw this posting the same day as a paleo conference video on violence - feels like two sides of the same coin: having the motor skills, strength and conditioning described in your videos, and having a familiarity with violence that Tucker talks about. <http://vimeo.com/28798093>

A: Peter, I agree, my friend. I was always involved with martial arts from early age and can see the benefits beyond the physical of this kind of work. Over the last months I have been very fortunate to learn from an amazing Boxing coach - Jacob Dascalo. (you can find him here on FB and friend him for great tips, clips and discussions about fighting in general and boxing more specifically) I even brought Jacob to teach a daily class in my last Movement Camps and we have had great feedback from the participants on this experience.

Q: you mentioned rounded back zercher in this post and rounded back deadlifts in your post about improving bridge flexibility. what are the benefits to doing these lifts, i was unable to find much information on them

A: @Dylan Try to lift a partner or a big stone off the floor and show me your correct-lordotic curve lift... Doesn't exist! If you go to war, you better prepare for it! Of course that does not mean I am going to lift limit poundages with a rounded back...

Its been a while since I first saw these clips but one can always go back to the basics - physical prep as it is done by a top level heavy athletics sportsman. Watch and learn.

<http://www.youtube.com/watch?v=d4e5cuyqjgw> **Part 1**

<http://www.youtube.com/watch?v=zJImRx3rpW0> **Part 2**

Most people are so far distant from even the most basic 'Atom' in the art of the Uneven Bars that

they cannot appreciate how strong, mobile, oriented in space, durable, resistant and courageous these women are. Notice the change in the apparatus over the years - and the changed requirements. I take my hat off, ladies!

http://www.youtube.com/watch?v=0Tid_lmnt0s

Yoga people, this is going to make me unpopular in the eyes of some of you, but that's the truth as I've observed it: when it comes to handbalancing, you don't know how to teach it, what is the process and how to develop from the early stages into advanced skills. Case in point: every yogi that can do a press handstand and hold a static HS for 60 sec is a God in the Yoga industry and has been practicing for years. As opposed to that - in my school if you don't learn to stand on one arm within two years (which does not exist in yoga - only practitioners that have learned it outside of yoga..) you are considered a slacker.

I've taught myself to stand on one arm at the age of 25 and have since taught countless others. I demand that all my students and online coaching students achieve a 60 sec Handstand within 6 months of serious practice.

How can I stand behind these standards? I have a method to the madness which is gradual, intelligent and produces results. Since teaching this system in numerous locations in the world - I now have a lot of people copying my methods and implementing it with some degree of success. To them I wish - good luck. I do, however, truly believe that knowledge should be learned from the source when possible, (if he is alive) as you are trying to avoid diluted products and 'second hand' knowledge that has been modified.

Comments:

Q: how can you generalize? i was JUST saying on my blog how I'm going to have to stop referring to self as a Yoga teacher, because it just doesn't encompass what I really want to teach

A: Yes, I generalize. When 99% of the field follows suit - I have no problem generalizing. That's the reality.

Q: Maybe mastering handstand is not the goal of yoga... Maybe those who consider yogi mastering handstand as God haven't understood what yoga is... For sure, when practicing yoga you're not considered slacker if you don't master HS, even after your whole life...

A: Sebastien, who said it was Yoga's end all be all goal? Of course not, but it does not take from my points - they DO it and they don't know how to approach it. If you are doing it and teaching it - but you don't know what you are doing - you are in a problem and your students are in a problem. I am not interested in another discussion of unity, and Yoga's higher motives - this is a waste of my time.

What is this trend of people approaching me with requests to learn a Press Handstand or a Handstand Push Up, without having even a 10 second static Handstand hold?? How stupid is that? Where do you think you are PRESSING TO?

Comments:

Q: I was just reading Jackie Chan's autobiography I am Jackie Chan, and he was trained as a kid to do 30 minute handstands in the Chinese Drama Academy in Hong Kong. Do you know anyone that can do this?

A: @Marvin We are talking about 30 min WALL HS, like the gymnastics team in china is doing twice a week. As for real 30 min HS, there are tales of circus performers doing that, but they are changing from arm to arm during the whole time.

I've posted this clip a year ago on youtube. My goal was to show people that certain level of skill that was created by linear progressions and hard work can be applied into organic-movement and improvisation. I do believe the main stream fitness industry is not ready for such a message. People prefer to be boxed, linear, to know what to do next and to be... Average. But if I can suggest something for you - try to participate in some form of organic movement research. If you have no idea where to start - learn from someone (Martial Arts, Dance, etc) or even from my clip/s. Just trying it will make you a better person already - no need to succeed for that!

<http://www.youtube.com/watch?v=G6BBk3Nvj9k>

Comments:

Q: I was watching this video a couple of hours ago! Love the flow in your move! You have so much power into you and by the way you control and express it, the result is a great dance! Also like the barefoot style! I believe that being bare as much as you can, helps feeling natural, free and unaffected from anything material!

A: Thanks, I agree of course about barefoot movement - that's the way to go!

S: Working on this, although I'm still in the imitation phase for now, haven't gotten to improvisation just yet because I don't think my body understands the movements well enough to effectively improvise.

A: In order to improvise, one has to go through all the preliminary stages: basic atoms->molecules->singular movements->transitional movements->sequences (movement A+transitional movement B+Movement C)->closed system flow (using all singular movements and connecting them with all transitional movements in random order)->open system flow (improvisation) I've talked about this process in my blog in the past.

Gymnastics basics are so widespread, the later specialization of such athletes (tip of the pyramid) can be very high. The basics such as demonstrated in the first half of the clip include: relative strength in both static/dynamic conditions while maintaining straight locked arms (SASS) or bending the arms, power, elasticity and elastic efficiency development both in the lower and upper body, orientation in space and 'air sense', active and passive flexibility in static and dynamic conditions, balance in all positions - on one/two legs or one/two arms, swinging mechanics in closed kinetic chain and more and more... Essentially - every major physical trait

necessary for movement in any environment and/or confronting immense loads. This is why this guy can do what you do almost or better than you-specialist, but you cannot do what he does at all. What can you do about it? Through this page and my new website www.idoportal.com I will share more and more information about becoming a better mover as I see it - not only being strong or mobile but being a good MOVER. Please share this with your friends - the bigger the audience the easier it is for me to create content. Thank you and use the comments to let me know what interests you especially in this journey.

<http://www.youtube.com/watch?v=2Ntem72Zz04>

Flow is the subject. In recent years there is a trend of various ex-martial artists and yogis constructing flow systems and 'dazzling' the main stream fitness industry. Without disrespect, all that I see is 'poor man's flow' work. Lack of details, quality and also - ability. It does not reach far because there are many missing links and developmental 'Atoms' for later 'matter' construction. I dont want to say too much - just watch the video attached and compare to other systems. Sometimes people make me out to be a circus freak, but I've taught flow for the last 15 years in some form or shape and let me tell you - you can learn this. If you want to start, free and now, go here: <http://idoportal.com/news/preparations-for-our-daily-training-68/> and read throughout the Floreio Art Workouts in my blog. Remember to MOVE, every day!

<http://www.youtube.com/watch?v=fdWDvH8AITU>

There is so much BS out there in the world of movement, its unfucking believable. Get this into your skull: you have a limited time on this planet to do something and there are infinite amount of vectors you can take yourself towards. Most people dedicate their lives to some minor expressions, gestures, abilities that can be developed very quickly through other means, even as a side effect. 'I'll do what you do within a matter of minutes, hours, weeks or months, where you cant do what I do even if I provide you with YEARS' - thats a stuck up mentality, but it carries a grain of truth in it. Think well about the complexity and carry over of what you do if you want to become better as a.... MOVER.

Comments:

Q: **Deleted**

A: @Ian I'll give you an example: building up towards a freestanding Handstand Push Up with all the progressions needed to attack that skill (first Handstand development which is in itself a complex subject and then the required vertical plane upper body pushing strength while in 3d balance, required supporting joint prep and prehab protocols, etc...) will do a lot more for you than increasing your Military Press. If you go down the HSPU path, your MP will improve as a result of it. If you go down the MP path, that doesnt mean shit about your HSPU. Yes, the HSPU path is much more complex and hard - but if you want to take the easy road, why bother at all?

I am interested in a lot of different manifestations of movement. Over the years I've played

with... Capoeira, Bouldering and Rock Climbing, Kung-Fu, Ballet, Boxing, Gymnastics, Yoga, Equilibre and handbalancing, Soccer, Gaga Improv technique, BJJ, Contact Improv, Weightlifting, Powerlifting and more and more.. BUT... Looking back, if I was successful at doing something right from the start - I LOST INTEREST immediately. Its the hard stuff that interest me - it offers a process, a journey, self development. Mastery of everything is also the mastery of mastery. In my book - thats a day well spent.

Definitely the broadest scoop of Equilibre/Handbalancing skills out there. Perhaps not the most technically pleasing at times, but I take my hat down - even the basics at the first 3 min of the clip are taken to the extreme. This is the type of upper body pushing strength (both SASS and BA) you should move towards - the rest will be easy...

<http://www.youtube.com/watch?v=czW7A-a8lfY>

Comments:

Q: I do, Oddly enough i found this yesterday and spent the whole day watching it again and again. To hear you say "perhaps not technically pleasing in some areas" really makes me wish i could get trained by you. But thank you for sharing this sir! Much respect

A: @Ian I just meant the guy is still bending his elbows with elements that are supposed to be Straight Arm Strength and other small errors and mistakes, but overall - this is top level, dont get me wrong!

Q: Is it much of a concern that his arms are a little bent in the beginning straddle presses?

A: @Justin thats why I said - not technically perfect. But still, I'll give him a nod of approval...

Q: Definitely something worth working for. Clips like these make me question my training in the gym with "classic" equipment - even though I think I have alot more gymnastic/bodyweight oriented exercises than the average person.

BUT I do have a question for you I do. Do you think that it is possible to combine abilities as the ones shown in the clip, with strength-endurance sports abilities like sprint kayaking?

My thought is that it would interfere with the muscle specifics. In gymnastics/handbalancing, I guess it's required alot of Max strength and isometric capacity, when a kayaking athlete would need alot more endurance-oriented traits. Any thought on this?

A: @Torbjorn Of course it can be combined - the question is what the effect will be? You are not going to win world championships in both things, but you have to ask yourself if winning one in one of those disciplines will make you a happier person... For me - being an overall GOOD mover means life is GREAT. Being the BEST in one area, though, will not have the same long lasting effect over my happiness.

Q: I'm just curious, what grounds are these "Of course" based on? And yes, I agree with you. I'm not aiming for world champs, and I'll definitely be far from best in equilibrium/gymnastics, but I still think it's worth working for - gaining control of your body and open up possible movement patterns.

A: @Torbjorn What grounds? ummm... Logic?(!) You asked if one can combine them - one can combine everything. Reread and see again what I've written above.

'Do you use weights?' - Thats a question I get every day. The funny thing is, I only use weights really in my lower body training and for some corrective isolated/prehab upper body work. Oh, and my most major use of weights is for... Stretching! I get stronger by using increasingly complex closed kinetic chain BW exercises, but more mobile by my method of Loaded Progressive Stretching. (LPS) There is no dogma here, if it works best - I'll take it.

Comments:

Q: It really amazing you can sculpt and add muscle to your upper body that much with mostly bodyweight exercises. I know it can be done as I see alot of guys in calisthenics do it. I am wonder if it's the share volume of sets and reps that those guys do or if it's mainly progressive overload using harder bodyweight exercises...

A: Complexity is King, intensity is queen. Volume is princess. They are all important for the formation of the kingdom, but without the king - things get weak.

Q: Coach Portal, I've read some things you've written in the past about the Olympic lifts and sprinting... Do you cycle these into your training as well? Or are they movements that you've played in the past and moved on from?

A: @Chuck They are cycled in on a regular basis.

Increasingly more difficult movement patterns are important in most movement systems. When talking about the acquisition of strength - I am not talking about the common overkill - standing on one leg on a buso ball and curling a shake weight with opposite arm, but on higher levels of neuromuscular activation. Complexity is King, intensity is queen. Volume is princess. They are all important for the formation of the kingdom, but without the king - things get weak.

Primordial wisdom my ass. I have a serious allergy to bullshit and this video is triggering it like few others. Amazing how people can be misled by these simple close ups and a bit of muscular control into believing in the holy boddha. No bone is fluid, not Trabecular Bone, not Cancellous Bone nor Cortical Bone. Bones are metabolic tissues, yes, they are reforming, changing, responding, but what seems like fluid motion in the video is simple manipulation of structures using fine MUSCULAR control.

<http://www.youtube.com/watch?v=1gd7FWYp-jQ>

Comments:

Q: don't bones bend? Have fluid inside, and when alive are pink and very flexible ???

A: @Thorin Send me a clip of you bending your flexible femur bone. Please.

Q: Great find, I really enjoyed the video. Is the audio missing for everybody? Also, I get what you are saying about fluids, but would it be such a bad thing if more people were tricked into

believing in the holy boddha?

A: @Calvin In my book - thats bad, yes.

Q: Bones are flexible, and they reform, deforme, change under tension, respond to tension... But it takes TIME for all this response and change to occur... For instance, if you do resistance training (weightlifting, bodyweight exercise, etc), if you have a balanced diet, if you expose your skin to the sunlight at least 15 minutes daily, your bones adapt and respond, they become denser, stronger... in the long run! If you don't exercise and have a poor nutrition, and run away from any sunlight like a "vampire", then your bones become weak (Osteopenia & Osteoporosis), again IN THE LONG RUN!

A: @Alexandre The fact its a metabolic tissue, as I mentioned before, makes it adaptable, yes. This has nothing to do with bones being fluid and other fairy tales.

Q/S: That would be wonderful if I could have the money and time and inclination to photograph this. As a body-worker, Acupuncturist, and teacher of Anatomy and Physiology for over 20 years I have been blessed to have been around many doctors and experts. I have also been involved with many a cadaver work and live operations. Most people's understanding of bones comes from hard chicken bones that are dead and have been cooked. Or even from the classical 1600's classical Italian anatomist old school understandings. Ever clean a deer? The bones are pink and very malleable. A scientific fact. It is partially this bending and unbending that makes bones stronger like the re-bar added to concrete to make it stronger because of it's flexibility. Most engineer's understand this principle. It is also the bending of bone that helps to generate the Pietro-electric effect.... Of course to much force, too quick will break a bone. The older you are the less flexible it is. And, of course we are talking in degrees. I am not arguing either way for or against the video. I am merely trying to understand more of the truth and not just completely disavowing something 100% without deeper thought. Try this. Take a partners arm. Put is across your knee and slowly add more and more pressure on both sides of the arm with downward pressure. You'll be able to actually "see" it bend.<http://www.askabiologist.org.uk/answers/viewtopic.php?id=62>

A: @Thorin All that you are now stating is true - but not to any degree that is creating the effect in the video. Yes, a bone has some give to it, it is not a dead structure, and as I've stated, can adapt due to its metabolism, but this has nothing to do with the BS on the video.

"Spend all your money on these fucking fancy books. You surround yourselves with them and they're the wrong fucking books." The wrong fucking books are more of a problem than the lack of the right fucking books. In the global village reality, this is becoming worse and worse. Basic old school wisdom worked better than a lot of modern BS out there. Yes, we have found better and better ways to skin a cat, but few are actually aware of those better ways. 99% of the stuff out there, in every field, is garbage info. Consumer, beware!

Comments:

Q: So where to start if no money to travel to seminar? Website videos are cool, but need

beginner info.... Do I read thru all blog posts?

A: @Doug Yes, read whatever you can for free, but let me tell you something: 'no money' for most people in the western world is an excuse. I had no money as well, so what? I worked my ass off since I was 17 and spent every dime to travel the globe to train with the best. I dont spend my money on drinking, I dont party and I am not into fancy clothes. I put my money into my education - and thats why I am nowadays making money from it.

Moving like this goes beyond the singular capacity development. Its beyond being strong, agile, mobile, oriented, etc - its because you want to have this freedom, these options in your body, because the path to that destination is the best way to travel, its because function and structure are closely related and if one has to be so good in so many areas to do this - than achieving it will get you proficient with so many areas. As long as you live in a body - you have NO OTHER OPTION - you have to move. The only difference is the guy in the clip MOVES BETTER. To start pursuing more movement in your training, read this blog post and onward, all that is needed is in there: <http://idoport.com/news/the-floreio-art-67/>
<http://www.youtube.com/watch?v=sww2XLsWm4k>

Comments:

S: I had no idea Boy moonlighted as freerunner thats awesome, and yes the structure of his movement is beautiful.

A: There are systems that people dedicate their lives to that are sub systems of other systems. From my interaction with high level gymnasts - they play around with parkour/freerunning naturally when young (always had been) and its rather simple for them to learn it. They can do it almost as good as you, (give them practice - they'l do it even better) but you cant do what they do so well. Their systematic exploration of the various apparatus, together with a much more methodological approach and competition is the secret to this. Taking nothing from freerunning, but these are professional athletes, not a bunch of kids training in an unstructured manner.

S: Ido I taught gymnastics(poorly) for 4 years, I was working with males athletes in levels 4-8 and had chances here and see elite competition and training. One of the reasons i stopped focusing on gymnastics was because all the kids I trained seemed to want to do parkour more, as did I.

Right now gymnasts are better all around as athletes on the we can do what you do but not vice versa compared to traceurs/free runners. I was thinking about it recently in reference to my classes my best athletes I train are equivalent in overall movement skill to level 6-7 gymnasts. The difference I think is primarily one of time devoted, our level 6-7 athletes were training 8-12 hours of structured training a week and that is very minimal in gymnastics compared to many programs.

My most dedicated students get 4.5 hours of structured training per week and do a another 3-5 on their own.

The second major factor is simply that parkour and free running are still extremely new and depth of knowledge about how to coach and develop skills sets just hasn't progressed as far as

gymnastics not even close.

A: I agree on many levels, my friend, but the most important realization to have: there is no systematic approach to training Parkour/freerun anywhere. The closest thing is your work and our mutual friend Danno in Toronto, but I do believe the whole discipline needs to wake up and grow up! These kids playing around, even with their insane abilities are one big boredom to me, as for many, since there is no thinking, progression, understanding or research in it. A big turn off for me, personally, I have to say. That's why you won't see me post a lot of parkour clips.

Another demo of strength, mobility, stabilization, control and joint prep mended together into an artistic expression. (I am not a fan actually of the over dramatic and cheesy art side of it, but the abilities are AMAZING) This kind of development of the physical is THE GOOD STUFF, in my opinion. Being a good mover includes two main parallel lines - Potential Development, as in improving your capacity, strength, mobility, etc and Potential Fulfillment - using those hard earned abilities in an artistic exploration or functional exploration. That's what makes me tick - seeing movers work on BOTH sides of the equation, without neglecting either.

<http://www.youtube.com/watch?v=RgnlYbhPEdA>

The secret to upper body strength, in as general and as B&W statement as possible, lies in both ends of the arms: 1. Scapula Mobilization/Stabilization. 2. Grip. Being able to stabilize the scapula, under loads, (hence it is not just stability, but the ability to move the scapula under load as well) and in all directions - depression, elevation, protraction, retraction and rotation will enable one to create a stable base to express strength from - into the arms. Grip: well, if you cannot grip it or you can poorly grip it - your CNS will be turned off to a large degree. The body is not stupid, show it you can be trusted by strengthening the musculature responsible for Scapula mobility/stability and grip and it will give you easier gains in all around upper body strength. Put this on your wall and structure your training accordingly, results will soon follow.

Comments:

Q: I do, have you ever blogged about wrist injury rehabilitation of any kind before? I've been scanning your blog looking for a post related to wrist strength...

A: @Scott Go to 'preparation for our daily training' and look over the wrist routine posted there. It will get you started.

Q: Since grip is so specific, are you talking about gripping everything or just the implement you're training with?

A: @Nick You answered yourself there. Review and digest.

Q: any particular grip work that you do?

A: Rebecca, a lot of different types: (I am the generalist, remember...) various wrist levering work, various forms of wrist and finger push ups, CoC grippers, always Olifting and DL without straps, bouldering and climbing grip work, pinch grip, rope climbing and more and more...

Training twice a day? Yes! One thing that most people shy away from but produces very FAST results is two a days. The sessions have to be relatively short and programmed smartly. Even when spreading the same workload over two sessions in comparison to one, expect better results. This has been my practice and that of many of my most successful students over the last 13 years. Read this excellent article by the man who first introduced me to the concept - coach extra-ordiner Charles Poliquin.

http://www.charlespoliquin.com/ArticlesMultimedia/Articles/Article/412/Doubling_Up_for_Succes.s.aspx

Comments:

Ido to general people: People who are keep reminding everyone of recovery and talking about overtraining and its dangers are not doing this right or have to keep on pushing to rip the benefits of over reaching. UPON ENTRY TO A DARK TUNNEL, 99% OF THE PEOPLE WILL GO BACK TOWARDS THE ENTRY AFTER A SHORT EXPLORATION. FEW WILL KEEP ON EXPLORING THE TUNNEL TO FIND THERE IS A BETTER PLACE ON THE OTHER END. Yes, risk for injury can increase if doing this wrong, but risk for injury increases also when you made the choice to train AT ALL, so what? Bottom line: do it, but do it right. How? Thats the million dollar question and why people like me have a job.

Definitely 'the road less traveled' - thats why people are so fucking scared of it and are spreading fear and myth around it. If you've never been a part of the bulgarian Olifting team or the Russian Gymnastics team or never trained intensely a couple of times a day for a period of a few years - be sure not to quote various 'experts' who know shit about this kind of training but are 'warning' everyone from the disastrous effects of multi sessions a day.

Q: "...but risk for injury increases also when you made the choice to train AT ALL, so what?": Great. So for Handstand, 45min AM and again 30min PM? Thx for posting this.

A: @Tatu I went as high as 6-8 hours a day of handbalancing when I was training in France with Master Claude Victoria. If one aspires for the mastery of One Arm Handstand, thousands of hours are necessary to create this complex groove inside the nervous system. Twice a day or even three sessions a day are necessary to maintain concentration and quality in spite of such long hours of practice.

S: very stresfull on the cns other than that the only results you can expect are improved skill but not strength or anything to that effect..

A: @Kostya Enlighten us with the vast experience you are speaking from - please name some of the abilities you and your clients have acquired over the years. You seem very confident - this can only be the result of great amount of success in the training business.

Q: So would a good option for us be BAS in the morning and then SAS in the evening? Thanks for the post! Opens up a lot of ideas for me, will be sure to check Mr. Poloquins site regularly!

A: @Olivier Thats possible but it means a COMPLETE thrashing of the upper body is due to happen. I prefer to alternate BAS, SASS and Lower Body Strength in most cases.

Q: So would you be doing the same movements in both session with some kind of modification like changing the tempo or would you prefer pulling in the AM and pushing in the PM?(speaking of BAS of course). Sorry if I'm asking a bit much, I understand that you make a living from this!

A: @Olivier Its a broad question with many variables. Smart manipulation of primary exercises, auxiliary exercises and their correct use in an Accumulation or an Intensification phase is required. I also use something I call 'The Bridge' - a transitional phase between Acc/Int phases. Charles does goes into some good examples in his article above, though.

DIET: People constantly ask me what are my thoughts here. Well, it is known I've been following a Paleo diet for over 14 years now, while maintaining a sub 7% BF, high levels of intense activity daily and abilities that speak for themselves. I will try to give you something important: the most important principle of nutrition EVER - the FTF principle. First Things First (FTF) means I would be cautious to play around, tinker and philosophize on things that are actually... Beyond my current reach. Thats where most people 'shit the bed', IMO. Example: latest crazes with Paleo folks - discovering the damage of fructose and hence eliminating fruits all together, discovering the problems with omega-6 consumption and hence eliminating nuts and seeds all together and more... While these folks are looking through a straw at those food groups and eliminating them, they are actually falling into bigger problems due to the lack of variety, limitation, boredom and other factors. One needs to realize what he can play with and what he cannot. I've been eating fruits post work for the last 14 years and I do consume nuts and seeds in limited amounts. Trying to eliminate those things may look like the right choice for me in the short term, but I will soon feel the need to replace those elements with... worse things. So? Be humble. Play and tinker with what is within your capabilities. Eating a certain way is hard enough as it is. As we discover that EVERYTHING around us poses a certain threat and problem, we have to make the BEST and LEAST WORSE choices. Oh, BTW, think twice about replying unless you feel, look and perform like me. I believe words mean shit without action and action leads to results.

Comments:

Q: I am confused. I always add nuts&seeds and fruits into my diet. What was the problem with this? I mean yeah too much fruit = lots of sugar but a few fruits/day wont kill. Also, nuts&seeds provide healthy fats. Just wondering why people were considering on taking it out in the first place!

A: @Mike You have to earn your fruits, my friend. Also - the havoc that fructose creates in your body is evident, but again, people shouldnt look at it through a straw. As for nuts and seeds, most of them are laden with omega-6 - which makes coming closer to our ancestral ration of omega-3 to 6 harder, but again, people should avoid looking at it through a straw.

Q: Can you recommend a good book on the paleo way of eating to help me get started on this? Its something I have become interested in recently. Thanks

A: @Martin The BEST book to start is my good friend's RobbWolf.com book The Paleo Solution.

Great read.

Q: Well put Ido. What would you recommend as snacks for long workouts? I read Robb's book and am trying to figure out what would work best for a circus artist with long workouts that involve a lot of short bursts of strength and power. Shit, what the hell did you eat to sustain your training with Claude?!

A: @Ben Liquid nutrition is best in this kind of scenario. The problem is avoiding sugar spikes and subsequent crashes and thats tricky.

I am always amazed by how some mediocre 'teachers' in the fitness industry seem to pull attention and allude people into the dream they are going to 'teach' them to move, get stronger and better. I call these folks 'Dream Sellers'. The latest craze is 'Animal Walks' - for conditioning and movement. What I constantly see is some mediocre person who devoted very little time to such exploration, posting some movement chains that lack all quality, creativity and... ability. The public loves it though. These people who know very little of good movement, have never seen the capabilities of ground movement by such artists as Silat practitioners, Capoeiristas, Systema MATists, Contemporary Dance Floor Specialists and more, are impressed by... Something terrible. The same thing goes on with 'Bodyweight Conditioning Specialists' who cant even perform a Press Handstand or a Tuck Planche well, never to mention advanced movements.. And lets not forget the TRX craze as compared to... Good old Gymnastics Rings and the knowledge of how to get stronger using them. I guess the public is uninformed. I guess the majority are attracted to the fluorescent yellow colors and some nice editing with 'cool' music and a guy who can talk and talk and talk and say... Nothing. Kind of makes me question my career choice and place in the world, I have to admit.

Comments:

S's: Most people, unfortunately, can not relate with you, Ido, because you're too advanced and seem out of reach to the general public. What you do looks impossible and foreign to most. But when they see a normal 38 year old lady or male, performing a poorly executed pushup or row on a trx strap, they say, " I can do that!" and by getting off the couch and doing a slack pushup or bear crawl, even if poorly executed, they are doing something more and better than the alternative of nothing. We need more teachers like yourself, unfortunately not many have the discipline or dedication to master a craft like you're doing. Keep it up, man, the shit will eventually get flushed away. //// I to am beyond expressing grateful for your AUTHENTIC work. I could tell from the very first article and video that you are doing the real thing. However, yes, many people have become So divorced from their bodies, their own real and immediate senses, that artificial candy-colored, flashy and inferior stuff looks "good" to them. I witness clients in my work beginning to make the journey out of dissociation and into their own native senses and wisdom. It's a formidable trip. I frankly need real teachers like yourself around, so I can stay focused on sanity; meaningful movement, the Real Thing.

A: People, all valid points, but understand this: Although some masters of their crafts as you call me, seem beyond reach, you need to realize I've come far and have taken others far as well

because of my understanding of the basics. So, for example, my mother who started to train with me with 55 years of age, without ANY movement experience, is now at the age of 61 performing Handstand work, multiple rep chin ups, deadlifting 1.5 X BW, running sprints and has the body of a 16 year old girl. YES - seeing me on one arm may intimidate some, but I am not the case of the guy who can do it all and teach you nothing. (those are so abundant, though, that I understand the concern..)

FTF: (First Things First) Be careful when applying various tactics for optimal practice like 'optimal time' of day to train, 'optimal sequence' of training, optimal this and optimal that. Optimal is all good and nice when the difference is between doing A,B,C optimally and doing A,B,C not optimally. But... With the advice of various internet gurus and other 'Information Brokers', people fall into the trap of NOT GETTING THINGS DONE at all - with the thinking - 'This is not optimal timing/sequencing'. Here is your reality check number 1: The elite don't make excuses and get the work done. 2: One never has the best circumstances. NEVER... So - you are inflexible? Perhaps you should consider stretching intensely even before strength sessions. (Again, if the alternative, which is often the case, is not to stretch at all) You are weak? Perhaps you can benefit from extra volume of strength work, even under certain fatigued states. Be ware from the trap of 'optimal practice' and stop spreading more excuses than a pregnant nun. Apply the rule of FTF!

I've acquired one or two party tricks over the years, through my training, some of them I am proud of more and some less, but I am aware most of what I have achieved is not considered 'normal'.

Well, I can stand on each one of my arms for 45 sec and I can perform One Arm Chin Ups (both arms, again) about which I heard: 'It's been estimated that only one out every 100,000 trainees has the genetic potential to achieve a single one-armed chin-up'.

I have Cuban Pressed for a strict 50% of my BW for 5 reps, using 4020 tempo, I've ATG BSQ way over double BW, can perform all splits, hold an Iron Cross, a full Planche and Front Lever, perform strict HSPU and Stadler Press HS for reps, and more, and I am not talking about more skill oriented stuff as box, flip and twist in the air, play Capoeira with the best of them, Climb, etc, etc...

From time to time, I have some people join in on my life - students mostly from around the globe that I meet on my journeys. Most of them after a few days with me declare right away - 'I can do this! From now on I continue to train like this and I am going to conquer those skills!'...

Well...

...

I get an instant sneeze attack right away.

You see, I have an allergy to bullshit.

Most people cannot realize the sacrifices needed to achieve things of this magnitude - in any

field. Most would like to think they can make it - if just given a chance or the god damn circumstances change or whatever excuse they are selling themselves and then everyone else as the reason they are not up there.

Great things can only be achieved when you want it as bad as your next breath.
IT IS NOT A DESIRE, ITS AN OBSESSION.

Comments:

Q: Amazing, you truly are an inspiration to achieve great things. Question: Have you done much Olympic weightlifting? How much do you still train with barbells nowadays? Thanks Ido!

A: @Chris Lower body work - always prefer weighted stuff, Olifting, BSQ, DL, Split SQ, Heavy Step Ups, etc...

Q: I wanna call bullshit on that OAC statistic, but I think CP said it?

A:@John Yes, I have to agree with you, my friend. I dont believe that statistics represents reality.

Q: do you have any video of you bouldering? and also, when you began climbing, were you already able to perform a one-arm chin up??

anything over v 10?

great post Ido, very inspirational.

A: @Andre there is something from my early days of climbing somewhere in my blog. (its not on youtube) I dont remember the scales anymore - since there are so many systems, but I believe V12 (I think, dont take my word for it).

From time to time I get emails and messages from all kind of 'good souls' informing me of the latest result proven gymnastics WOD, Bar-this workout and Street-that program. Its the best and it works for everyone!

Well, BS!

Don't shit on my cupcake and tell me its frosting...

Almost all I see is a fix all, generalized training program that produces... poor results. It all starts from the GAS (General Adaptation Syndrome) theory and Hans Selye but it goes as far back as the ancient Greeks and the principle of Hormesis.

Stress/training/stimulus can be either a catalyst for growth (Hormesis or Eustress) or it can harm you. (Destress)

Training variables needs to be individualized, examined, tested. Everything should be personalized and tailored.

One prescription can build person A and destroy person B.

And yes, I know about 'Scaling' - the biggest sham since the creation of the 'Wod's' - most of the 'scaling' attempts only lead to poor recruitment, loss of specificity and represent a poor man's solution to a generalized program that doesn't fit the individual. Changing a certain exercise technique, progression or intensity doesn't mean you can keep the rest of the training variables the same and expect it to work.

It is synonymous with replacing numbers in an arithmetic calculation while leaving the rest of the equation the same and expecting the same result.

So, sorry to say, ladies and gentlemen - there is no short cuts. Either you study how to manipulate training variables, technique, progressions or you get someone who already did to help you.

Anything else is just a short route into stagnation.

Comments:

S: Hello Ido, I've been following you for a few weeks and I'm about to stop. A ton of the stuff you do inspires me, but I'm tired of hearing you constantly smack down other training programs. Fitness and health can be a journey and while you've obviously mastered your craft, others could still be chasing.

A: Robbie, you are welcome to 'move on' of course. When I run into a set of ideas - I believe I have a choice: 1. Offer an alternative that is superior in some way. 2. Accept the new idea as a better approach than my old one. 3. Ignore it out of fear. I've never done 3 - thats why I am where I am. You do what you think is best for you. I will leave your comment for others to learn from.

Q/S: *To the general people about the post and them getting offended.*

A: I know for most of you its a pill hard to swallow... Forgive me for not wrapping it with sugar. Sugar is bad for you. I know that doing some WOD, getting on a program, etc.. is cheaper, more accessible and easier. Yes, in some cases it is also better than nothing. But... In my type of work it is close to worthless. I teach handbalancing, movement, gymnastics skills. I put people on two arms, then on one. I work with movement research, joint prep, advanced mobility practices. I teach flow, control, manipulations. Yes, doing a 5X5 in the Back Squat or following some other simple program does not always require expert coaching, but try to learn how to stand on one arm on your own from not being able to stand on two. Try to learn a full planche when starting without the ability to hold a tuck. Try to imitate the movement in my flow clips. You get my drift. If you are interested in being avarege, by all means - apply an average mentality and go for the WODs, the free general programs and online resources. If you are after something else (which I suspect is why you came to this page in the first place) realize - it takes expert coaching, education, understanding and IT IS THE PATH LESS TRAVELED.

One cannot ignore this amazing athlete - Jordan Jovtchev that at 39 years of age has just

qualified for his 6th Olympics. (by the time he will be 40 years of age) Jordan has already in his deep pockets 4 Olympic medals as well as 13 world titles. Jordan's specialty is the Rings (secondary is/was the Floor) and at a time when most of his contemporaries in the sport are sporting beer bellies and/or complaining about sore backs, shoulders, knees, he is a testament to smart training, dedication and the ultimate trait we all should aspire to... Consistency. Good luck to you, Jordan in London 2012.

<http://www.youtube.com/watch?v=QB0OMbWs4fg>

My latest remark about actually moving and not just training for movement got a serious flood of question directed at me: 'What do you mean?', 'How should I do that?', 'How much of each to do and how to balance the two?', etc,etc... People of course realize that there is a lot to that statement, but getting out of the cage is not simple. So, lets discuss... The heart of it for me is... PLAY. Playing is both a very animalistic and human trait. As George Bernard Shaw said: "We don't stop playing because we grow old; we grow old because we stop playing." Play is a state of mind but lets not forget the use of it - playing games. I encourage you to find your game or even invent it. I love to play with a lot of stuff - wrestle, box, dance, climb, play capoeira, play soccer, and play with gymnastics skills and acrobatics. There is a lot more to explore in this world and I don't intend to stop during this lifetime. I think you should do the same - to be a happier, more functional and humane human. Also, when talking about games people usually take it lightly - that does not have to be the case. When I play, personally, its dead serious. I am all into it and push myself hard. It is an exploration, research, improvisation. It is flow. Don't think that playing is only fun. Actually: 'IT DOESN'T HAVE TO BE FUN - TO BE FUN' ;/

<http://www.youtube.com/watch?v=fdWDvH8AITU>

Comments:

Q: how much use do you get out of the indo board? i've been contemplating one...

A: @Morgan Not much. Its a toy, not a tool.

Multi Phase Gymnastics movements like the Staddler Press HS (Straight Arm Press HS from the Straddle L-Sit) and Muscle Ups are comprised of actually 2 or more sets of movement chains.

This is great for movement complexity, exploration, control and also transitional strength but it also contains a problem - each movement chain and its involved musculature almost never gets maximum stimulus.

It means if you neglect to challenge each set of musculature on its own and with targeted work, and only limit your practice to those multi phase movements - you will actually Detrain and lose strength.

Proper programming does not neglect targeted work along side these multi phase movements.

The rule is to develop each building block and then to integrate, but be aware of the need to continue to maximally challenge each building block - be it BA/SASS Pulling/Pushing Vertical/Horizontal, on its own using the proper progression.

Comments:

Q: Ido - do you train men and women differently to perform the movements you teach? do you have any examples of women performing movements such as shown in this video? watching you is of course inspiring, but as a woman it would be awesome to see my own kind too.

A: @Keely Are you kidding me? Here, take a look at my right hand girl - Odelia Goldschmidt, an amazing mover and teacher that helps me in some of my workshops:

<http://www.youtube.com/watch?v=SX6K4G4iH-Y> As you can see Odelia KICKS my ass when it comes to Press Handstands, but if you think it ends there - check out her youtube channel, blog and friend her here on facebook. And if you are wondering - when she came to me she couldnt do a proper Pull Up to save her life.

I've had a chance to work with some top level athletes over the last 12 years - from competitive sprinters, soccer players, swimmers, dancers, martial artists, etc...

Also, while working as an acrobat on stage in Asia and in Europe I got to meet a lot of professional circus performers from various backgrounds and train with a few Cirque Du Soleil artists in Las Vegas.

You want to hear something funny?

These folks, with some serious medals behind them in international and even Olympic competitions are being trained by the CDS Athletic Staff that is trying to keep them healthy, strong and mobile.

The methods?

Various fit balls, Kettlebells, Step Aerobic Machines, hippy-happy core work and the latest fitness crazes.

In one audition for a certain show I was asked to go through a battery of physical tests, all were one big joke. I breezed through it in one go without any rest in between the exercises and scored a perfect 100% score. I was expecting something serious, being auditioned as a generalist for a place next to some top level ex-gymnasts. At the time I was glad to have been mistaken...

The sad thing is - these amazing ex gymnasts and other athletes get brainwashed into doing this training.

They actually ABANDON good old gymnastics strength and conditioning and are being fooled to believe this is superior to the training that actually made them WHO they are.

Instead of using the rings that are right there in the training room, they choose the TRX - it must be better! Instead of performing various Levers Body Line Drills, Human Flag work, etc they are

doing... crunches. (With the thinking - "Those old drills are specific to our discipline - we need now general strength work...")

Well, shame on you, guys. As they say in Portuguese: 'Santo de casa - nao faz milagre...' loosely translated into 'No one is a prophet in his own country..'

Last but not least check out Reebok's latest 'contribution' (Or shall I say CONTRAution) to the world of Fitness - Jukari!!! Together with the Cirque Du Soleil, Reebok is launching an amazing fitness system.

(Don't even get me started on the Crossfit Reebok, sorry, Reebok Crossfit thing)

This must be the way those amazing Cirque Du Soleil people have acquired their abilities!

Man, oh man. I'm becoming grumpy in my old years. God help us all.

http://www.youtube.com/watch?v=K_7p6-4fr68

Comments:

S: Dear Reebok,

At least have the common courtesy to use a condom and apply lube before you FUCK cirque like that. What the hell?

A: @John You are mistaken to think Cirque for its performers. The CDS is not what you think it is. Performers get paid small change (compared to what the business is producing), risk their lives until they cant go anymore and then thrown to the dogs. Some make it to become part of the artistic/athletic departments or whatever but most fall off the wagon.

Q or S: **Comments deleted, both by same person, both of Ido's responses below. Interpret how you would like.**

A: @Espada You are afraid? Its happening. They have over 40 facilities and will have 200 by the end of 2012. Sad reality for the small crossfit boxes - well, they should have made the move into private S&C boxes anyways if they are interested in making money.

<http://www.cnbc.com/id/45984612/> // // // // // @Espada What you are saying reminds me of what some jews were saying in eastern Europe post 'The Night Of Broken Glass' - they were optimistic, believed it wont get much worse. Sorry for the analogy - but being optimistic is bad news when reality bites.

Balancing is not a hobby, an option, a choice. It is the 'Human Obsession'. We are dealing with gravity to the best of our abilities in (seemingly) Static and Dynamic conditions from our first days in this world into old age. Evolution, in its wisdom, gives us tremendous pleasure when we successful deal with balance challenges, that's why kids are attracted to the swings in the playground and that's why feats of balance are commonly seen in the circus.

So, my friends, I don't care what you do or think or want - you have to deal with balance as

much as anyone. The only difference is these folks are doing it a bit better.

Balance = Human Obsession.

<http://www.youtube.com/watch?v=JXTyOJCjgRs>

Bruce Lee has become Kitsch... With so many quotes of his work and image appearing in popular media promoting stuff that really cannot be farther from his POV of the world, it is a bit tricky to use his legacy without sounding like a broken record.

But, the man had a lot of wise things to say, mainly paraphrasing traditional and contemporary philosophy in the context of movement and the martial.

Check this out:

"I am moving and not moving at all. I am like the moon underneath the waves that ever go on rolling and rocking. It is not, 'I am doing this', but rather, an inner realization that 'this is happening through me,' or 'it is doing this for me.' The consciousness of self is the greatest hindrance to the proper execution of all physical action."

Comments:

S: The consciousness of self is the greatest hindrance to the proper execution of all physical action." Wonderfully articulated!

A: @Adam Yes! This is what I call hitting the nail on its head! Simple. Direct. No BS. Truth.

I am a shitty Handbalancer. Really - not good at all. I am also not a very strong person - I've met stronger people, there are many around. My vision for myself always included lots of variety of elements and abilities, but more than that - for every goal I set out to achieve I place an 'Anti Goal' that is pursued just as hard.

That makes me a poor Specialist, but a better Generalist.

It also makes me avoid the price specialists pay for their specialization. Above all - its great fun and fun is good.

So, when viewing this clip of my training while on the road, realize this - you don't have to be the best in this or that, but only be the best specific mixture you set out for yourself to be.

I perform some One Arm Handstands in the clip - something that requires scapular mobility as well stability to quite a high level, but at the same time I am able to perform One Arm Chin Ups (Starting from full hang, mind you, no kip, no Shmip, full ROM and with a specific tempo prescription) which offer a completely contradictory adaptation to the One Arm HS. By pairing those up - I help maintain shoulder health but as well... My sanity.

<http://www.youtube.com/watch?v=PXw2OmjPGJ4>

Thats how we role - check out my right hand girl lowering into a Straddle Planche. What you see is what you get - Odelia delivers. Want to learn how to get there as well? Check out an Ido Portal Strength Certification event close to you. Odelia- couldn't be prouder today. I've seen few women able to do this, all of whom were professionals and started to train at age 0. You? without any professional background, with a car accident that left you with one kidney, a broken back and post 3 knee surgeries are showing what is possible when the right plan is in place and the right state of mind is there to follow. Watch it and learn, guys.

<http://www.youtube.com/watch?v=2DclNRuW3U4>

When I started taking fish oils in 1996, they looked at me like a freak, ate a 'healthy' candy bar and laughed. When I was talking about Paleo at 1997, they were 'one step ahead of me' with their high-carb-low fat-calorie-counting meals. When I was talking about Crossfit at 2003 - they thought I was a lunatic and that it was a passing trend. When I started playing around with Handbalancing, Gymnastics and combined it with heavy squatting and Olifting as well as organic movement disciplines at 2004 - they were training in the local high tech health club and incorporated hot yoga and machine training to get an 'obvious edge' on me. I am still amazed by people's inability to SHUT THE FUCK UP AND LISTEN.

Comments:

Q: So whats the next level or thing? seriously, where do you go from here. As you know i take this stuff with gravity

A: @Robby There is not necessarily a 'next level' - I've stayed with many ideas for years and still do - but erased and replaced other that did not fare so well. One cannot be dogmatic about it - be practical. To tell the truth - most of the way I eat, move, train and see reality I believe will be refined and perfected but not changed considerably- I am getting older and hopefully - wiser.

Q: are you seriously that into Crossfit?

A: @Edwards - You cant read, my friend? It says 2003... Which means - I have moved on.

S: Not a bad list, until you included Crossfit.

A: @Steve - again, if you were noticing crossfit at 2003 and predicted its greatness in size, exposure and as a fitness phenomenon - you would be proud of yourself. Also, in 2003 - it was a VERY promising practice. VERY. I am not ashamed to say that publicly. What it became - thats another issue all together.

S: So I can practice my new ways quietly knowing that for the near future you will be refining and perfecting them.

A: They are refined, developed and perfected daily - through a very intense practice and teaching experience I am fortunate for having. Well, fortunate implies I didnt build this stuff from ZERO - lets change that to... proud.

S: I remember in 1972 when my grandmother taught me about being humble

A: @Matthew Haha - that one I missed, my friend. I prefer to be... REAL.

S: Reality has nothing to do with self aggrandizement

A: @Matthew I'll take being honest to being modest any day of the week, but you, my friend, if injured by my words can hit the 'dislike' bottom and move on.

S: Wasn't injured by anything. The reality of what you're saying is that fish oil was a good idea, paleo is a great starting place for dietary discussion. I agree. You didn't originate those ideas so who cares when you adopted them. Yes, I could easily "move on" if it makes you more comfortable to only have kiss-ass replies to your posts.

A: @Matthew You want to make me less comfortable? Nah, you cant do that, little man. As you can see - I leave your posts for people to see - this is my page, but I want to have all kinds of opinions here, even if I disagree. I did not say I created any of those ideas, just was smart enough to adopt them and recognize them early on. This does matter - since people all over the globe have benefited from my arguments in favor of those practices. What did you do lately to help people around the world with their health and happiness?

S or Q: ***Deleted***

A: @Kyle No disagreement? No one ticked off? No envy? No enemies? No haters? NOT SIGNIFICANT. You can love my way of saying things, you can hate it, but you aint going to ignore it.

Somebody wrote on the comments section of the video attached:

'props for being so talented'

Here is my response:

"Talented? Nice delusion you are selling yourself there, buddy. What you see is a shit load of hard work in the form of 6-8 hours a day of physical practice, for years. I wasn't born into a circus family, I am not an ex-gymnast and I didn't fall into a nuclear waste puddle when I was a child. I came to this stuff late in life, formulated a plan and went for it. Thats also why I can teach this stuff very well."

I know for some it may still be hard to believe this is not pure talent - then come to my parents house and let me show you some old VHS tapes of me moving when I was younger - that shit will take care of any more thoughts of 'talented ldo' you might have in the future.

An unfortunate side effect, though, is what is referred to in the medical lingo as Immediate Emesis.

The documentary attached, 'The Disappearing Male' is an interesting one. All things in nature move towards a bad direction and we all suffer from it - males and females - humans and animals.

Bottom line: my father and me - had two different starting points regarding our physical potential and health. He had it much better - 35 years ago.

<http://www.informationliberation.com/?id=26130>

86 years of age. She just had YOU for breakfast.

<http://www.youtube.com/watch?v=kje6vKKpK14>

Spending some time here on Bondi Beach in Sydney, Australia - a very physical place, it is interesting to observe the appearance vs the actual physicality of people.

Very impressive bodies around here - ripped and muscular dudes (well, mates...) and dudets walking around with sun tanned bodies and impressive six packs.

But then... they move. Reality bites. Oi vei...

The body of a BMW with an engine of a Russian Lada Zhiguli...

Its a pity to see that a large portion of our physical culture have become - only cosmetic.

Being beautiful is more than looking good. Movement is one of the largest contributors to attraction, because we are programmed to recognize ability as - attractive or beautiful.

Basically - a guy seeing another guy move well -> 'I better not mess with this guy'.

A guy seeing a girl move well -> 'I better mess with this girl'...

Move well to become more beautiful. Its the kind of beauty no one can resist!

Comments:

S: that's exactly the way I feel about myself. A bunch of muscle that is just useless dead weight if I can't manage to move them the way I want.

A: @Vladimir I like your honesty! Now its time to take care of business... A movement based approach to training is in need. Continue to educate yourself through this page, my youtube channel and blog, when you have a chance to take a workshop - dont miss out on it. But above all - get moving.

Thats what can be achieved before your second birthday with some playing around. (must be

some serious 'playing around')

<http://vimeo.com/39647658>

A very unique blog post by Sammy Dinneen about his training experience in arguably the best Handbalancing program in the world right now, (outside of China) the Kiev School of Circus in the Ukraine.

Interesting notes:

* Overstretching the knees, ankles and even elbow, into HYPER-EXTENSION is an accepted practice in some disciplines and schools. This is also common in Sports Acro and in certain Ballet Schools.

* Work your handstands on the floor - its the hardest, but then you can transfer it into whatever. Vise versa - does not work.

* Interesting choice of basic drills: HS 90 degree pike with head in and back into position, (a favorite with my good friend and excellent Equilibrist Yuval Ayalon) Cartwheel into HS, HS tuck-extend-jump-land, HS Pirouettes, One Arm HS quick lift into position. I like it! I have used in the past all of those to some extent, and they are all good basic and complementary alignment drills.

* Training for an aspiring Equilibrist: 23 hours a week. (~4 hours a day X 6 days a week) in china, its double.

* The Handstand Add On Game - love it! Going to make use of this in days of low energy.

* 3 sets of 5 muscle ups - basic strength - and we are talking BASIC. These guys are not even supposed to be that strong - they are equilibrists.

* Staddler Press HS - another basic conditioning drill. I believe the ability to press a set of 5 off the FLOOR is a basic requirement that any Handbalancer should achieve. Hell, even I can do it, without a gymnastics background and with comparably shitty flexibility.

* Victold is the same exact age as my teacher - the amazing Claude Victoria. You can read my blog post about training in France and compare:

<http://idoportal.com/news/claude-victoria-first-day-54/>

Thanks for sharing, Sammy, great info!

<http://circusgeeks.co.uk/category/essays/kiev-circus-school/>

Comments:

S: Thanks for posting, will definitely read all this when I get back in this afternoon!!

As for your notes - definitely agree with the handstand on the floor. A handstand on parallettes, chairs, blocks/canes, etc is much, much easier (ability to push/pull more) if you already have a freestanding one.

The 3x5 muscle-up requirement is great to hear. The fact that a single strict muscle-up puts people at god status in some places is a sad commentary on the level of strength people have (or do not have.)

A: Agreed, Jim! Its all due to poor perspective on this stuff. Looks advanced when you are standing in the shitz, but dig yourself out of there and you got a different POV on it.

S: Blocks are not necessary to achieve a high level but definitely very useful. I used to hate the blocks as well as I would squeeze them too hard and my fingers would go numb.

Once I got used to the blocks they proved an incredibly valuable tool, and I use them at least for a couple sets almost every practice

A: @Yuri I couldnt agree more with your experiences.

Pushing up Capacity is not always the wisest choice, although we have been led to believe so by people who use the 'more is better' philosophy.

I'd go even further to say that pushing up Intensity is also not always the wisest choice at one's disposal.

As GENERALISTS, most people have been led to believe that this is the way to go, but the information comes from... SPECIALISTS. (Especially from the field of Weightlifting and Body Building)

When developing yourself as a mover, there are certain hard decisions to be made and a balance to strike.

A lot of people are impressed by the movement skills I demonstrate in some of the clips I've posted but fail to realize getting there goes much more beyond just pushing Intensity and Capacity up.

Elements of Active and Passive Range of Motion, Joint Prep, Speed, Balance are balanced with Strength and Capacity development, not to speak of Movement Complexity, constant digesting of new Movement Material, Quality Control and Flow Biomechanics.

The problem is - most leading figures in the industry do not posses (nor want..) the information required to develop such advanced and balanced overall movers. In turn, they lead us towards the path of over-simplified and capacity or intensity only oriented practice.

A great opportunity to learn more about the various methods I use will be this August in my Movement Camp in Berlin. 10 days of 8 hours a day of lectures and training, including subjects like Handbalancing - beginner to advanced, Flow Psychology applied to Rock Climbing, Functional Anatomy lectures, Bent Arm and SASS Upper Body Strength Development, Joint Prep, Advanced Mobility Practices, Floreio Flow Development - beginner to advanced and more...

Details to be posted on this page soon!

Comments:

Q: for teachers/PTs only, or also for interested students (me me me!!)?

A: This is for everyone with an interest in developing themselves or others and understanding better the world of movement.

Kung Fu Master! This kid is living the dream I had as a kid... Check out the amazing visuals...
http://www.youtube.com/watch?feature=player_embedded&v=dnh_MeFnsWE

Check out the reel of one of my friends and students - Sebastian Dickins, a stunt man from Sydney Australia that worked on some of your favorite movies.
I had the pleasure of working with Seb for a couple of weeks.
This guy was practicing intermediate level handbalancing, floreio flow work, BA and SASS, Joint Prep protocols, Freestyle Airborn Acrobatics and Advanced Mobility Practices in a very short time and trained with me twice a day, multiple hours - every day.

Seb has never lifted a weight in his life, but he is a very capable mover - my style, including great water skills and surfing, tumbling, Gymnastics oriented strength, mobility and ability to digest movement material.

I wish the movement industry will learn a thing or two from Seb.

I dont mean we should all become stunt men, but the fact that you can lift a dumbbell over head or deadlift heavy is not the end all be all of movement skills. Go out there and learn. Then practice. Then perfect.

<http://www.youtube.com/watch?v=Lwq1ltjVrUY>

Check out one of my students, a couple of weeks after a certification course event in Melbourne. Daniel has been improving the quality of his work tremendously over this short period of time, addressing weak links and scapular control. The proof is in the pudding. Want to learn more? attend one of my certification events around the globe and get some PROPER PLANNING and PREPARATION that will PREVENT PISS POOR PERFORMANCE. The law of the 7 P's.

<http://www.youtube.com/watch?v=sP4likBato>

Danger! Careful.

Well, shit...

Danger can be a bad thing, but it can also be the best of things. In training, I believe some danger is essential. If its not risky, to some level, its probably because its flimsy, weak and not very useful.

Danger can make you strong. Danger can recruit more muscle fibers, (check your science or just test your one rep max on a normal chin up bar and then again on a 20 meter high chin up bar) danger is also a constant in life and nature that will always be there - waiting for you. (so you better get more acquainted with it)

So, when people are mentioning 'its the safest training method' - I am turned off immediately.

Confucius say: 'A man going to sleep with itchy bum, sometimes wakes up with smelly finger'. Yes, theres a risk there.

I am who I am because I face my fears, every day. Yes, its dangerous. Thats how I like it!

Comments:

S: you are righth IDO, but if you know all the possible danger situations where you can fall the fear becomes a second parameter on the development of a skill...i'm talking about my experince, learning airflare can be dangerous but only when i know how i can fall down , i'm sure that i can lose the fear..and yes i divide my skill into pieces to reduce the possibility of fall down..but if it happens is not a big problem...

A: I wont repeat what I always say about the 'BUT' people. Yes, I am aware of the 'buts', your point is nothing new to me, it is nothing but a firm grasp of the obvious.

S: There is an important difference between risk and danger in regards to training. Risk is the potential for failure and danger is the consequence of failure. For example, it is risky to straddle a knee-high balance beam, but there is very little danger if you fall. Likewise, if the same balance beam was elevated a few stories high, the risk of falling is the same, but the danger has increased dramatically. I think risk should be intertwined in all movement training in incrementally progressive fashion, and actual danger should be avoided except in advanced practice, in which it has some value under the right conditions.

A: Thanks for the information about the difference between the words 'risk' and 'danger'.

S: Ido, I been following your shoulder series on youtube. All seems very well, except that when I do band dislocates I hear a grinding noise in my shoulder. Should I stop doing it?

A: Shoulder dislocates stand on the level of 'Integration' and they should be preceded in shoulder mobility development by shoulder flexion and extension ROM drills. Anyways I believe disloc's will not produce large gains in ROM in adults without proper preparation, make sure you dont injure yourself with it, and ease into their practice.

Q: What about weightlifting shoes? The most common argument I've heard is that wearing them is a safety issue..

A: If you are a weightlifter - you dont have a choice but use them. If not - you may want to use them to get an edge, but you may also decide you dont care much about that edge. Safety - when pushing to the limit, yes, but the question is - should you be pushing to the limit if not a

competitive WLifter?

Q: Is no shoes acceptable? Power cleaning with bare feet feels much better. I've only had one foot injury in my life. It came from wearing bad shoes. Wherever socially acceptable (and some places when its not) I don't wear them anymore. ///// I lift in bare feet and if I take it to the yard/grass or its cold out I put on pair minimalist shoes. I stopped wearing regular shoes when I pulled my first significant dead lift and I felt the heel of the shoe smash down.

A: Barefoot is great. Again - you wont break any records like this, but who said you are interested in that?

My boxing teacher, (I dont like the word Coach which doesnt do justice to teachers...) Jacob Dascalo demonstrating Boxing Footwork flow including dozens of different techniques. Jacob was part of the last Movement Camp and taught the participant a 6 day introduction to Boxing skills. The participants went home with a great treasure of knowledge and an appreciation for 'The Sweet Science'.

Flow and improvisation are the highest form of any practice and should be an aspiration of all movers.

<http://www.youtube.com/watch?v=wLkwyZ0x5tc>

Comments:

S: Absolutely beautiful! I train both capoeira and MMA (with love and respect for every element in itself), and I am most certainly gonna study this video like a true martial arts geek!

A: Anyone interested in information about boxing, fighting and all that is around it should add [Daskalo Jacob](#) to his facebook immediately and follow his posts. Jacob posts regularly information on his page that is accurate, no bullshit and to the point. Jacob is also available for private lessons, short training camps and workshops - you can contact him directly via Facebook.

Got abducted to a 5K\$ a day resort in the Maldives by two of my students who wanted to do some more training and learning privately. We are moving around, exploring various concepts of movement for many hours a day but also enjoy great food specially made for us by our butler, great snorkeling and the best sun ever.

Anyways, being on this resort you can meet only multi millionaires and couples in their honeymoon.

After they finish eating all the sugary treats, gluten, grains and juices and they are bored of laying around sun tanning, some of them walk into the gym and try to do some movements. They walk around, try this machine and that piece of equipment and quickly despair of any further attempt to formulate a 'workout'.

Sad-really.

Seeing those people made me realize - most people live inside a machine but they are lacking the 'User Manual'.

Movement is free - but it should not be taken for granted.

Whether you like it or not - you HAVE to move.

Some just understand this reality and act accordingly and others try to ignore it and suffer terrible consequences - in the short and long term.

Educate yourself about movement. Learn to love it. Dont 'train' 3 times a week for 45 minutes. Make movement a substantial part of every day. Or else.

Yes, the world needs another tutorial on how to perform _____ (fill the blank).

Sometimes, for entertainment I watch one of those tutorials, but the price is usually puking a bit in my mouth.

You want to learn how to do _____, research the subject - in depth. Get an understanding of a process and an approach to the madness that makes sense and always - learn from the best. (teachers)

The downside is you will actually have to use your brain, poindexter.

Or ignore me - just watch a quick & dirty tutorial and give yourself some cancer.

Comments:

S: I Must Respectfully Disagree...without Youtube and the tutorials ..you show so much distaste for..I miself would have never heard about..and would have missed out on your methods..your classes are not advertised in my part of the US and without links thru alot of Bad tutorials I would have never found you..

I agree that there is a lot of garbage instructors on the internet..but this is the same..lots of Bad PT's in globo Gyms..and out of shape sifus and masters in poorly run Dojos and fighting gyms world over..

use best judgement when dealing with all these people..look for the good ...

and leave the rest alone...

A: @Kaisen you dont disagree with anything I said, my friend. I am talking about the unbearable lightness of being an Internet expert. Of course there are better tutorials out there. But - realistically and without being a hypocrite - what is the ratio between the good ones and the bad ones? hence - my point.

Q/S: I've been trying to incorporate some of the techniques one of your students has filmed themselves doing. Techniques you taught. If they haven't done it for information then should i just presume its for superego/arrogance/superiority/bragging rights?

If we don't get inspiration to try something, even from 'cancerous' tutorial videos, we'd never even begin the process of trying to grow. Some kid who cannot access your teaching may watch your own videos and be inspired to learn further. Should we snicker at them? I don't think so. Even the worst video can teach you something.

A: @Clyde You are right, shit is better than nothing - we should encourage the spread of bad knowledge by... anyone. I also suggest to upload some tutorials for basic surgical procedures because some third world countries that don't have access to quality medicine are better off with that instruction than nothing. Here's a Start Up- right there for you, ladies and gentlemen.

Q: I do do you have any thoughts on making a database of tutorials yourself, or do you try to keep them for the in-person seminars? I like the stuff I've seen of yours and I'd pay \$\$ for access to some decent progressions and routines.

A: @Jayson, I am in the process of sharing and expanding my knowledge base in a smart fashion - it's a gradual process that will probably last me... a lifetime. Right now I share a large amount of information in the forum and method I mostly believe in - in person. But, that will change in the future.

Q: how/where to research?

A: Research: Online articles, research, (pubmed.com) books, take seminars, go to specialists, study under them, compare-examine-critique and think, think, think.

S: Though I presume you I do will knee-jerk and call what I'm about to say an excuse, I present it as a reason: Not everybody has the means to acquire one-on-one (or even group) teaching, so we have to resort to what's available for free, which is usually internet material. I've done my research, and usually seek information that's older (York handstand coursework comes to mind) as it's less likely to be gimmicky, etc. I've found most tutorials to be quite helpful, especially when you take what works and discard what doesn't. I did eventually have the opportunity to attend a small workshop on handstands, strictly for beginners, and I was the only one that already had some things down: elbows locked, butt tight, toes pointed, head neutral, etc, the teacher wasn't blown away or nothing, but he was impressed -- I learned all of that from Youtube and other free materials.

Yes, a lot of tutorials are very sloppy and provide a quick path to what you're trying to achieve and obviously they'll never compare to a teacher or someone who will put you on a more solid path, but not all of them are garbage either.

I greatly respect your abilities and your work, and would love to attend one of your workshops if you ever came to the states, but I have to say, you come off very strongly opinionated and holier-than-thou and it is a bit of a disappointment - in short, you're not humble. Should you be? Perhaps not, it's not like you're breaking my heart over here, but almost every time you critique something else it has a strong air of "If I didn't do it, it's dogshit," and maybe you should consider how you come off to potential clients, though you have many on lock-down.

A: @Jayson, I am in the process of sharing and expanding my knowledge base in a smart

fashion - its a gradual process that will probably last me... a lifetime. Right now I share a large amount of information in the forum and method I mostly believe in - in person. But, that will change in the future.

Just before the snake takes off his skin and goes on to become something else, he performs this dance.

This Wu Dang master has freedom in his lower body that I envy. Joint integrity-mobility-strength.

Proper alignment?..

..

.

HA!

He doesnt follow rules, he makes them up!

<http://www.youtube.com/watch?v=vXHnWGonPbg>

Comments:

Q: what if he is in pain? is it stil amazing?

A: I've met a couple of these characters with my voyages around the globe. From 70 year old ex chinese acrobats to 80 year old TMA masters. They werent in pain. But they would eat your grandpa for breakfast. Many myths are pushed around the west that this is harmful and that has lethal irreversible side effects, but just like the 'Squat to 90 only' dogma and the 'dont let the knees pass the toes' BS, all these 'researches' and 'sport scientists' did was HURT the world of movement.

Sidi Larbi, one of my favorite creators, comes out with this great message for the International Dance Day.

The world of Contemporary Dance is doing a lot to develop, cultivate create and manifest movement, and some specific point of views of movement can only be learned and understood through CD research nowadays.

But...

Movement is bigger than Dance. It encompasses it. Just like it encompasses Sport, Circus, gate&locomotion,survival and fitness or even breathing.

We need more exchange, more communication and more mutual learning between the various specialists fields but that is not going to happen when everyone is taking care of their own specific discipline but nobody is taking care of... MOVEMENT.

<http://www.youtube.com/watch?v=ZtOIUFnZUWM>

After 15 years on a low carb Paleo diet, here are my recent Cholesterol test results. I am consuming huge amounts of cholesterol and am known as a full time carnivore. (I eat animal protein 5-6 times a day, from a variety of sources)

Many of my colleagues over the years have criticized me, especially back home in Israel, where 15 years ago people were laughing at my practices.

While I am walking around with sub 7% BF, training 6-8 hours a day, writing training programs for my clients and managing a successful business of workshops around the world, they are bald, fat, tired and miserable.

To top that off, I will post some test results I've taken recently to show what I am made of. From Heavy Metal toxicity load, to Amino Acid Analysis, to Adrenal Stress Index - I'll show you any marker you want to see.

If you want to argue with me - FIRST take your shirt off, SECOND - come train with me for a week and THIRD - bring your test results for comparison. Then you will make me a believer.

Comments:

Q: Care to share how many g carbs per day you may have? I was actually having a conversation with a paleo bud about this very topic and I brought you up as an example of low carb paleo and high activity levels (and how they work just fine) but he asked if I knew how many carbs you averaged and I had no idea. Since 'low carb' when compared to a standard diet of breads and what not (which as most of you likely know, could be upwards of 700g carbs/day) could still be upwards of 150-200g and considered low carb. Thanks in advance.

A: I consume on average below 75 grams of carbs a day. Some days as low as 20.

S: @Triglycerides: this value is far too low - From our experience/investigations athletes should at least have a value around 100, studies have shown that a value below 70 significantly decreases your performance (not only endurance).

A: @Philipp There is nothing to support these claims I've ran across. With all due respect - who is WE?

S: I work in a mitochondrial institute in austria with one very well know microbiologist, an expert of mineral supplements and one very well know metabolism scientist. You may won t find official studies but if you study start to study microbiology in further depth you understand why triglycerides are SO important. You can google Heini Bergmüller, Dr Henning Sartor if you want.

A: @Philipp, All the information about these guys is in German. I'll tell you what - these guys may be brilliant and are dealing with new information about the importance of high levels of triglycerides, but right now its not available to me. Thats when I use the Paleo dogma - (yes, I know its not proper science) I eat what was available to me as a hunter gatherer. I eat meat and leafy veggies mainly. I walk around at 5-6% BF. I stand on one arm, perform planches, one arm

chins, box, sprint, squat heavy, twist and flip in the air, flow, dance, fight, climb and swim. I have been in national and international competitions in various disciplines. I am 32 but still train 6-8 hours a day, and on the side run a successful business and read 3-4 books a week. I've been to all continents and have seen most of planet earth. I am happy. So, yeah, maybe taking my Triglycerides levels a bit higher will get my morning boner a bit more rigid, but I think there comes a time when one has to say - I'm good. I dont need much more. Give me another day like yesterday and I'll say: thanks!

Apparently I've started a shit storm with my latest test results. Ive been receiving hundreds of messages over the last 24 hours with questions, inquiries and help requests.

The reason I believe the post had this effect is not because I am eating paleo or that my test results are good, but because I HAVE BEEN DOING THIS FOR 15 YEARS. There are few people who have been following such a lifestyle for so long.

So, let me provide you with some details:

1. I eat animal protein the size of my palm (200-350 grams) with green veggies with every meal. Thats the base of my diet.
2. I vary all that I eat, all the time. Example proteins from the last year: venison, kangaroo, ostrich, chicken, quail, lamb, croc, wild salmon, wild sardines, sea food, eggs, turkey, arctic char, wild boar, deer and more and more. Yes, I know this source is contaminated and that source is not optimal - you know what? shut up.
3. I ingest a PWO shake after training with quality Whey Protein and some carbs in it. I rarely go above 30 grams of carbs here. Yes I know I might need more after heavy glycolitic training, (I box regularly) but I feel best when not topped off fully and also - performance is not the only marker I am after.
4. I have a carb up meal once/twice a week based on tubers and rice. I will have some dark 85% chocolate and will avoid dairy and gluten fully. The next day I wake up even more ripped.
5. Supplements: I am a believer. Yes, I know many authors are taking down their supplement recommendations (the one's who are selling books) while others are increasing their recommendations (the ones who are selling supplements) while I have stood the middle ground for many years now and will continue to do so.

I have seen great benefits in:

- A. Vit-D (upon blood test only)
- B. Omega-3 from pharmaceutical grade fish oil supplement. I take 6-15 a day. (yes, that much. Yes, aware of the recent research)
- C. Magnesium - in chelated forms only, PWO and night time. I am a big believer in Mag supplementation, but dont take Citrate and I wouldnt give Oxide to my dog.
- D. Zinc - in chelated form, upon test. I hate the Zinc Tally test - its shit and I've seen countless cases where it was false compared to blood RBC Zinc test. Zinc can be huge for some males - if you get this right, life is good and you need to attend one my my Handstand workshops in order to properly pee into the toilet in the morning.

Now for all your nay sayers: I still dont see your shirts coming off. (girls included)

Comments:

Q: I only have one question, as an "ectomorph" I'd like to gain more mass, would this diet be good for people with an extreme metabolism?

A: Being an ectomorph doesn't make you carb tolerant. I don't like the thinking behind increasing calories through carb only to assist with hypertrophy. It can be - if you are carb tolerant, if not - the fat approach is better. Protein pulsing is one thing I would follow in both cases. Also - stop bitching and moaning, most ectomorphs are bitches.

Q: How much magnesium would you typically take?

A: Mag - at least 800 mg, in two dosages over the last two meals of the day, but it should be correlated to activity levels. (extra should be taken PWO, btw this is an approach I picked up from Charles Poliquin, and I think it works great!)

Q: How many calories do you consume?

A: @David Depending if I take my appetite suppressants or not. If I do, only 1233 Calories, but then again I will consume large amounts of diet coke and zero calorie jello. From which planet did you land from?? Counting calories is for bitches. Never did, never will.

Q: **Deleted, but from Ido's answer, presumably asking about how much Zinc he needs.**

A: @James For Zinc - test RBC Zinc to find out how much you need.

The Leap.

Lets talk about 'The Leap', the hardest but most important moment in the process of achieving a new high level skill.

With most difficult skills (ones that are actually worth while going after) there will always be a gap somewhere in the developmental process that will require... The Leap.

No matter how gradual, well planned and technical the training process is - if the skill is complex enough, this gap will be present.

Examples are learning how to box, a backflip, a snatch or a freestanding handstand.

Boxing: one can take the 'Aerobic Boxing' approach and perform years of mitt work, heavy bag and shadow boxing but once you will start to spar - hello gap!

Handstand: one can take the yoga/gymnastics approach and concentrate on alignment cues and wall handstands from here until tomorrow but then when tackling the freestanding handstand - alo gapo!

etc,etc...

Now most POPULAR training systems around nowadays do not produce a process that enables the student to clear the gap. They merely walk you to the edges of the cliff without ever clearing this gap.

Why? Because people are pussies. These trainers and 'teachers' understand that pushing people to clear the gap will severely decrease the amounts of students they have and hence the money they make. And they are all about the money. Also - these 'teachers' are not smart enough to produce a process that helps people perform the required Leap.

In boxing it is obvious - if you will never be punched in the mouth, you will never be able to spar and protect yourself. Period. Thats doesnt mean you should just go balls to the walls into boxing, dont get me wrong, there should be a process there, but it will be MORE than just walking you around on this side of the cliff.

With something like teaching a handstand it is less obvious, so what I see everywhere are teachers concentrating on small NON ESSENTIAL CUES, walking you on the edge of the cliff. They have no idea how to make the handstand magic happen.

Stop walking around the bush. Deal with the gap and get a teacher that will help you perform 'The Leap' towards the skill set you are after. It can be done safely and smartly and gradually to a level, but there will always be... a Leap.

Comments:

Q: Yep. I'm stuck on the wrong side of the free handstand gap. Is it a matter of repetitions? I can't consistently hold one for more than 5 seconds. I've been stuck here for months

A ***(not from Ido, a man named Vladimir)***: Matt, you should probably consider getting a coach to show you the proper technique and conditioning for your shoulders. You're obviously doing something wrong.

A ***(Ido's answer to both)***: @Matt NO ITS NOT just repetition, thats the whole point behind my post. And Vladimir, you disapoint me with your answer, my friend, obviously you have missed my message above. The last thing he should worry about is conditioning and 'proper technique' is not enough!

A ***(Not to a specific question or statement, just general people talking about the post)***: It can all be done and being done by hard working folks around the globe every day, but there are better ways to skin a cat. Having a balls to the walls attitude is nice and sometimes necessary, but dont get confused here - there are DEFINITELY teachers out there that can take you above and beyond any place you can reach on your own hard work. How? accumulated experience.

Q: What is the skill you are performing on the picture? Are you learning tricking maybe? ;) I would love to see you perform tricking elements or combos.

A: Learning tricking? I started 'tricking' when there was no tricking, my friend, back in the 1990's. Type 'ido portal corta capim' on YouTube to watch me jump.

I injure my students.
On a regular basis.

Yes, you've read it right, I-N-J-U-R-Y.

Of course we are talking about reversible, adaptation producing injuries, but it is still important to call this process in its real name.

I am not crazy. The 'safe training' folks are.
Why? Because life and movement is not predictable, controlled, smooth.
It is chaotic, unexpected and complex.

If you are going into battle, is it really wise to stay safe while training without ever being exposed to the extent of the elements you will have to face tomorrow? Or is it sheer madness? That's not 'safe training' it is UNSAFE training.

When people work with only perfect alignment and never challenge the organism in the way that it is challenged in life and movement they become weak, susceptible to injury and pathetic.

Then...

They get injured due to misalignment.

Next, they write books why you should keep perfect alignment like this or that...

Instead of realizing - they were not prepared for battle. (you can change 'life' for 'battle')

If you didn't catch yet my 'Improper Alignment Speech' - check the video link, share and enjoy.

<http://www.youtube.com/watch?v=HHn-Hk8OBS0>

Comments:

Q: Hey I do, I didn't know where to post this question.

It has to do with rebalance and improper alignment of sorts.

Do you use slacklines in your training at all? Do you think they help improve "balance"?

if you do or don't, could you post your reasons.

I am not asking for any training advice or technical know-how about slacklines, just your opinion of their use in training.

thanks,

Eric

A: Slackline will not improve your balance while moving on the fixed ground. It may help you in case of an earth quake though... Different set of reflexes.

The Equilibre Endurance Set - the most hated moment in every Equilibrists practice...

There are stories about 30 minute sets performed by some Chinese circus performers!
(notice I am not talking about wall supported shit - thats for pussies)

That is just inhuman...

I-fell-into-a-radioactive-puddle-when-i-was-a-kid inhuman.

But, this is the first video I see of a serious, almost 10 minute set. Notice, it aint pretty, especially towards the end, but it does not need to be to get the job done.

What is the job? Open up reserve capacity for your practice and performance.

If you want to have some respect for this guy, try this: take two dumbbells, weighing each 25% of your weight (Not 50% as this guy is holding, and in a closed kinetic chain fashion, not open which is much much much more easier) and try to hold them overhead for 10 minutes.

https://www.youtube.com/watch?feature=player_embedded&v=RbawIXvieEA#!

Comments:

Q: 1. Have you ever trained or researched Russian Systema? 2. Have you experimented with intermittent fasting, and if so, what were your thoughts results. Thanks (sorry for the double post hit enter by accident).

A: Yes, studied Systema. I am more interested in the movement perspective of it, less about the martial, in which I am not a fan of systema. Yes, also have experimented and researched intermittent fasting. For most people I discourage this practice. I think it is beyond most people and the subsequent fluctuations in blood sugar post fasting cause more problems than the benefits of fasting. But, there are ways to practice IF that are better than others. I hate the fact that nowadays every fucker that misses a meal because of lack of discipline, calls it IF. (And the fact that MOST IFers look like shit and perform like shit)

Me and my students have been using my Anti Inflammatory Protocol for years with a lot of success.

I've decided to share it with you today:

Daily Anti-Inflam Protocol

1. Ice the area for 20 min three times a day.
2. Apply a combination of Traumeel-S cream and 5 drops each of the essential oils Helichrasum Italicum and Wintergreen, three time a day. Post Ice.

The last application apply twice the traumeel - at the start, then the oils and again at the end.

Then take a cotton piece, pour boiling water on it,

wait a few seconds, squeeze it to damp and place on the area. Wrap the whole thing in plastic wrap and sleep with it overnight.

3. Increase EPA from Omega-3 supplementation to 10-15 capsules a day. Get a pharmaceutical grade brand or forget about the whole thing.

Be accurate, consistent and repetitive and you will see great benefits from this protocol.

May the anti inflammatory gods shine their holy light upon you.

Comments:

Q: so i should take 10 to 15 tablets of omega 3 that sounds crazy.

A: @Neal How come thats crazy? That is FISH OIL. Your grandmother used to take a tablespoon of that stuff twice a day, if she was smart. The fact that it comes in a capsule doesnt make this an OTC medicine or crazy or whatever. What about 15 capsules of water? Still crazy?

Q/S: Again: Can't believe you share this kind of information FOR FREE!!! Have you ever thought about the folks who try to sell books and seminars on the same topic?? Thank you so much for constantly pissing those people off!

A: Thanks, Hans. I've dedicated my life to getting small pieces of information and gluing them together into an approach for movement, health, performance and... living. Along the path I've become a teacher as well. I have a passion for both - moving and teaching. Knowing and applying. Learning and sharing. It is my pleasure to teach people who are appreciative, supportive, hard workers and with a spark in their eyes for the same things. Money or not - I am here to play.

"Go heavier or go home!"

This mantra has been part of my basic philosophy for many years but now days I see its shortcomings not only its great benefits.

The basic premise is that few things are linear in nature - lines, shapes, processes, organisms. Mostly you see organic, round shapes and of course waves and spirals, which keep re-appearing across the micro and the macro. (nowdays try to find me a movement/mind/body method that does not contain at least SOME wave and spiral principles... Good luck!)

So, improving linearly is an assured short term thing. It wont persist for long. Stagnation and adaptation is around the corner.

Over the longer haul, one must develop a better approach.

Often I explain to people the stupidity and out dated thinking behind some guros advice about linear progression or even worse - block linear progression. (anything STEADY)

We know better now a days, we have some good science to support superior thinking.

Having said this, lets get back to discussing this mantra: 'Go heavier or go home'.

The plus is - emphasizing the need for progressive overload. This may sound basic and obvious, but you'd be surprised. Not everyone now days share the same mind set as Milo of Croton.

The minus is - this mantra makes one think that every step up is good but a step back is always a bad step in the wrong direction.

This may be true if it was a Mathematical model, but we are talking BIO-mechanics here, folks. As we've said, in nature - few things happen linearly. Evolution is a good example - it works and works great, (it has made us!) but it did not go about this process through a linear progression.

Many fall into the trap of the 'go heavier' mantra and when fail to make gains get confused, stop training or try to change courses. When others, more realistic and respectful for nature's course of action, will treat this as 'a step back in order to make two forward', will stay on course and soon push through the plateau. (not just by standing still at the same point, there will be modifications needed - one of which is my own method which I call 'The Bridge', taught in my new programming course)

To sum it up:

1. Know the place of progressive development.
2. Linear progression only works in pure geometry, (even there not always) but not necessarily in Bio-mechanics.
3. Go heavier or go home - yes, but stay on course and know how to attack stagnation points by waving intensity and volume. Sometimes the way up is a way down - YES.

Wake up! Buzz!!! Alarm clock in your cellular goes off in a ear deafening sound. (Your cellular has been next to your head the whole night)

You had 5.5 hours of sleep. You drag your ass to the bathroom and brush your teeth with fluoride filled toothpaste. You swallow a bit. You go to kitchen and eat a good hearty breakfast of gluten laden pastries, milk and of course - coffee with sugar to counter act the food's inevitable short term effects.

You drive in your car, smelling the fumes of the cleaning products you use on the interior. Ah.... What a great smell of 'new'!

You reach your work and ride the elevator up, sit in front of your computer and ride the short wave of energy still left from your coffee. By 10 its done and your chin is doing the 'woody the woodpecker' thing.

Drag your ass to lunch. Eat some good bread, good cheese, good additives. Drink some fizzy shit. It cant be that bad for you if everyone is drinking it.

Another coffee, just to drag your ass back to the office.

Finish work, drive home.

Reach the house, no energy left, no motivation but gotta do some training. You pull out your TRX and bust out some crazy moves for 15 minutes. Done.

Sit in front of the TV - you deserve to relax after such a hard day and all that exercise, you pull out some potato chips without any potatoes in them, salted by some chemical developed by the Joker. Watch highly stimulating action till 1am and try to fall asleep. Shit, it aint happening, so you pop some sleeping pills and finally crash into a dreamless, light, close eye state.

Poor you. You are depressed? Sick? Cancer? Diabetes? Heart? Autoimmune conditions? No sexual drive? No will to live? Aging quickly? Bad skin?

Shit, this will take some serious detective work, because you seem to be doing things almost perfectly right.

Why dont you start with the conservative treatment of removing yourself from the gene pool?

Oh, sorry, no need. Nature is in the process of taking care of that already.

Comments:

Q: How much sleep do you recommend? I know it's subjective but I guess you have you guidelines in this too.

How many hours do you sleep on average if I can ask?

A: 8-9 hours. If you move a lot - essential. If you don't- move more!

A *(to general public talking about this)*: I am a firm believer in extreme solutions to extreme problems. If you didnt get my style by now, I dont do PC messages and take care of people's emotions and all that shit. People are not made of sugar. If you are, move on, my page is not for your delicate eyes. Go seek the other million teachers out there that will pad your back and whisper nice words on your ears as you grow sicker together. The pathetic situation that we have reached is the result of this over caution and flimsy solutions to HUGE problems. Get over yourself, learn how to accept the bitter truth about yourself, make changes and grow.

Human movement as I see it: (black and white, dont give me your boring 'buts')

With the legs we locomote,
With the spine we set the skeleton into postures,
With the arms and hands we manipulate.

From here lets talk training:

Lower body - strong, explosive with locomotive endurance. (much more than running, BTW)

Spine - MOBILITY is king here! The Chinese say: 'You are as old as your spine'. Word.

Arms, Hands - multiple options -> scapulae stabilization in as many degrees of freedom as

possible, under both Bent Arm and Straight Arm conditions + strong grip.

Simple & clear, nobody said - easy.

I've collected tools from around the globe and from many body/mind, martial arts, sport, dance, movement systems in relation to these three main areas, as well as others. There is no one system out there that is the end all be all, just fractionated information with relatives truths and a shit load of BS, unfortunately. (One allergy I cannot shake off is my BS allergy...)

What you see here is my POV - not truth. It is a work in progress- my life's work!

Anyone of my students joins me on this journey - I do not open the door to them in my castle of the clouds and announce - 'your journey ends here!'. On the contrary!

Comments:

S: Excellent. I would say that spinal stability is as crucial as mobility, but you can't really have one without the other. Great stuff.

A: Actually spinal stability is not a major issue with most people. It can be an issue, dont get me wrong, but it is not so common, the spine is mostly stable with the corset of muscles around it. Issues leading to spinal injuries are not necessarily spine instability, but thats for another post.

Q or S **(deleted)**

A: Alexander, lower body flexibility is nice to have, but it's not BASIC from a human movement perspective. Again, it's a B&W post!

Perception is reality.

Movement is highly related to our perception of things.

An area which extremely effects perception is pain.

Our perception of what is painful dictates our expression of strength and range of motion.

It has been known for some time now that tissue plasticity is not a major limiting factor on range of motion.

Basically - if you hear 'you need to elongate your muscles' and you dont get into serious sneezing attack, your BS allergy is dormant. (Wake it up by reading my posts more frequently...)

Your muscle length has nothing wrong with it. It is enough to provide you with anything you can imagine doing with your body. Ever.

It is your nervous system that tries to protect you, limiting ROM by neuromuscular stimulation because it detects a potential for injury. Your perception of pain is what triggers your CNS, among other factors.

Some of you may be familiar with these days where you have a lot more ROM naturally. It is highly connected with your pain threshold that day.

A very common thing is to see a large increase in ROM after stimulant use - like a strong cup of coffee. As opposed to what some may believe - that the stimulant will increase tension and limit ROM, it is the modulating effects on pain perception that allows for this effect.

The following clip is a nice demo of how perception, and not REALITY makes... a new REALITY for you.

We are what we think we sense, though, not what we actually sense.

<http://www.youtube.com/watch?v=sxwn1w7MJvk>

Comments:

Q/S: What does this show? It doesn't prove anything. I was wondering why he never asked if it hurt when the rubber hand got slammed with the hammer. Of course it scared them. Anytime you strike that close to someone with a hammer without warning it's going to scare them. They didn't flinch any more than one would expect if one is surprised by a sudden hammer coming down on the table in front of you.

A: It doesn't go to show anything - just another example of what you think is happening - makes you experience it - even for a fraction of a second, until you discover the trick. With other things - the illusion lasts longer - as long as people's lifetime.

Squat. The Squat. Squatting. SQ.

A lot has been said about the squat, I will try not to be repetitive...

The Squat is a basic human position. It's not a question of if you need to squat or are you designed for it or other shit you hear. * Sneeze *

Do you need oxygen?? you need to squat.

We Homo Sapiens Squat.

We stand, we walk, we run, we lie down, we sit and... we squat. It's essential.

Every baby squats perfectly, unless born with a dysfunction. But, at the age of... 30, 16 or even nowadays as early as 6-8 - some of us lose the ability to squat. (Flat footed, with ease and with the ability to both support substantial weight in the position and maintain the bodyweight squat for long durations)

Why do we lose it? Lack of use. You don't use? You lose. The process includes calcification, adhesion formation and motor amnesia among other things.

I believe so much in the need to squat - I've placed a lot of emphasis over the years on this position, improving my own squatting position tremendously as well as that of thousands of my

students.

The tools I use are my LPS method (Loaded Progressive Stretching) as well as various auxiliary drills for hip rotation, hamstrings mobility and specific squatting drills.

A good place to start is my Squat Clinic video:

<http://www.youtube.com/watch?v=xPwG2hqnOx0>

Another piece of advice I give people is to incorporate 10-30 minutes of squatting a day. Yes, you've heard me right. Out of every 24 hours - spend at least 10 minutes in a full depth, flat foot squat.

To achieve that I would play some games with myself:

1. Answering the phone? Whenever you talk - you squat. This will make your phone bill much smaller as well as improve your squat. Some of you easily talk more than 30 min a day!
2. Answering emails? Every 5 replies - take the computer down to the floor and answer the next 2 down in a squat.
3. Waiting for public transport? From the moment you arrive at the station - you squat until the train/bus/tram arrives. This can get interesting...

I hope you are taking your squatting seriously. How serious? in my book if you cant squat - you are handicapped. Yes, thats the perspective we need here, as squatting is a basic human function you should maintain to the day you die.

Squat away!

Comments:

Q: I have only one question, and i haven't got any answer as i haven't seen a side view in your videos... is it normal, that in a full deep squat, there's a curve in lower back??

A: You should be able to Squat all the way down WITH the normal lordotic curve in your back maintained. Having said that - while resting in a BW squat - you do not have to maintain it.

With over 70% of the world surface as water, we as movers have to seriously consider our water skills.

I mean, what kind of a mover are you if 70% of your home is a place you cant handle yourself in??

When talking about water skills and behavior, there is a lot to explore: Apnea - both static and dynamic, treading waters, diving and rescue techniques as well as of course - swimming. (not to mention water conditioning, dealing with cold water exposure, and more and more)

A good example is in the clip attached - the vertical kick training with an 8kg belt. Watch what happens when a top level Japanese swimmer tries to do what Michael Phelps is doing at ease.

This is where the men are separated from the boys...

<http://www.youtube.com/watch?v=S5MKDcQ6u9I>

Standing on one arm never felt like STANDING ON ONE ARM.

Its something I wanted to share with you.

When I embarked on this journey, at the age of 25, I was looking for this magical moment in which I will be able to 'feel' the one arm balance.

I believe if you make constant (but 'wavy') and smart progress towards higher level skills you will never feel 'the magic'.

The reason is - there is no magic. There is a process, an understanding that unravels, a deciphering of a code that once looked complex but now is... Simple.

Albert Einstein said once: 'Things should be made as simple as possible, but not any simpler than that'. I am a big fan of this quote.

Realize this - as magnificent and incomprehensible as things sometimes may seem - nothing is truly complex in this world. Only for the ignorant.

Comments:

Q: how old are you now ido? if you don't mind my asking.

A: Old enough to tell you it doesnt matter if you start at 25 or 45 or 65. As long as you missed childhood - its a similar process, minus ache here and pain there. I've taught 70 year old to stand on their hands.

S: I need a teacher, until Ido comes to the states (if he does! I'm calling you out, so now you have to cus a guy on the internet said you wouldn't because you're scared, that guy being me) anybody near NYC/NJ willing to? Been very frustrated in my handstand quest...

A: Against the wall will not teach you balance. Thats the worst advice someone can give you and show a great lack of understanding of the process. If a teacher says - practice leaning on the wall and one day you will be able to do it - GO FIND ANOTHER TEACHER.

S: I am not too sure what is the Yoga purpose of balancing on one hand..apart maybe stamina and strenght which belon more with gymnastic than Yoga. It is beautiful but someone will see this pic, will try it and injure him or herself beeing without a proper supervision.. sorry to be a party pooper!

A: Oh, the 'Yoga purpose'... Fuck, forgot all about that. How about being ONE? Try to think about your girlfriend's underwear while being on One Arm and see what happens. As for the possibility of someone might seeing this and getting hurt - are you serious? What do you suggest, we take down all photos of inspirational,hard skills? Obviously, Laurent you have stumbled into my page by accident. Go away before someone mutilates your delicate soul.

S: I'm getting to hold the one arm for at least 10 seconds as an average and yes I do I agree with all you say about the learning process (my background is in linguistics and I see so many similarities with my hs learning and language learning) but I wouldn't say there's no magic. If I think about it rationally it's exactly as you say but, to me at least, the feeling of being up held by one arm is truly magical.

A: Of course it feels great - or else I wouldn't have done it - I agree, the point of the post was that there is no 'out of nothing' thing. Everything is the result of something. A process, no *poof*, Abra Kadabra.

The 'Diagonal Stretch' - the queen of full body stretches I have adapted and used for over 10 years now with my clients.

The Diagonal Stretch offers you many advantages:

1. It is LOADED. Good stretch = not a stretch only. It builds strength in the extreme range of motion, hence its safe and efficient. (Muscle plasticity is far from the limiting factor in mobility as many have led us to believe, it is more dictated by the CNS)
2. It is PROGRESSIVE. A couple of stages here:
 - A. Front knee bent as well (in the picture the front is straight) and touch the back of the knee.
 - B. Front knee bent and touch the mid calf.
 - C. Front knee bent and touch the heel.
 - D,E,F. The same progression with the front leg straight.
3. It is UNSTABLE and requires active balancing action to keep in the position - isn't that how real life movements with extreme ROM are? Can you spell 'joint integrity'?

To perform the Diagonal Stretch follow these 5 steps:

- A. Stand with your heels together but toes out with 90 degree angle (45 off the center line on each side) between your feet.
- B. Align your right foot toes behind your left heel and glide backwards on an imaginary line drawing out of your left heel. You will achieve a lunge position with the front foot in External Rotation (45 degree off center line) and back foot with raised heel and on the toes, not rotated any more - but straight forward on the center line. (examine the feet orientation in the photo)
- C. Put your right hand on your heart and let the elbow relax on the body.
- D. Take the left hand and reach behind you towards your desired target - back of the right knee, mid calf or heel. Arch back and rotate but don't bend down to reach for your target.
- E. Hold for 30-60 sec. Yes, you heard me right. Yes, I know its a humbling experience.

If you get an early case of Parkinson's disease, don't despair. Keep working it and perform 3-5 sets alternating legs.

Now you learn how the kind of stretching that I use feel. Its far from how relaxed stretching feels, but the benefits are in direct correlation to the hard work.

Make the Diagonal Stretch an integral part of your stretching and enjoy increased mobility in your back bridges, hip flexors, walkovers, running gate biomechanics and more.

Enjoy!

THE PERFECT PULL UP is so difficult for people to perform because it combines three weak spots in the shoulder girdle:

1. External Rotation of the Humerus.
2. Scapular Depression.
3. Scapular Retraction.

If you are not assuming this alignment, you cannot touch the bar to your chest WITH the shoulders retracted behind. Period. Then you start with the pregnant nun routine. Full of excuses.. (Some of my favorites are 'my proportions are wrong for this', 'I dont understand the technique' and other classics)

Do you see the beauty? While many (good) trainers preach to balance the shoulder girdle by performing Ext Rotation work, Scapular Depression, (Lower Traps) and Retraction using the rhomboids, the Perfect Pull Up is a diagnostic and integrative tool to make SURE you are balanced and not go further out of balance.

Read more about the Perfect Pull Up in my notes, everything you need is there:

<https://www.facebook.com/notes/ido-portal/strength-tip-number-3-the-perfect-pull-up/241012849274036> ***(this note is in the document, towards the very beginning)***

Aiming to develop your pulling work towards the Perfect Pull Up will make you develop a more balanced shoulder girdle, prevent injuries and become more resilient and strong. Don't hesitate - put some effort in this direction. Or else.

October 2nd, 2008. I uploaded a 01:50 min clip into Youtube and went to sleep.

The next morning I woke to 300 emails in my mailbox and a different reality. (I barely got 2-3 emails a day back then..)

Ever since then, over a quarter million viewers have watched this clip and somewhere around 200 new views each day.

My channel is closing in on 1.5 million views and has over 5000 subscribers.

What was so different about this clip which showed a Capoeira practitioner playing around with a small movement sequence?

It showed a process, an approach and the results of making choices in movement and training, across a certain length of time. It compressed together strength, balance, control, mobility and flow into movement.

Nothing to write home about, really (you know I dont do modesty) - but I guess it was different enough to peek some people's attention to my work.

Fast forward almost 4 years - I am a citizen of the world, giving more workshops in more places around the globe than I can remember and sharing my methods and approach for movement training with all that is interested or would listen to me.

I want to say THANK YOU today for your attention - all of my students from around the world - my online coaching disciples, my seminars, workshops and cert attendees, my personal students and you who follow my views on movement from afar. Without you - I could never have made it so far and beyond - in 2013 there are big things I am planning for you and for the sake of movement!

The date is January 1st, 2013! Stay tuned..

http://www.youtube.com/watch?v=6_eTg6gMTE0

This Chinese Handbalancing circus number is a bit unusual.

No One Arm Handstands.

Instead - inverted cross between the canes, HS->Planche->Back Lever and some crazy swaying canes thing.

Oh, and its mostly performed 5-7 meters in the air.

Of course, to compensate for the weak skill level the Chinese always use superior artistic sense. I almost got type 2 diabetes from watching it.

<http://www.youtube.com/watch?v=5cMxGa-WONo>

Do you have 6 minutes? Join Jake and Tobie in this great workout.

If you can...

These are happy, strong and funny kids. (I especially like the way the big one crashes his foot in his young brother's face without any response)

Do they have perfect technique? No, but they are kids!

Let kids be kids and you - aspire for better execution! You dont need two hours to get a nice workout - here, in 6 minutes they go through an impressive amount of work! Try it - now!

<http://www.youtube.com/watch?v=BC9UIScVVn0>

Comments:

Q: Well those two kids just proved something to all the people saying: I can't exercise, I dont have a gym, time, money, installations, etc etc. Now they can see how a little but serious dedication can lead to some good results. Two bars, a wall and enthousiasm.

A: I've killed myself in a hotel room with NOTHING but a piece of 1X1 floor and in a few minutes. When designing properly a session and minimizing empty rest while maximizing work through intelligent pairing, coupled with enough work capacity and base strength - one can do a lot, in a short time and see good results. These kids are doing Press HS, One Arm HS lifts, HS static hold, L-sit, Planche, Undergrasp HS Static Hold, L->V sit leg lifts and HSPU all within 6 minutes. You got 10 min? You have 4 left to take a shower. Do it.

When examining fitness tools, I believe most people are slaves to what the promoters of those tools are claiming instead of the simple truth: how does the specialists using those tools for years transfer their abilities to other arenas.

If those abilities are impressive but not properly transferred onward, you are becoming a specialist by training with that tool, but not improving general markers.

Proven result producing examples are:

1. Gymnastics oriented upper body strength training. Gymnasts show impressive transferability of upper body strength to other arenas. The reasons behind this takes me around 60 minutes to cover in my Upper Body Strength Certification Courses.
2. Olympic Weightlifting and lower body strength and explosiveness. Olyfters show impressive vertical jumps, sprinting ability as well as slow maximal lower body strength in pulling and squatting. How about their single leg patterns? Better than single leg specialists trying to Olyft or squat bilaterally for the first time. Much better.
3. Loaded Stretching vs relaxed stretching. The most flexible people on the planet use loaded stretching, they have little time for relaxed stretches and ineffective Yoga Asanas. The quickest way to get someone flexible is loaded stretching. Some people will never become substantially more flexible using other methods - the proof is out there, everywhere. Its YOU. Most people I meet nowadays are as flexible as rigor mortis. The ones who are flexible are as strong as Woodie Alan. Few possess both.

So, when thinking about buying the next craze or a 'forgotten tool from the past' (that may have been forgotten from a good reason...) think about whether you wish to become a specialist in that tool and if not - whether the specialists working with that tool has anything to show for outside of their practice or sport.

Words to live and die by are the old Latin phrase 'Memento Mori' - translated loosely into 'remember your mortality' - we have little time to waste, people.

Get away from the bullshit and hype and stop becoming useless specialists in things you never wished to specialize on from the first place. Less is more.

Comments:

Q: I do, quick question. I just watched something by Pavel saying that Loaded stretch does not build flexibility, only strength. I don't believe him, but why would he say that? // What exactly are we defining as a loaded stretch? A weight at the end of the stretch movement?

A: @Ian do I look like Pavel to you? @Sol anything that is under load - whether your body weight, an external object or a partner resistance. And WE are not defining anything.

S: I agree with the notion that fitness in one thing doesn't necessarily translate to fitness in other arenas. At the end of the day, I think it depends on what you want. If results are all you want, then fine. But I agree that there is more than that: enjoying the journey. This is kind of a Buddhist sentiment, and I tend to subscribe to it. Thanks for this post.

A: I am all about enjoying the journey - but not about spreading the hype. Thats the point of the post. You want to play with some clubbs or a TRX - fine. There is a journey there. Enjoy it. But I'll tell you to shut the fuck up when you start to tell me what amazing fitness tools there are and how much of a better athlete they are going to make me. Just shut up.

S: I recently listened to a specialist on NPR, speaking of stretching, with regards to flexibility and there is little connection. Modern biological science has discovered that your flexibility is primarily determined by your genetics and stretching, can actually increase risk of injury, by putting muscles, tendons and joints into a "crisis" mode.

A: What a great specialist, Brain. He does not know what he is talking about, since he has reviewed methods that are mainly passive and relaxed and in all probability gentle as a feather for stretching. Send him to China, let the Chinese teach him how stretching cannot make you more flexible. Also - how about another POV on this: yes, stretching has a risk - or else it wouldnt be productive, but how about the risk of being an inflexible fuck incapable of the ranges of motion required for your movement demands? As I tell my students - 'our methods are risky, yes. Thats how we like it!'

S: I am a Novice at stretching and it was the first I had heard of that genetically-based finding. I can only speak from experience and when I have gone a few months without training/stretching, because of an injury, I have to work at getting back my original range-of-motion. On the other hand, I have a cousin who does nothing and can wrap his feet around his neck, while standing.

A: So what - genetics play a big role - thats no secret. It does as well in many other things - like strength. I have a friend who has deadlifted 500 pounds the first time he touched a bar. So, does that mean I will not strength train and its ONLY genetically predisposed?

The first prototype of our new Handstand Cubes has arrived.

Every participant in the Movement Camp this year will get a pair of these (just one of many presents) and will learn a variety of drills on how to use them.

The Cubes will be available for purchase in our online shop starting this coming January.

The Handstand Cubes are a great tool for Equilibre practice and provide various lead up drills to the One Arm Handstand as well as basic alignment and visual cuing for the two arm handstand, Elbow Levers and more...

There are words to die for, but definitely words to KILL FOR. Here are a few gems that will get the vein in my forehead popping out and their real translation:

CORE = "I dont know my anatomy and hence cannot understand which muscles are really responsible for this movement"

FUNCTIONAL = "I cant get people stronger, never could, so I will sell them the idea that its better to be weak as long as you are standing on a swiss ball or fumbling with some cables"

TACTICAL = "I've never been to any sort of real military service, swat team, fire fighting or a special operation unit, so I will use a word that will make me feel as if my dick is slightly bigger than peanut size. Maybe others will feel the same and join me.'

ULTIMATE = "This is shit, but its the best I know or can come up with."

STREET = "I have no plan, and I plan to fail, but I dont want to educate myself so I'll do it with (what I think is) style."

DETOX = "I am flimsy and frail because I dont eat 'toxic' animal protein, so it must be toxin overload that I need to take care of right now. No, its not the fact that I need some meat in my 100,000 year old design digestive track or that if I dont lift something heavy right now I will just break down and die. Its the toxins."

ZUMBA = "I cannot get any motivation to do anything and I am one step before pulling a Kurt Cubain. This is my last cry of help."

UNSTABLE = "I cant fucking do anything worth while like standing on my hand(s) on a STABLE ground or squat heavy so I will do something easy on an unstable useless implement to hide the fact that I should be removed from the gene pool immediately."

Got more? add them in the comments below.. This post is calming me down like a gram of Phosphatidyl Serine. I feel great!

Comments:

Q or S: **None in specific**

A: Anyone trying to calm me down and get me to lose my anger is missing my POV about anger: it is part of the spectrum of human emotion. It has a place, and has a purpose. I embrace my anger, and my frustration and my sadness just as well as my happiness. This hippy-yippy approach of being always smiley but never making fun of anyone or breaking the PC approach is in my eyes flat, boring, lifeless, un-natural and most important in-human. So - let me be angry and make fun and even insult sometimes, God forbid, and also not take myself too seriously and let me be sad and frustrated and let me be wrong sometimes because thats how I am. I am no saint, (anyone didnt notice by now?) I am Ido.

The 100 Day Stretch.

The legends tells of Ban Hou, a Tai Chi master who was teaching in the imperial court and one day walked past the horse stables after his class with the royal family.

He observed a poor stable boy mimicking his Tai Chi movements and confronted him asking where he learned it.

The boy responded that he was spying on the classes Ban Hou was giving to the royal family and picked a few things. Further more the boy asked Ban Hou to become his teacher.

Hearing all of that Ban Hou responded: 'If you can touch your chin to your toes with a locked knee in 100 days - I will teach you'.

(read more here: <http://www.guangpingyang.org/History2.htm>)

The Chin to Toe stretch is a high level demonstration of ankle and hamstrings mobility. In involves a strong stretch of the posterior chain and unlike our western version of most hamstrings stretches - one cannot overly compensate with the lower back for lack of Hamstrings flexibility.

Chin to Toe is a bit too extreme for most people to start out with, but I believe that touching forehead to toes is achievable by most, with proper dedication, a smart practice and some good old hard work. Heck, even I have achieved it, and naturally I am as flexible as rigor mortis.

Major advantages to this stretch are:

1. It is measurable and hence - attainable. Most stretching methods out there are too subjective and hence - don't produce good results over the long haul. Have you achieved a twice bodyweight Back Squat? a 60 sec handstand? alongside these , I suggest you add the Forehead to Toes stretch to your bag of goals.
2. It involves all the posterior chain muscles to some degree.
3. It requires REAL, uncompromising HAMSTRINGS and ANKLE dorsiflexion mobility.
4. When done right it will also prepare the ligaments, tendons and muscles against injuries and tears. If you do not challenge your tissues, how do you expect them to deal with similar circumstances in movement and life? I cover my point of view of this here:

<http://www.youtube.com/watch?v=HHn-Hk8OBS0>

In the upcoming Movement Camp (<https://www.facebook.com/events/221460904635654>) as well as my Advanced Mobility Practices Workshop I cover my approach to this excellent stretch. It is complex and entails protocols that I only feel comfortable sharing in person.

When approached without proper understanding and method - like all good things, this stretch can INJURE you. If it couldn't - it also would not provide us with real benefits.

Remember this: yes, it has some risk, that's how we LIKE IT.

Interesting how the Fitness community is coming around to Movement lately.

In the last couple of months I've been receiving major offers from around the globe to conduct more and more Movement seminars. The hosting gyms are major Crossfit facilities, traditional Yoga studios, martial arts academies and even many commercial gym chains.

The reason for this shift is similar to the return to organic food - we understand the price of the modern specialization and "development".

Something is missing.

All of our attempts to manufacture better foods, like the GMO approach - are failing on us. Something is not right. Its not as complete as what nature has provided. We have been missing something and in some cases - we are making LETHAL mistakes.

So, similarly, the "joint isolation", bodybuilding and machine training are practically dead, but let me make a prediction, if you will, (how stupid of me but, whatever..) I believe that even the new modern concepts such as practiced, specialized sports and other dogmatic "newer" training systems are missing the human boat.

We need something more...

We need movement - in its varied, holistic, fulfilling, interesting and intelligent way.

Whether this is because we are programmed to do stuff like hunt & gather, dance around the fire, fight, wrestle, climb trees and mountains, swim across or river, etc, I wont argue, but I will tell you this - we NEED a more MOVEMENT BASED APPROACH.

So, why still the resistance from many people to this kind of practice? One reason and one reason only...

EGO.

They cant do it well, lack any good instruction and development because the various training methods that already offer such approach are mostly overhyped, stupid shit, (that most people cannot even recognize as shit - as they are beginners in this practice...) and finally despair and come back to their narrow focus training where they feel safe.

That is in a good case.. In a bad case - they don't even try. They are intimidated, afraid to fail. Ego driven. Weak.

But, there you go - the future of Fitness is the mother subject, the one that actually contains Fitness- it is MOVEMENT!

<http://www.youtube.com/watch?v=G6BBk3Nvj9k>

Comments:

Q or S: ***All have been deleted.***

A: Calistheincs are bigger lately - no question about it. Everywhere: the 'street workout', the

Bar-this and bar-that, the gymnastics enthusiast community and even odd birds like me. But the question is WHY? the reason is its a much more MOVEMENT based training- thats why I believe it has lately became so common. From NYC to Russia to Canada to Europe to Australia to Asia - from being in those places and seeing in my own eyes - I am telling you - we are changing focus. Crossfit has contributed its own pages in the history of physical culture and has moved things ahead tremendously as well.

Massive body building culture? forget about it. Body builders outside of Cali are considered freaks, immobile and get strange looks. They are few and not the mainstream. The rest of the industry has went the movement direction - whether with shitty tools like a TRX or Zumba or with better, proven, old school ones - but still - movement direction.

By the way, Charles Poliquin, who I admire very much and has learned from A LOT, has published an article lately that stated this: " #9. Triplanar movements (moving in three dimensions) are essential because neurologically you're not wearing the system down. You get great neuromuscular efficiency from heavy weightlifting, but sports-specific movements in three planes are critical to avoid neuromuscular fatigue. The brain doesn't remember muscles, it remembers movements. " So, another leader in the industry that is starting to recommend a lot more movement based training from Applied Strongmen to Sprints to Front Levers to rope climbing to gymnastics ring work.

Isolation is good for many things. My model specifically states: Isolation -> Integration -> Improvisation. Isolation can and should be used for such things as structural balance and joint prep. Also Isolation is a required step in the direction of integrated and later improvised practice - one cannot ignore it.

S: I do, I come from a very different world - Triathlon. I now understand that I have probably wasted many years cycling/running/swimming, became addicted to aerobic fitness but have no other fitness skills. I am just starting and I like very much what you are doing but I believe that on your scale I am very close to zero.... I am writing all that because I think that I am open minded and willing to learn and explore but I can tell you that back home there is no movement towards movement at all - conventional wisdom is running and cycling and in the gym it is even worse. In my sport I am trying to convince people in the importance of doing strength training but most of them just prefer to go for another jog... Its very hard to shift people in this direction as it is hard with nutrition. I wish you luck in spreading the movement trend. I will contact Odelia and start getting into it more seriously and I hope you will come to Israel to share with us your knowledge and skills.

A: I am working very hard these days to build a support system for this great demand and interest. As I've said, in 2013 there will be more tools, more trainers traveling teaching my methods, more workshops, more certification courses, more movement camps, (north america, Asia, Europe) more E-learning tools, etc... You have to be patient, these things take time and like with all things of QUALITY - such development is not as quick as certifying some dozens of trainers over a weekend and having them open affiliated gyms the next weekend in their towns.

There is a difference between TRUE GROWTH and INFLAMMATORY GROWTH.

FTF. First Things First.

Before Strength Training, before special mobility exercises or building energy systems or whatever.

Before all of this, if you can do only one thing.

If you SHOULD be doing one thing. For yourself, your family, your country, your fellow humans, for society and for the world.

That should be...

Live more dynamically. MOVE. MORE.

Find little excuses to do so. Play games with yourself. Squat to wait for someone instead of sitting. Climb the stairs two by two and don't take the elevator. See that bus that you are about to miss? Sprint to it. Even if you know you are going to miss it... Stretch - all the time. Like a cat does. Carry some 8 packs of 1.5 liter water bottles back to your place. Hold your breath under water in your hot tub and time yourself. Hang from stuff that you can hang from - wherever that is. If you can - pull up or brachiate. Got a pet? Go to the park. MOVE. Got a partner? Loved one? Child? MOVE!

Because you can. If you wont - tomorrow you might not be able to.
MOVE.

Online Coaching with me:

I receive 15-20 inquiries a day.

14-18 of them understand what it takes and how much it costs and disappear back into their reality.

Out of the 1-5 willing to start working I refuse to work with about 80%.

Reasons vary: they are vegan grain eaters, (instead of massacring you with 18 hours of HARD physical training a week while eating grain based diet - I avoid working with you all together.

Killing people tends to put a bad rap on you as a trainer..) they have unrealistic childish goals, they want to train 60 minutes a day/5 days a week and sometimes go on nice trips for two weeks without training, they think they know everything but they 'just need some help with this little thing', they are general shitheads.

People (especially North Americans) are always AMAZED - 'how can you refuse to work with ME???'

Well, fuck.

I am not a government service. I am not money oriented. I'm exited to guide a REAL process of

change.

I have zero tolerance for bullshit. (serious allergy, remember?)

I know what it takes to bring you to where you 'want' to be.

That's why people are not standing on their hands, performing Planches, flowing on the floor like liquid, going into the full splits or touching their forehead to toes with a locked knee. It's HARD. Think 'hard'. Harder.

We are not about being nice. Good. Cool. Normal.

Normal is Homer Simpson.

We are about the next step. The 'Leap' requiring stuff. So don't come to me with your politically correct stuck up noses and preach to me about what is good for my business or karma or God knows the fuck what.

I am not impressed.

Q or S: **Answer is to general public**

A: As my friend and boxing coach Jacob Daskalo taught me: 'Free is only the cheese inside the mouse's trap.' // Another favorite quote comes to mind: 'A good coach costs a lot. A bad one costs MORE!'

Q: I-DO, do you happen to offer scholarships?

A: Yeah, we offer a scholarship program, just email us at get.a.fucking.job@gmail.com and we'll get back to you. When I was 22, post military service and broke, I saved up for six months and flew to Chicago to meet Charles Poliquin. I participated in a workshop and learned a lot. Then I paid Charles hundreds of dollars for a 30 min consult that gave me information I used for YEARS. Don't botch and moan about being broke. I'm immune to it. I was also broke once.

My mother Haviva Portal practicing her Front Levers back home in my home gym. She always tell people she got her good genes from me, but don't believe her - she is THE real beast among us!

Comments:

S: Odeila said their ages were above 55 but your mom looks very young! I guess that is what happens when you move enough! And nice home gym.

A: My mom is over 60. She has a better body than most 16 year old, eats a strict modified paleo diet, sprints up heels, can perform multiple reps of pronated, strict pull ups, deadlifts above 1.5 Times bodyweight, can hold handstands and I-sits and more. Careful, she will eat you for breakfast with some dried coconut flakes...(her favorite food...)

Q: thanks for posting that! what do you mean with modified?

A: Paleo but stricter since she had small development of Arthritis we stopped. No seeds, no nightshades, no eggs, etc..

Q: How long ago did she start Ido?

Did she have a good foundation/ base to start off with your stuff?

Whats the story/pic for Before/ After Ido influence?

A: When my mom came to train with me at the age of 57, she had ZERO background. Atrophied muscles, higher percent body fat, a lot of fear from stuff like hanging, inversion, heavy weights. What she did have is dedication that few possess. She rarely misses training sessions. She is hard working. Another aspect that sets her apart is her ability to deal with CHANGE. The biggest factor of them all... And thats her job - she is a highly sought after psychologist back home in Israel. She combines short term and narrative therapy with Buddhism - her own unique point of view on the world. Physically - we had to built her from the start. I changed her diet, taught her how to train, mobilized stuck areas, strengthened weak ones, and we have been at it for a couple of years now. She is improving and setting new personal bests all the time. She has DECADES of quality living, enjoyment and movement in front of her, but she doesnt play around - she eats SUPER strict, trains HARD and SMART and other factors to her quality of life is a loving family around her and a real passion for her work. Mom, you are a true example of living for me. May I achieve 10% of what you have - I will be a happy man. Thanks for setting the bar for me - always with total love and care!

During a discussion with my sponsor about an upcoming photoshoot we have scheduled for the new Ido Portal website, I was notified that as preparation for the shoot I should:

1. Gain fat.
2. Lose muscle.
3. Groom my calluses and other daily war marks.
4. Lose some skills.

Apparently, I am not 'normal enough' and this is not good marketing.

You know what? fuck good marketing.

I worked and still work my ass for every skill, callus, every percent of body fat or ounce of muscle. I wasn't born performing one arm chin ups, with 6% BF and didnt achieve my first handstand by the age of 5. Also, every time someone posts my clips on Facebook and writes: 'we should all be so fortunate', I taste blood in my mouth.

So, my friends and students, please forgive me. Forgive me for not appearing normal. Forgive me for taking it too far - to a place that feels disconnected to some.

It only does appear this way because our mutual, social perspective is so fucked up. Normal is the worst curse word nowadays.

Be a freak.

We have lost track of what is important. With many things, but lets talk about MOVEMENT, since all life starts and ends there.

Good movement, in our environment, whether dealing with the space around us, objects and obstacles, another animal or a human, compresses inside of it many factors.

The modern world of fitness has cut the essentials into - being strong and being mobile. Even if we assume (which in 99% of the cases we cant, but lets entertain this thought) this system or that system is successful in those pursuits, we are left with many things missing to be e good mover.

Want to see?

If you are training your pull ups on a regular basis and think you are quite good at it - go do some indoor climbing. Practitioners of 50% of your strength level but consistent climbing exposure will eat you for breakfast. I've seen guys who can do one arm chins being humiliated by some girls who can barely perform 10 chins.

Not convinced?

How is your total upper body strength? Good? Do you consider yourself strong and dangerous? Go to a boxing club. Try sparring with someone with a year of experience and 40 pounds lighter than you.

How was it? Comment below if your local hospital has Wifi service...

Go to the local BJJ club - roll with 16 year old kids who trained regularly for 18 months. You will be tapping within seconds, not minutes.

More?

How is your metabolic conditioning? Great? Go do some basic workout with the Greco Roman Wrestlers. You will be seeing that breakfast you ate one more time.

The point is not to humiliate you or depress you, but the point is: why are we training in the first place? The original idea was to get better at movement challenges:

To serve us in higher complexity movement patterns!

But we have become idiots led by idiots. We have lost sight of what we are doing or where we are going. We point at the moon but we look at our fingers. We are not good movers - we are just a collection of abilities without any ability to apply or transfer. We are lacking so much - its not even funny.

Of course - that requires new tools, exposure to new concepts, abilities, techniques. We cannot separate those things anymore from our strength or flexibility or energy system practice. This is what I am aiming to with the community and culture who gathers around me as well as with my workshops, movement camps, seminars, certifications.

It is time to wake up and move - really, MOVE.
Fitness is not enough. Movement is so much more.
A new era is coming - an era of MOVERS.

Comments:

S: I originally started moving as an adult - a friend took me to circus school one day and I discovered that I loved acrobatics! (Okay, adult beginner, but you have to start somewhere, right?) Now I go to the gym to try to get stronger so that I can have more fun at circus, climbing and kayaking.

Sadly, I'm not strong and I keep injuring myself. One day, Ido, I would really love to go to one of your workshops because I really want to learn to move properly - the trainers don't take me seriously.

A: @Kate I hope to help you in person, one day. YOU DESERVE TO BE TAKEN SERIOUSLY, regardless of ability or level. Its the spark in the eyes that matters most for me when working with a student. I could care less if he is able to stand on one arm or only on two legs.

S: Ido, by this are you saying all structured workout is somewhat useless as compared to just movement. I think it would be very hard to do all of these activities on a routine basis. I like to think that what I do, which is a structured gymnastic type workout on some days and natural movement on others is a good thing. I feel as though movement wouldn't build the general strength that some structured workouts do.

A: @Austin You are color blind and only able to see black and white? Where have you read those words that 'ive said'? You are putting words in my mouth that I do not stand behind. Structured workouts can be great, but they are not the end goal. Exercise is not the goal - its the means. The goal is movement.

Q/S: The first part sounds like SPP or the SAID principle, that GPP will never trump individual skills because we adapt specifically to the demands imposed. Are you saying you have a way around this? Isn't it just that we adapt to whatever we specifically do and that's that?

A: @Duff Nice collection of words you are throwing out there - SPP, GPP, SAID. Cool words. The point of the post is - what is the goal? Exercise? Fitness? No. Its Movement. Now those things - GPP, SPP, SAID, they should all serve MOVEMENT. Movement is the master of the house, not exercise.

S: Well, I guess the goal is whatever the individual chooses. If it is a specific sport like boxing, then indeed too much time lifting weights is counterproductive.

A: @Duff, Yes, you can declare your goal is lifting weights - but I argue the absurdity of it, since

those weights were developed to serve a higher purpose originally. One might compare this to dedicating your life to... drinking water. We drink so we can live so we can do things. But again - we have become blind to this.

S: And compete against the BJJ practioner in boxing and smash him, compete against the climber in sprinting and annihilate him, compete against the sprinter in wrestling and destroy him. For the average joe (who cannot dedicate the necessary 20+ hours of weekly training to attain and maintain advanced development in an array of skills wider than the decathlon) gaining an excess in brute strength, a modicum of conditioning all while ensuring mobility remains optimal is the best choice for the ADD trainer who wants to be "good but not great" at everything.

A: @Joel Oh, not able to dedicate 20 hours a week for movement? Poor man. I dont know how you found your way to my page - but you can now find your way out. Out of 168 hours a week, 20 hours is just above 11%. If you dont make a choice to move 10% of your time - you have no business staying in the gene pool in my book, but we can start with removing you from my page.

S: Let's channel Ramtha, rub cow poo on our foreheads, and do Movnat while listening to Dead Can Dance... Forgive me, it was hanging over the plate... Hey listen: Do what's fun. Why do people lift? They enjoy it. Some play foosball. Others like darts. Take the utilitarian approach. Others target systems that will help hone in performance in a sports specific environment. Some barefoot run. Some Sail Boats. Sorry Ido, love your spirit, fellow human being on this wonderful planet of ours, but it sounds from afar as if you are setting up a tautology as a springboard for a new system. Good read though--sincerely like the way you write.

A: @Erik Thanks! Only love and good karma to you - you are spreading the true light to people. You got me - I am planning how to take over the world with my facebook page - I will now fill myself with love for the things I do and just have fun. Such a useful post, stop by at any time!

S: Every time I read you posting about the movement, a terrible distress comes to me. The fact that being proficient at climbing, running, fighting (not only boxing), capoeira, hand balancing and other areas make me feel like I have no time. And it happens every time I read something like this!

But... then I realize that I don't have to be proficient in everything just from one day to another. In fact, life is long and I need to cultivate patience anyway (in all areas), so why don't do it in movement terms? I mean, I can practice one year or less climbing, differents systems of fighting for a year...or something like that.

I don't want to fall in terms of not-specialization (because I really want to practise a few things over the others), but once a traceur from England told me "decide what you want, and do it".

Ido: again, you're the liiiiiiiight hahahaha. Cheers

A: @Marcelo Yes, I completely sympathize with you. Thats what drives me every day to dedicate time and effort to explore more and enjoy more movement. Dont let it be a distress but

a EUSTRESS - one that builds your practice up. Always do your best and DO NOT WORRY about what is out of your control. Enjoy movement!

S: We move in order to get fit. We do not get fit in order to move. A baby doesn't say "oh I'll do 50 crunches today and tomorrow I'll start crawling"...its the brain/nervous system creating daily subtle movements to get baby to turn over, crawl, walk, move etc. If baby cannot move, baby will die or surely have a crappy life. Through life if we can improve on our moving, movement, motion so to (as Ido says) become better movers, then whatever endeavour we choose we will become better and more proficient at it despite the specificity one may need. We shouldn't go through life to become fit. We should move through life to live

A: @Mark Good points, but your first statement: 'we move in order to get fit, we do not get fit in order to move' is perfectly wrong. Getting fit is always for a task, that's the definition of fitness. The task is movement and life.

S: Ido- I like your post and agree with your methodology, but I don't get the hostility towards the few individuals here who questioned or had a dissenting opinion.

Sure there are 168 hours in a week, but those of us who aren't blessed with affluence, have to work full time. This also doesn't include sleep, eat and in many cases be present and active parents. At the end of the day, I would rather have people do SOME type of workout, than nothing at all... As for me, I like to box against jujitsu people AS we will climb. howz about that!

A: Emilios, you have a firm grasp of the obvious. Sorry for the hostility, I'll go drink some soy milk and calm down.

S: That looks like a photograph from a documentary about a cult or something! U guys r funny u cross fit people! Lol!

A: Crossfit? Those are not crossfit people, forget about it. We have here: acrobats, dancers, kettlebell folks, yogis, parkourists, capoeiristas, poliquiners, gymnastics enthusiasts, wushu people, personal trainers, olympic lifters. Very few crossfitters. Sorry to destroy your dream, but next time, check your facts before you put a label on people.

A fascinating display of movement mastery.

The cream of the crop, the girls who survived the system, the ones with superior neuromuscular systems, superior psychological make up.

This is a display of what is possible.

http://www.youtube.com/watch?v=y-ZdyIsk2k4&list=FLPCiBMarvDiTx-lknzt934g&index=2&feature=plpp_video

S: Yeah, but half of them had serious problems with psyche - aggression, fear, drugs, etc.

A: Drugs? Drugs are unheard of in Gymnastics. Don't just blabber if you don't know what you are talking about.

S: So, I do - you're saying, that you've never heard about drugs, taken by gymnasts? I can understand, that you want to keep your memory unshattered by such insults, yet Yuri van Gelder (cocaine - caught twice 2009, 2010). If it's blabbering for you, I'll stop, coz you seem to have closed eyes for some sort of information. Up to you. I don't care. Oh, Gelder wasn't the only one... Sorry about hard truth, but I like truth.

A: From these very rare occasions, compared to Athletics, weightlifting and team sports you call this a phenomenon? U are calling these girls fearful? Lets see you brave man go into the beam and just perform a simple back tuck. The sport if gymnastics is VERY clean compared to other arenas. VERY.

Here is a good man's progress in 4 months of training under my wing.

Connor Van Vuuren is a busy guy: professional stuntman, actor, director, writer, performer and more. One look at his IMDb will get you the picture: <http://www.imdb.com/name/nm2114907/>

In 4 months, this is where he stands: Full Staddler Press Handstands, One Arm Chin Ups, One Arm Handstand, (not pretty yet, but doing the job for now...) Full Front and Back Levers, One Arm QDR's, Human Flags and more...

Talented? to some degree, but Connor above all is a hard worker that puts his time in. And he does not have a lot of time - but obviously he makes sure to prioritize his movement skills high. (If you dont prioritize your movement skills - soon, all will suffer in life)

Over the last 10 years I've had the pleasure of working with a lot of interesting folks - professional dancers all over the world, professional acrobats from the Cirque Du Soleil and other companies, US and Israeli Navy Seals and other special operation units, Fire Fighters, top level Martial Artists, Boxers, MMA professionals, professional soccer players, professional sprinters, top level swimmers, Stuntmen from LA and Australia, competitive gymnasts, and more and more...

Most of my clientele is just ordinary Joes and Janes, but its always interesting to both teach and LEARN from these professionals.

To Connor I would say this, I am proud to have you as a friend, student and also - a companion in the exploration of the world of movement. Love it, man!

<http://www.youtube.com/watch?v=Pysg6rjWbJ8>

Got to see these guys here in Spain a few days ago.

It was a pleasure.

I did not like everything, and the current cast performing this is not as good as the original one, but definitely they deserve credit for:

1. Movement Research. The ability to come up with new movement material. Techniques,

combinations - isolation->integration->improvisation as I always say in my workshops. It is important to be able to do movement research as a mover. Most - cant for the life of them.

2. The less tools you have - the better mover you need to be in order to play. They play with: 1. Only the floor and their bodies first. 2. With each other and 3. Eventually with 1,2,3.... and up to 7 wooden benches.

3. SIMPLICITY + POSSIBILITY = winner. The simplicity of the tools they are using is great - its wooden fucking benches and some rope. The possibilities to come up with interesting structures and games are endless -though. Great, great design here from the prop person/engineer who created the concept.

Playing with some benches, but playing HARD. These guys have a great job. They move, they research, they are strong, supple, coordinated and have Movement INTELLIGENCE.

You want to be the person who is able to play around when given such simple tools. There are no Sony Playstations in the real world of movement. Are you ready for this challenge? Its not enough to be strong, flexible and with stamina. You need other tools for movement research, intelligence, balance, control, fear management, Flowability and more.

When you cover those bases - a lot of interesting things are heading your way and you see possibilities in every corner. When not - you are ashamed to move and explore. Ashamed to play.

Dont stay in your comfort zone - go after these pre-requisites for play and movement.

Educate yourself - move - play - live.

<http://www.youtube.com/watch?v=vAEEjml6cHY>

Yesterday I had a good general maintenance soft tissue treatment here in Spain.

The therapist is a mover himself, works with many dance companies around the world, the Cirque Du Soleil and more.

How does a good soft tissue maintenance treatment should feel?

It is toes to head, tracing the myofascial chains, articulations, (YES) and tendons and includes some basic manipulations at the end, once everything is loose and warm.

This guy was going hardcore. He started at my feet, went to my knees and worked on the tendons behind the knee and mobilized the patela. He went up to my pelvis and spine, into my Lat-Triceps insertion and infraspinatus. Pressure was immense, but good.

From there he worked on the elbow tendons - inside and outside, worked on the forearms and wrists.

In the end he manipulated the neck, worked on the head, scalped me, oiled the brain, put it back on. Took out my eye balls, cleaned them in his shirt, and inserted them back.

Many therapists will give you a long explanation on how a treatment should not be hard and painful, but the truth is, when talking about adhesions and scar tissue created by movement or

lack of movement - IT IS HARD TO MAKE A DIFFERENCE WITH SOFTNESS.

Of course, excessive use of certain hard tools, (Graston) creating levers on joints and other stupid overkill methods should be discouraged, but when talking about the human hand or foot applying pressure which is gradual, you have little to fear with strong massage treatments.

Comments:

S: I enjoy stupid overkill methods, but I think I'm just into it for the S&M pleasure.

A: @John Yes, you are right. Like the metcon mentality, the more and stronger SMR work promoted by certain individuals is misleading the general public in the best of scenarios. This is a delicate process that requires hands on and fine application. I am afraid the temporary pain relief is not indicative of what is really happening in both the healthy and scar tissues with wrong application of therapeutic tools. What you get is poor tissue quality again and even wider surface adhesions and scarring and you become a jerky and poor quality mover as well as slower due to the added friction. Of course if we are talking about the common fitness enthusiast - he couldnt understand less about this or what he is doing to himself - quality is not in his vocabulary. To him I wish - 'enjoy the pain, motherfucker.'

Q: I do what do you mean by SMR? I foam roll and sometimes use a lacrosse ball to hit tendons etc more acutely, but at what point does it become damaging to the soft tissue?

A: @Cordelia with those you are fine. People are using sharp metal tools and barbells to 'roll adhesions away' and end up creating a more larger surface scars.

Q: I do, when looking for a practitioner, what should we be looking for? A massage therapist? Physio? Thai?

A: Practitioners can be: Thai, ART, Rolfers, Deep Tissue specialists, Myofascial Release, etc.. But the quality of the practitioner is more important than the method itself. I've had great people with little knowledge but golden hands and no fear of going in and doing the dirty work. If your condition does not improve within 2 treatments in 80%, you are paying for your practitioner's Mercedes. Drop him and get another.

Today I had the 'pleasure' of taking a movement class from a world renown teacher with a lot of experience.

He opened up his class by saying he has been teaching this class for 27 (!) years now and that its a material he works with on a regular basis.

He is a real character and has this crazy appearance and a weird sense of humor and everybody is getting a real show.

But...

Nobody was willing to say it, but I will - he is a shitty teacher.

Shit.

'I wouldnt have him train my dog'-shit.

If he has been doing this for 27 years, he must be a real idiot to not realize it does not work so well.

I am judging from the success of his students - perspective. The quality was so low, perhaps 15% were able to follow. The rest were lost with their hands and feet and any realization of what was going on.

I speak often about my 'success zone' of 80% success rate. If the person leading your class cannot produce 80% or higher success rate among his students - he is not a good teacher in my book. And if you do not judge a teacher by his STUDENTS, than I dont know by which standards you do...

So let me tell you this: I have a lot of respect for EXPERIENCE but I've witnessed again and again it is not an insurance policy against being an idiot.

So, stop blaming yourself and your natural gifts and find the right teacher for the right task. Dont accept anything less than that. You deserve it.

Comments:

S: Me too, Pamela. Although it is common sense not to mention names when 'bashing' someone, sometimes it would save people a lot of money and time and maybe even prevent pain and damage if they could get hints on not qualified teachers.

But maybe these experiences are judged by master Ido as valuable steps in our learning process

A: I am not here to bash a certain individual or hurt anyone personally or financially. I care about the community and want to raise the standards so we can have better movers. Thats all.

Q or S: **Deleted**

A: @Vj Trust your teacher? What a bunch of medieval horse shit. Thats how all this got started! Trust your teacher...

Willpower and physical strength are closely related. (to a point, of course, its not linear)

It just takes a small illness to show a human being how he can be deprived of his willpower, not to talk about something more grief.

Being strong is then a must, a very important thing for the fulfillment of one's dreams.

Movement material - movement information carried by techniques, styles, functions, demands.

I am a huge believer in placing constant demands on people in this regard - requiring from my students (and first and foremost - myself) to digest new movement information on a regular basis, till the day we die.

Being an intelligent mover, a wide spectrum one, an adaptable one, is dictated to a large degree by this requirement.

That's why I've studied over the years countless mind-body systems, methods, arts, sports, dance techniques, martial arts.

That's why I did not stay bound to one only, but kept going out of my comfort zone.

Example:

These last two weeks I was in Spain attending a dance/movement festival with many dancers and circus performers.

I've had a chance to take three interesting workshops:

1. Fighting Monkey - an internal/external point of view developed by Jozef Frucek and Linda Kapetanea, two ex sports people who became dancers and worked for the famous and controversial Ultima Vez dance company.

Fighting Monkey is deeply rooted in traditional martial arts but do not stay there and provides tools for movement research.

2. Kalaripayat - the Indian martial art. (dots, not feathers...)

This martial art is very extravagant, showy, animalistic. It contains a lot of interesting mobility and conditioning drills and is very intense physical practice. The forms require high spinning kicks, splits and cartwheels. It is also very different from Traditional Chinese Martial Arts - an aspect that I enjoyed.

3. Flying Low - a dance 'floor work' system developed by renown choreographer and teacher David Zambrano.

Flying Low relies on minimal effort and maximal efficiency for movement in and out of the floor and involves sliding, spiraling down, gathering and sending the body in sometimes great speeds.

Why am I writing all of this?

From two reasons:

1. To show you I am always and will always be - a student first and foremost and only then a teacher. I participate in workshops that involves sports training, fitness, martial arts, yoga, dance, osteopathy, training methodology, biochemistry, anatomy and other developmental aspect of the body, mind and movement.

2. To encourage you to digest NEW movement information on a regular basis, and the worse

you are at it - THE MORE YOU NEED IT!

So, as you see me and my students have little ambition to be the fittest, most mobile or strongest in the world. (although these traits are central in our practice)

We want to be the most diversified MOVERS - its more fulfilling, more intelligent and more interesting in our point of view. (did I mention more fun?..)

Go learn something new. If you are not bad at it - its not new, go search further.

Mastery of something is the mastery of mastery. Be a master - be a student.

Comments:

Q/S: Thanks for this Ido. I would be Very interested in what you think about breathing and movement. Say, the shallow breathing in Hard Qi Gong and the relaxation of intercostals and sucking in of the stomach in Bikram pranayamma, for example. I'll bet you have very interesting opinions on the matter.

A: Breathing is made more complex nowadays than it should. There are some things to think about and practice with breathing, but MORE things to NOT think about and over analyze. Its always the worst movers who are really practicing breathing and are vocal and demonstrating in their breath. (Most Yogis - cant move for shit) One exception is Rickson Gracie, but you better believe he does not pull an Ujai breathing in a fight. Also, remember the great movers from the animal world, they just... breath.

S: I agree that breathing is made very complex, when it doesn't need to be. I believe all the various 'schools of breathing' are each after the same thing from a practical stand point: free, flexible, adaptable breath. Work toward that, plain and simple. Animals have an unfair advantage as movers who just breathe though. They do it so amazingly because their instinct and their nature are still one and the same. As humans our instinct and nature are (generally speaking) WAY out of sync. We've forgotten how to just 'do.' So, we have to relearn and rediscover our nature: our capacity for survival and movement. Animals don't. It's all they know. Spending hours in front of computers, in cars, indoors, etc. has buried much of our natural instinct, buried much of our nature. This is why I think your work is so fantastic and so important. It challenges and it strips away the maladies of convenient, lazy, modern, stagnant living and breaths new life into the practitioner/mover.

A: @Carlos Many things you point out as 'is' are in a good scenario 'maybes', in a bad one are a definite 'not'. All I hear these days is how we humans have forgotten this and that and how miserable we are compared to our true nature. Well, shit. We humans have forgotten so much yet still we are in the height of our movement development and WE ARE THE MOST COMPLEX MOVERS ON THE PLANET. Perhaps some of you do not realize it, but thats why we are also on top of the food chain and have been for some time, not only because of intelligence used for technology but first by intelligence used for movement.

A client signs in for online coaching with me.

I warn him - its hard work, expensive, time consuming.

He says: 'bring it on' and submits a 'green light' video for review. I provide corrections and when pleased give him the green light to start working.

Time passes...

..

...

..

Hop, its time for the new phase...

The man sends in a progress report showing very poor gains if at all. Along with it he has no shame in describing sets that were prescribed as 60 seconds of time under tension performed with...

11 seconds of effort.

I am not kidding. 11 sec sets of (weightless) work.

I read through it and threaten - 'perhaps this is not for you, I am not sure I wish to continue to work with you.'

He responds that he lacks THEORETICAL knowledge and that my method of teaching is the problem...

Yeah, THEORY is the problem area.

The number ONE thing responsible for the gains you are all after is mental toughness. Numero uno.

Forget about smart programming, this system, that method, tinkering with supplements, manipulating variables or theory of training.

Put your effort into doing the work. ANY work.

God help us all, because natural selection does not receive any more phone calls.

This is the constant state of my hands.

When I pat dogs on the street they run away crying and I've known to scar little babies with my softest touch.

As a side income I work in spas providing services of body peeling for women. For the face I am too rough...

But seriously enough - my hands are considered by most people I meet as 'gross', 'too rough', 'not groomed'.

Well, shit on me for living in a culture that does not and cannot perform any sort of serious manual labor, or to hang, grab, climb, pull and push anything or anyone.

With the hands we manipulate - evolutionary that is what they are meant for. I dont mean to

manipulate your touch screen or keyboard, I mean to really - manipulate.

So let me tell you something - I am turned off by too soft and fragile hands. It tells me all I need to know about the person behind them, since structure and function are so closely related.

Food for thought for you lazy pansies. Go manipulate something.

Doing ANYTHING 100 times will make you sweat, produce lactic acid and feel a burn.

Duh.

How idiotic to base a whole movement approach on this concept.

Capacity is temporary. Anything that is not complex enough does not challenge the nervous system. The nervous system is what you are. What you will have left tomorrow.

Movement complexity is king.

Climbing is movement puzzles.

It requires great movement intelligence and thinking besides the obvious physical capacities involved.

It is perhaps not a complete or a fully balanced movement practice, but it is underrated in its scope and ability to address movement and develop movers.

A great suggestion for movers interested in movement and not just the simple development of the common physical attributes is to replace some upper body pulling work in the gym with a combination of indoor climbing sessions supplemented with some supplementary 'finishers' for linear pulling and corrective shoulder biomechanics work. Try it for a month and you will see great improvements in your pulling strength (from the organic, multiple angles challenges as well as multitude of other factors I cover in my Upper Body Strength Certification Courses) and, I suspect, have a ton of fun and learn a lot beyond that.

In the upcoming Movement Camp in Berlin we will have the great honor to participate in a workshop called 'Flow Psychology & Climbing – The Art of Ascension' from Mr Sean Milligan, a unique teacher, a great climber and a man who brings a lot more than the common climbing teachers do to the table. Sean is one of a kind!

<http://www.youtube.com/watch?v=HrX0ohmu1zw>

Just got this from one of my subscribers.

Excellent stuff, 70+ years old, moving-moving-moving.

Never leave the playground, or it will leave you.

<http://www.youtube.com/watch?v=qh0PIR27qJ0> ***(Original video deleted, however searched the name and came up with this)***

Fitness! Stop looking at movement through a straw.
Everything is a skill. EVERYTHING.

Neurologically, this is a fact.

Comments:

Q: what do you mean bby looking at it through a straw?

A: Movement is more than the physical attributes required to perform it. Approaching it that way produces a dead body without a 'soul'. Being strong, mobile, conditioned, fast is not the whole picture. Not even close.

S: Yes! What use is the sports car if the driver can't reach the pedals.

A: Exactly, Sheldon!

Q: So are you saying that movement/fitness is not just the physical components, but also the methodology behind how we approach the physical in terms of analysis/understanding? Or is this just one piece and you're asking the question to get us to consider how much more there is?

A: Matthew, I am not the strongest man in the world but Im not so bad as well. If you are here on my page perhaps you've seen a thing or two I put online. So, it's easy to see I am not against attribute development, strength training, mobility, etc. But, it should all be in service of a greater good - move!

Jordan Jovtchev - 40 years of age. 6th Olympic Games. 1 Legend.

<http://www.youtube.com/watch?v=T-Sk2ICAdt0>

Just watched another USELESS Front Lever tutorial on YouTube that people droll on, brag about and love. Fucking terrible.

Instead of just ranting on the stupidity and lack of process here is a real tip for you to try with your Front Lever training:

(I cover such detailed cues for many other movements in my workshops and certifications)

1. Try to RIP the bar apart - pulling your hands out.
2. Try to DEPRESS and RETRACT the Scapula - even if full retraction does not happen - AIM to

do it.

3. Try to lean with your head back - lengthening your neck behind while pressing down the bar to your hips.

Upon application of these three cues you will feel much stronger and greater tension helping you secure the position.

Try, implement, share and enjoy!

Comments:

Q: How does the ripping the bar apart cue apply to do front lever on the rings?

A: 'How does the ripping the bar apart apply to the rings'? Open the rings slightly. This motion activates the scapula retractors and adds more motor unit recruitment where it counts.

Always had and still have those voices around me of people who oppose my 'radical' nature. I am not talking about killing people because some holy book told me so or depriving myself food because although I am 27kg of body weight I still look fat, but just simply being dead serious about what I am passionate about without hurting anyone.

It seems this 'radicalism' is like a mirror - it reflects other people's weaknesses at times - and they don't like seeing it.

For me, the true radicals are those 'Moderation Bitches'. How radically moderate they are.

How average.

How boring.

How truly normal. Tfffu.

Most people I connect with, admire, love and appreciate are nothing of this sort. I eliminate the Moderation Bitches from my life. I choose to be free.

If you are 'the sum of the five people you hang out most with', I suggest you choose them like this:

1. The Crazy Motherfucker. Tri-li-li-li-luni. Super important guy to have around. He is the one who is responsible for your oh-so-healthy mild mental disease.
2. The Genius. Sees patterns you miss and exposes them to you.
3. The fire. He is the extra battery when you are long running on the red line.
4. The Unconditional lover. Got y'er back, now you can fly away.
5. The Disciple. The student - to have you give and not only receive and keep the cycle alive.

Of course the beauty in it, one can serve multiple purposes and in relation for different people you can be different things. (you may be The Fire for one, but The Genius for another..)

So, if there are any Moderation Bitches in my audience, can you please let me know so I can ban you from this page and tidy up here a bit??

Funny how we use the basic mechanism behind the General Adaptation Syndrome (GAS) with certain things like weight training and getting stronger but fail to realize it function on any level for example adrenally.

It is common to hear suggestions from 'health experts' advising more rest and caution of over training for someone who lacks energy but failing to realize that another solution is to challenge the system to get adaptation to move in the right direction and supply more energy.

For example, I move and train a lot - at certain periods 6-8 hours a day. When I taper down a bit and allow more complete recovery to set in, I get huge surges of energy in days of 3-4 hours of training that would kill someone who is not used to these work loads.

The same can be said for manual workers who adapt to 8+ hour days of hard labor. Yes, they dont die, they adapt and then they kick your arse.

So, next time you are after more energy, remember you have to get tired and beaten down somewhat to MAKE more energy. Thats not me saying it, its Hans Selye and his GAS theory. Yes, you may have been walking into the dark tunnel of 'Over Reaching' and backed away into the entry, but realize this: there is a light on the other side of the tunnel that few get to see! Those who do are empowered with superior work capacity and gains - you watched many of them this week in the Olympic Games.

There is a fine line to take here, but with all the lazy pussified experts we already have, I'm taking another angle for my POV to show you here and educate.

Heres a clip of my good friend and student Jesse Gooding from Hong Kong.

Jesse is showing some great movement skills for someone with ZERO Gymnastics background and one that started very late to pursue the Ido Portal method.

I am very proud of him for the road less traveled he has taken on the path of movement, as are his students - he is a well sought out movement teacher in HK, developing MOVERS as well as himself.

Jesse, gotta love that stick mobility work, my friend!

<http://www.youtube.com/watch?v=PotSBPZ8Slo>

Comments:

Q: Great work, Jesse! Thank you, Ido. It was interesting to note that Jesse performed a handstand with an arched back. If I may ask, was that his own choice in training or do you teach

this form before hollow?

A: Performing a handstand in perfect form is a great aspiration, but far from a reality for many people with closed shoulders and lack of experience. It takes time to develop and is a gradual process. I choose to show here my students from all levels - from very beginners to very advanced.

We've been getting more and more PHD's, scientists and high tech people in our workshops over the last year.

For example, in this weekend event we have hardware and software engineers, a med school student and a physicist.

First, its always a pleasure to work with thinkers - from all fields and walks of life, but more important I am happy to see that movement is so high in the priority list of these folks.

Geeks! We embrace you!

When ONE guy can do a One Arm Chin Up - its impressive, unique and rare.

When FOUR can do it in the same room - its a METHOD!

<http://www.youtube.com/watch?v=G3gTYO9oJjA>

MC 2012: Odelia leading her group through a support capacity exercise intended to improve endurance for two hand holds.

With beginners we use the 'Frog Stance', with intermediate - Chest to Wall Handstand and with advanced a Freestanding Handstand or even one arm work.

A quick and dirty one for beginners is the infamous 'Tabatha Protocol' - 20 sec Frog : 10 sec squat X 8 intervals.

It means a total of 4 minutes with 02:40 min spent on your hands. Nice, quick, not too hard and will get your support capacity moving in the right direction.

MC 2012 - Berlin:

Today came to their end two workshops: water behavior and skills with Movnat Master instructor Vic Verdier and a series of Functional Anatomy lectures with Dr. Andreo Spina.

Both events were very interesting and enjoyable.

Of special interest were the findings that Dr. Spina has shared with us in regards to the CNS,

cellular continuity and tensegrity. These models and findings strengthen the work we have been promoting under the Ido Portal flag for some time now including:

1. Train movements not muscles as even your CNS does not store information as muscle sequences, it stores it as movement patterns.
2. Movement Complexity is king. The CNS thrives on complexity and craves it. Dealing with complexity makes the mover more adaptable and intelligent.
3. The field of Pre/rehab is widely misunderstood. The role of Improper Alignment and the use of 'Joint Prep' protocols is a missing link in people's preparation for the unknown nature of movement and life. ALL tissues can adapt to mechanical pressures including joint capsules, tendons, cartilage, bone, muscles, etc...

Watch this: <http://www.youtube.com/watch?v=HHn-Hk8OBS0>

The Ido Portal Movement Camp 2012 has come to its end yesterday.

We've had some amazing adventures with some amazing participants and teachers and it amalgamated into a truly amazing experience.

10 things we're taking away from this experience:

1. Ido Portal: Unlearning something is not the same as never learning it in the first place - this was a major take away from Ido and Odelia's flow classes and a mantra Ido has been repeating almost daily. The only way to go beyond your knowledge is to 'unlearn' it.
2. Sean Miiligan's Flow Psychology and Rock Climbing Workshop: The four stages leading to Flow State: A. Unconscious Incompetence - 'I think I am good in this stuff.' No... B. Conscious Incompetence - 'alright, I get it now - I am a shitty mover...!' C. Conscious Competence. 'I know what I should be doing and I am doing it well!' D. Unconscious Competence - 'I dont do. 'It' Does it for me.'
3. Dr. Andreo Spina Functional Anatomy Lectures: Muscle, tendon, capsule, bone, nerve - they dont stop and start, they melt into each other seamlessly. All of them adapt to stress - not just muscles.
4. Dr. Andreo Spina Functional Anatomy Lectures: The CNS does not store movement patterns as muscle sequences but as movement sequences. It does not make sense to train muscles, then, but movement patterns. Even when you think you 'isolate' - you are actually activating movement patterns which are NOT isolated.
5. Vic Vedier Aquatics Workshop: We are not designed for water - but for land. We are poor movers in the water and have to go through great difficulties to minimize those problems. Especially when you consider most of our environment IS water.

6. Ido Portal Strength Sessions: Straight Arm Scapular Strength (SASS) is a different beast than the more common Bent Arm Strength. (BAS) Even if you consider yourself 'Strong' in the traditional sense of the word - when approaching SASS elements you've got nothing, so start cleaning up the poop trail behind you, because one day the shit man will come aknockin'.

7. Ido Portal Floreio Art Flow Sessions: Closed System Flow is the first phase of improvisational practice and should be achieved before a true 'open' improvisation practice is made possible.

8. Ido Portal Joint Prep Work: The use of Improper Alignment is the safest 'unsafe' practice. Being safe is important, but safety has to be made REALISTIC in order for it to really protect us.

9. Ido Portal's Handbalancing Workshop: Achieving a One Arm Handstand is a process that moves from: Body Alignment Drills -> Rebalancing Drills -> Freestanding Handstand Work -> Assisted One Arm HS Work -> Freestanding One Arm HS's

10. As movers - adaptability is a major component that should be addressed throughout your practice. Being good at what you do is great - but how quickly can you adapt to something completely different??

Big thank you for all this year teachers and to the participants coming from all corners of the world!

See you soon - in another Movement Camp at another location somewhere out there!

Explaining the process of achieving a full Stadler Press Handstand - a basic gymnastics strength and control drill that compresses into it active flexibility, 180 degrees of control in Straight Arm Scapular Strength, balance, joint prep, (overload on the wrists is great) and more...

Working towards such a complex goal makes sure you as a mover bring forward all those aspects in balance and not overdevelop any one area.

I share a very detailed process of how to achieve the Stadler Press with ADULTS in my workshops and seminars. Its always a great moment to see one of my hard working students achieve it!

Working closely with my 'inner circle' on their teaching abilities this week. Shockingly enough - they are realizing its not so easy to teach WELL...

For example - any idiot can chop movements up into chunks but only a master teacher can offer 'Atoms' or basic components that evolve into 'Molecules' and then 'Compounds'. I've discussed this in a prior article here on FB called 'Chunking vs the Chemistry Model'.

Also, good teachers carry a seamless fluid session without any obvious interruption and one that leads to 80% success rate. (My 80% rule, also previously discussed here)

A good teacher is one who has fire and creates the motivation needed even when the group is pulling back.

A good teacher practices what he preaches.

A good teacher have answers for your questions, and if he does not - he is honest about it and is interested in helping you find those answers.

A good teacher is hard to find. Very hard.

When you find him, the truth that many people dont like to hear is: 'It does not matter what discipline you are interested in learning. It is the teacher who matters.'

If I find a good teacher - I am interested - no matter what he wants to teach me.

It is because the mastery of anything is the mastery of mastery.

A very nice Blog post about the Movement Camp by one of the attendees, my friend, fellow coach and student Tyler Touchette.

<http://cavemanstrong.com/2012/08/movement-camp-berlin/>

Manthropology - an excellent lecture about the pussification of modern humans.

Some gems for the lazy of you who cannot maintain focus for 80 minutes of lecture:

1. A neanderthal woman would have ripped the arm of any modern male in an arm wrestling competition and then she would have eaten his testicles for dinner. Fuck, what a small meal.
2. You wore some padded snickers growing up? Your bone density will pay the price, for the rest of your life.
3. A chimpanzee can roughly jump twice the height of our Olympic high world record high jumper. Three times what YOU can do.
4. A prehistoric man would run at 37MPH just for fun. Usaine Bolt broke the world record at 42. Mind you - just for fun.
5. The Greek rowers on the war boats would keep up a speed of over 7 knots for hours and days. An attempt to train modern males ended up in them being able to maintain such speed for... seconds. These were not elite athletes back in the day, mind you, just simple good old Greek males.
6. We are not the strongest we've been. Not even close. We are moving away from that peak. We are down hill. Of course other factors are at game here and its not a purely negative process but the importance of physical strength is ignored largely and the price is evident.

There is much more in these lecture and the book looks interesting as well.

Thanks for Misha Tchernych for the link!

http://fora.tv/2010/08/12/Peter_McAllister_Manthropology#f

Comments:

Interesting comment by Rafe, and liked by Ido: Mcallister is basically full of shit, he manipulates date right and left, misquotes figures, speculates outrageously and compares what are basically myths with scientifically tested data.

1. False, neanderthals were certainly stronger then human on average as indicated by the robustness of their skeletons and their muscle attachments, however the average neanderthal female was quite small 5 feet and 120 pounds approximately. She would have been outclassed by trained 200 pound plus modern men especially one on PEDS, mcalister arrives at his figure for a neanderthal female beating a modern wrestler by taking the calculated difference in average bicep strength then adding an additional 30 percent which she would get form modern training. bullshit.

2. not sure about this one in regards to the foot at least its seems plausible.

3. False chimpanzee or rather bonobos have been shown to have vertical leaps on average twice as high as human beings that however that average was only 27 inches.

<http://rspb.royalsocietypublishing.org/content/273/1598/2177.short> way below elite human athlete levels of above 40 inches

4. False or misleading, everyone has pointed out the KPH MPH problem. in addition that estimate is based on a analysis of the willandra lake footprints, other analysis however have estimated speed at only 20 KPH <http://playthink.files.wordpress.com/2010/01/sdarticle.pdf>

5. I would say doubtful Mcallister is in the habit of quoting dubious greek sources as being scientifically reliable, in addiiton the average greek citizen of that time period was quite small and delicately built.

6. On average for sure, as far as outliers I don't know we have more phenotypic diversity we have Peds we have a much fatter tail of very large individuals and inbred athlete lineages.

[**Vertical jumping performance of bonobo \(Pan paniscus\) suggests superior muscle properties**](#)

In a time where I witness my training ideas lifted off so frequently by various figures in the industry without proper credit and in the most obvious fashion I think instead of ranting about it, I will do the opposite - give proper credit.

Here is another chance to acknowledge some people who have taught me MANY good things.

My teachers.

I acknowledge them almost daily in my workshops and seminars, but if I may use another

medium to do so - it is only just.

Sifu Odi Raanan (Hung Keun) - one of my first martial arts teachers who have taught me many important lessons even before I have been shaving...

Mestre Paulo Caliman - my first Capoeira teacher, a man who exposed me to the world of training on its many facets, along with many other life lessons - for good or bad. When I was 16 I was already in Brazil training for two months under Mestre Caliman's direction.

Mestre Edan Harrari - my second and most influential Capoeira teacher, who taught me many things about analyzing the training process, producing students, disciples and teachers as well as many lessons about life. Edan have been a good friend as well and will forever remain a purely positive figure of education in my mind.

Dror Stoleru - my friend and weight training partner. A man who took me under his wing and educated me in the fields of training, periodization, nutrition, health and... women. Dror's brother was a many times Israeli Body Building champion and he grew up among weights and waves being an avid surfer as well.

Master Strength Coach Charles Poliquin - a man who taught me so many things - I say his name in proper credit almost daily. Charles has put me on the path of proper training and planning of the training process as well as nutrition, supplementation and health. I highly recommend you seek him out if you are interested in these subjects.

Master Boxing Coach Jacob Dascalu - my boxing teacher. A man with an endless passion for the sweet science and a methodological and organized approach and mind to match. Wanna learn boxing skills? Go to Jacob.

Shai Faran - my ex girlfriend and a most talented contemporary dancer and a mover. Shai has exposed me to the world of dance on its many forms, have taught me classical ballet for a while (one of my hardest training experiences...) and educated me on the subject of Improvisation. My POV on movement have been influenced by Shai tremendously.

Ex Bellarussian Gymnast and Gymnastics coach Yuri Raviz - a man who revealed to me many ideas and training concepts used in closed doors by Gymnasts for many years. One common example is the 'Straight Arm' vs 'Bent Arm' Strength separation. Yuri is a most energetic and enthusiastic coaches I've ever met. He is a true 'Energizer Bunny'.

Master Handbalancing teacher Claude Victoria - a man who showed me the world of 'Equilibre' and with a smile on his face, with inspiring example (at over 70 years of age) and with a great plate of food in front of me. (Claude is also a gourmet cook...) Paleo only - as Claude will never understand paleo-shmaleo, I confess here I told him I am a celiac diabetic person to justify my 'weird' grain free diet... No bad intentions, mr. Victoria...

Master teacher Odelia Goldschmidt - my right hand and a woman who has immense strength of character, spirit and body. Odelia eats two grown MEN for breakfast. She has been through hell and came out with a grin. She is the wall I bounce off ideas off and she is the most stable and resistant wall ever. Odelia is also a very creative and capable teacher who has been developing together with me many materials. Odelia has, is and will be teaching me a lot of stuff - in all angles of movement, life and friendship.

My mother Haviva Portal - like any good Jewish boy I have to thank my parents for being here and even existing... No! My mother is a very special woman who taught me so much I cant even start to count it here. About the process of TRUE change, about being calm, about relationships, about happiness and about being successful. She is my example of life and I could not imagine life without her guidance. Thanks, mom!

There are many others who have taught me many important things, but the scope of such a post prevents me from mentioning everyone.

Another word of thanks goes to my thousands of students from the last 16 years - better or worse, annoying or amazing you've all taught me SO MUCH. Thanks for being my lab rats, thanks for your support and willingness to be there and withstand my sometimes aggressive ways.

IF I HAVE SEEN FURTHER ITS BY STANDING ON THE SHOULDERS OF GIANTS.

Thanks, giants.

There is little reason to devote any substantial amount of training to move someone beyond the 5 rep range in the Pull Up exercise with one's bodyweight.

Dont get me wrong, my students can do dozens of reps when requested or lift a substantial amount of added weight if needed, but we rarely do so..

I was requested not long ago in some event to perform 25 pull ups. I performed them almost to hip height with no kip and momentum used and I could have gone much further. In another occasion one of my students performed a chin up in a test with an added 75KG to his body. We never performed ONE REP of weighted chin ups before.

So, what shall we do when we achieve a clean, tempo, pronated 5RM Pull Up?
Its time now for further neuromuscular complexity. One direction can be to explore Muscle Ups and from there Gymnastics Ring Sequences, another is to explore the One Arm Chin Up. Those are just two examples, there are numerous other ones we share in our advanced seminars.

By working towards these more complex goals, intensity and capacity are guaranteed, but not vice versa!

The problem arises when trainers with little understanding of WHERE TO GO NEXT are the ones responsible for the training process. For them I recommend attending one of our certification course The Ido Portal Method - Upper Body Strength Training where we cover all the basic progressions, technical execution of every element and basic programming for upper body strength.

Dont waste your time running after intensity and volume alone - especially in light of our shoulder girdle's sophisticated structure.

'The scapula craves complexity!'

Comments:

Q: Very interesting. Forgive my ignorance but my previous knowledge was that muscular strength and endurance weren't exactly related to each other (ie: being able to do 20 pull ups doesn't mean you can do a one-arm pull up, as is my case) so how would you be able to do 25 PUs without purposely training to achieve those numbers? I'm not saying you didn't, if you said you walked on water I'd be like "... well yeah that was probably covered in the water behavior part of the MC... I gotta get to that"

A: Youthser, you are mistaken. Your ability to perform 20 RM is still effected by your strength as it is not PURE ENDURANCE but STRENGTH ENDURANCE. Maximal Strength then, will effect it.

I love training in the parks of Berlin in the mornings doing my first session outdoors, but one thing I dislike and that is seeing in people's eyes how they place me on a pedestal and tag me in their heads as 'a circus performer', 'a freak', 'extremely talented', 'overkill', etc, because I perform a One Arm Handstand, a One Arm Chin Up or a Side Split.

The reason behind this 'tagging' is two fold:

1. Make them feel better - as 'we are obviously from a different species'. 'Its not achievable - hence I am not doing anything wrong, I am just genetically inferior'.
2. A lack of realization that there is a process leading to ANYTHING. Since we have adaptation on our side, thank God. (or nature actually..)

When someone tells me what we are doing is 'Overkill', I hear: 'I cant do it and don't know how to even start, but you bet your ass I would have loved to do it...'

Education is essential here - educate yourself about the process and you will be surprised what is possible for you.

<http://www.youtube.com/watch?v=PXw2OmjPGJ4>

Comments:

S: It's even worse for us slackliners

A (**Answer by Jim**): @Laurent Frat - I find that people are much more likely to approach me if I'm slacklining, and try the slackline themselves, then if I'm practicing handstands. Standing on your feet always seems less intimidating than on your hands.

A (**Ido**): Exactly, basic slacklining is easy enough so that the process is not hidden, but a basic handstand is already a result of an elaborate process. Couldn't agree more, Jim.

I first read about the concept of Structural Balance years ago from an article written by Charles Poliquin.

Poliquin described a certain relationship that should be achieved between various upper body movement patterns (notice I am careful not to say 'muscles' here) but more importantly educated me about the need for specific shoulder stabilizers conditioning.

While trying to apply some of these concepts I became a big fan of the 'Cuban Rotation' as one of the most 'bang for your buck' exercises for upper body structural balance.

The Cuban Rotation entails an external rotation motion of the upper arms in an upright, 90-90 degrees both in shoulder and in the elbow joints. (Some of you may know the Cuban Press, but I find it a waste of time to include the Upright Row and the Press motion where the weight is basically held back by the Rotation portion of the lift)

Proper Scapula positioning and cuing for the movement is best done in person in one of our Upper Body Strength Certification Courses.

A good long term goal with the Cuban Rotation is to aspire for a HALF BODYWEIGHT lifted for 5 reps with at least 3 sec eccentrics.

Some of you may laugh, but this is no crazier than doing a One Arm Chin Up and will keep your shoulders healthy and strong while allowing further development of the internal rotators as well, as balance sets in.

Training with the Cuban Rotation should be performed 2-3 times a week for 3-7 sets at a time. Rep ranges can vary as you should start with lower intensity and work your way through to lower rep sets.

If you can have one goal out of 5 to balance all your upper body strength training I would put the 50%BW Cuban Rotation as that goal. Try it and you will be surprised how good your shoulders feel and how the rest of your strength training is effected. Enjoy!

Comments:

Q: you prefer dumbbell or barbell?

A: DB/BB are required tools for variation - both are good, each has its advantages. When starting out, to counter act any uni-lateral imbalanced, DB's are best used.

Q: do what do u think of the shoulder horn?

A: I dont like the shoulder horn. Hold your fucking shoulders in the proper position and get stronger! Also, no pain should be felt during the execution. Build up to it slowly and work on tissue quality through other means.

A (to the general public): Andrew, you are way overthinking it, as the idea is to provide you with a direction and a long term goal to move towards, but I'll play the game and tell you this: yes, its effected by your BF% and your lean mass - thats why I like it. All we do is move in these bodies - shouldnt we control those variables?! Isnt it important to control BF% for a mover?! Same excuses come from people who have a dislike for skills that compress multiple physical traits into one like the Stalder Press Handstand - those people have more excuses than a pregnant nun saying how their mobility is holding them back, etc.. Well, no shit. Thats the idea! All the figures, provided by all training experts should be taken for what they are - vectors and not the results of exact science. The idea is to provide some starting point. Also, the thinking behind placing BW is, as mentioned, to make people more responsible for the bodies they carry around - whether muscles, fat or whatever, as a mover - you have to hawl that shit around and it effects your relative strength and movement capacity. So, for a big guy yes, it will be a lot of work to get to that Cuban number, but if he shoots at the stars, he may end up hitting the moon and thats fine as well. Get those numbers up there and start to treat your corrective exercises with the same respect you give your prime movement patterns. Thats the bottom line.

Q: Ido, what do you think of using bands for this movement? Sometimes I just don't have access to a barbell or dumbbells.

A: Daniel, bands will never replace DB's and BB's for a variety of reasons. Its a nice warm up tool, but lets not confuse that with seriously increasing stability in the shoulder joint. Another Gymnastics dogma that is a dogma because its a dogma.

This is not a joke.

Not a circus trick.

No Chi or Shaolin black magic.

Not the result of freak genetics or falling into a radioactive puddle when I was a baby.

Its the result of practice we refer to as 'The Corset' - a collection of Joint Prep movements and protocols with the intention of preparing one for the rigors of movement.

Because the safest thing you can do is to NOT stay safe. To explore going out of alignment, under controlled conditions, so when it happens to you, (and it will happen to you!) your ability to survive through that experience is enhanced.

The reason it works lies in adaptation. Even though we have been conditioned to think of adaptation as a purely muscular phenomenon, by the fitness industry, ALL of our cells are

responsive to stimulus, including cartilage, tendons, bones, nerves, etc, etc, etc...

In our seminars, camps and certification courses me and my assistants are presenting a collection of drills for BULLETPROOFING the human body for movement - part of The Corset Total Body Protocols.



Comments:

S: Systema guys do this a lot.

A: Martial artists have been doing this 4000 years ago already. Way before Russia or Systema. Movement is movement - nobody owns it and its all been done before.

Q: May I ask, what does this position help prepare for? I can hold it for 5-10secs but I don't know the purpose.

A: The purpose is to get ready for wrist deviation presented.

Definitely not the best handbalancer in the world, (how presumptuous..) and I dont know if the cut frame at 05:00 and on is not hiding a supporting hand holding unto to something, but if its not, ladies and gentlemen, its one of the only no momentum, clean one arm HSPU from elbow lever into HS, that is performed outside of China.

<http://www.youtube.com/watch?v=Bh-eqWTD-II&sns=em>

Comments:

S: You'll have to excuse his loving fiancée for the hyperbole! Still very talented!

A: @Jim Talent? Dont insult his work ethic.

S: Whoa I do, calm down. Arguing semantics. I mean to say maybe he's not the best, but he's still very good.

A: @Jim, Calm down? Couldnt be calmer, my friend, dont misinterpret simple black and white text on a screen, Jim, was saying it with a smile..

A good teacher is not only about knowing what to teach, but also about knowing what NOT to teach.

Everyone can say SOMETHING in remark to a performance, but few knows what is the RIGHT THING to say..

The more details you throw out there on a student - the bigger the juggling act he will have to deal with.

Want to learn how to juggle? Try to start with SEVEN balls. You will NEVER get anywhere. You have to pass through a process and start with one ball only and then perhaps one day you will be able to juggle seven.

Some food for thought - for the students AND the teachers among you.

Comments:

S: I am a master juggler. I think it is easier to learn to juggle starting with more balls. I can also teach most people basic juggling within a few minutes. Nevertheless, I think your point generally holds true.

A: Master juggler, when was the last time you got someone to juggle seven balls before he mastered three? perhaps you should have read this part more carefully: 'Everyone can say SOMETHING in remark , but few knows what is the RIGHT THING to say..'

Q: ever heard of the book of five rings?

A: Of course, Paul. I am well read in the martial arts - my original passion that led me to the world of movement.

Check out Jenny Birger, a student of Odelia from Tel Aviv busting some moves after a year of training - Handstands, Floreio and Mobility.

<http://www.youtube.com/watch?v=PjYNZIIH1xs>

Had to share this one...

https://www.youtube.com/watch?feature=player_embedded&v=vCvt3Z-BzK4

The combination of Joint Mobility, Joint Prep, Loaded Progressive Stretching, Dynamic and Ballistic methods we teach under The Corset Total Body Protocols produces unparalleled results with older, less mobile folks, but even more quickly and impressively with people who are predisposed for flexibility like Odelia.

Watch the result of the Wushu 45 day protocol on her - toes to forehead standing erect. This protocol is performed once in a lifetime for consecutive 45 days of hell.

To learn more about it - attend an Ido Portal Method workshop.



Another one of my Online Coaching students - Johnny Chan.
I've never met Johnny in person - but look at what we achieve again and again through PURE online training when the training variables are well manipulated, the technical progressions are sound and a true quality PROCESS meets a HARD WORKER.

When Johnny came to me - he was not a great mover, but I have to say - after 12 months, this guy is starting to kick some major ass around him.

Read his testimonial on the YouTube Clip description.
<http://www.youtube.com/watch?v=LNmxFr2ZGa0>

Recognition of what is in front of you is more important than the actual exposure to it.

What do I mean?

Most people are exposed to great stuff - ways, systems, methods, approaches and ideas that can benefit them greatly, but they fail to RECOGNIZE them as such.

We do not lack exposure to good stuff. We are lacking the ability to recognize it.

Sometimes I run into people coming in contact with great ideas, but continue to use inferior approaches because of many different reasons:

1. The elusive 'open mind'. Sometimes being an 'open mind' is just an excuse for not being able to differentiate shit from gold. Of course - an open mind is important, but don't mistake this state of mind for inability to make smart decisions. Most do. (Moderation is the way of those 'open minds'. Moderation sucks big time 99% of the cases)

2. Weakness of character - you know what works, but you are too weak mentally to apply it, since it also requires usually MORE hard work.
3. Trying to 'cover all your basis' vs 'most bang for your buck'. Covering all basis can be great, but can also mean you are spreading thin and actually applying very little time and effort where it matters.

Just some food for thought. When you run into a method/idea/concept/approach that works and works well - it probably also means that in order to truly benefit and embrace it you have to GET RID of another method/idea/concept/approach you are currently using.

Empty your cup, and it shall be refilled.

Comments:

Q/S: I think it's harder to encounter gold than the way you portrayed it. On the surface level it's mainly sand, and you have to go look for gold, only to find yourself bombarded with information that you can't entirely comprehend or validate (well, at least that's my personal experience). I think that for me the hardest part is actually assessing, how do you tell which is which with little prior knowledge of the many aspects that comprise a method or a system?

A: @Adam Perhaps an example: as a kid everyone in the world encounter Gymnastics, few actually realize its a great system of movement training and pursue it. (or send their kids to pursue it) Instead people are taking on shake weight training, buso balls and think of them as superior fitness practices. Its only one small example of how its in front of your eyes and you fail to recognize it for what it is. Take Gymnastics rings - the ultimate upper body strength development tool that has been used for hundreds of years now to shape some of the strongest, most mobile and stable upper bodies in existence. What did people do? Created the TRX... Why?? Lack of recognition and lack of character.

S: Lack of recognition, lack of character, need for a mobile setup and a desire for profit. I understand TRX was originally created by deployed special forces who wanted a tool that's versatile, small and quick to set up. And for every person willing to put in 20 hours of work a week on real rings, there are (let me make up a number) 30 who are willing to put in 0.5 to 3 hours a week on TRX and gain *some* benefit from it, so they found a market and marketed it. As a start (or stepping stone) they're better than doing nothing, and I hope whoever has the desire to "graduate" from them to something more serious can find ring training via a quick google search. I myself will stick with my rings.

A: @Peter yeah,yeah,yeah. Heard it all before - 'better off', 'some benefits', 'better than nothing'... How about getting it RIGHT with LESS MONEY and MORE BENEFIT? What fucking pansies have we became that we need a fluorescent color padded shit that is triple the price of the original thing and doesnt allow you to do anything of real value and depth on it? Working properly on the rings can be done from LEVEL 0 - no need for introductory TRX classes in order to 'graduate' into the rings. You need someone who knows what he is doing, thats all.

In the field of music it is common for a teacher to tell the student one day: 'You've outgrown me and now its time for you to search for a more serious teacher that can take you to the next level'.

True modesty, but beyond that, its about being real.

In the Fitness industry this sounds like a distant fairy tale...

'Open your shoulders!'

Easier said than done...

You hear this instruction in many fitness facilities, gymnastics gyms and circus schools, but to the ones with an actual mobility issue - this is not as simple as 'oh, I forgot to open my shoulders and now that someone enlightened me, all will be ok'.

At the age of 16 I tore my infraspinatus badly in a Capoeira Hand-Spin and ever since then suffered shoulder issues, rigidity and instability.

I've traveled the world in search of good tools to open my own shoulders - from extreme Yoga stretches to handbalancing experts from China and the eastern block to gymnastics coaches to Soft Tissue manipulation treatments to Feldenkrais and more and more...

Nothing worked long enough to put me in a quality handstand line with open shoulders and a flat back.

Then, I went back to the drawing board...

I decided to analyze the problem from a functional anatomy perspective and experimented with a variety of tools.

I created specific shoulder stretches that eliminated all the major risks, (stretching the hyper-mobile shoulder joint is tricky business when it comes to rigid adults) phrased auxiliary shoulder stabilization bench marks and finally added a few new Body Alignment drills for the implementation of the newly acquired Range of Motion.

The result is in front of you. After many years of practice and little hope, in my 'advanced' age I can finally open my shoulders to a better position. Its far from perfect and my ribs are still somewhat popping out there, but I am happy to say - I did not always believe I could achieve this.

The tools I am describing here will be shared in all of our new workshops and seminars. If you share a similar problem, give us a chance to show you our way - I am sure you will be surprised with the results!

Many of my Online Coaching students efforts have been shared here over the years, but usually its after 12+ weeks or more of development.

I want to share with you today a far from a final product, the results of FIVE WEEKS ONLY of Online Coaching.

Alexander Lechner from Germany has spent the last 5 weeks training hard.

This kind of results can be yours, if you are willing to walk the fire.

For Online Coaching, email us at: portal.ido@gmail.com with subject line 'online coaching' and we shall return you with information.

DO NOT EMAIL us if you are expecting:

1. Cheap service. This shit costs money.
2. Easy 20 min a day workouts. Go do the Zumba.
3. Pep talk. We dont do this shit. We'll give you credit where credit is due, though.
4. A new friend. Buy a dog.

Alexander, very proud of your progress, my friend!

<http://www.youtube.com/watch?v=7UUzRmyYqlo>

Here is Stas, training under The Method in Odelia's group in Tel Aviv, Israel. Another One Arm Chin Up by another good man. (Full ROM from complete lockout at the bottom to mid neck to fingers at the top, mind you, not the usual YouTube garbage)

We seem to be producing them on a regular basis. (have a look at the One Arm Chin Team:

<http://www.youtube.com/watch?v=G3gTYO9oJjA>)

Is this the result of:

1. Genetically Modifying Organisms
2. Pure Luck
3. Steroids
4. Our worldwide selection process for elite athletes

Or is it that we actually know something you don't?

<http://www.youtube.com/watch?v=GvcZrpvp7aE>

Comments:

Q: Would doing isometrics at max intensity help me to do a one arm chin up and and a one arm handstand push up?

A: @Malik Definitely not enough. Trying to find a secret recipe is great, but dont expect a one

ingredient recipe, my friend.

Girls cant do Pull Ups? Phhh. Bunch of pansies who never worked hard or smart at it started spreading this ridiculous 'fact' that only weakens us as a culture of movers.

Check out one of my close students and an assistant coach for the Method cell in Israel - Memada.

Memada eats two grown men for breakfast every morning.

She can knock off Strict Muscle Ups, HSPU, Planches and Intermediate level Handstand work as well as displaying impressive flexibility and an ability to flow on the floor or flip in the air - the result of training under the Method.

The proof is in the pudding.

Memada, super proud of you for your efforts. I dont know when the One Arm Chin (the strict one - as we perform it) will be first displayed by a girl, but I can think of three girls I know who can tackle this skill. You are one.

Love you and miss you a lot, Mem!

<http://www.youtube.com/watch?v=Djl4BoUCwOE&feature=plcp>

Comments:

Q: I am done with bullshit metcon work I need to get some to doing some of that strength work. Where to start?

A: Learning from us right now: Online free resources, (FB posts and notes, my blog, my posts on different internet forums, etc. Google is your friend) Workshops around the world- posted here in due time if available and open for the public, Online Coaching - expensive, hard, time consuming but if you think you can handle it - email us at portal.ido@gmail.com with subject line 'online coaching'.

On the 'Student-Teacher' relationship:

1. I am not a TRAINER, I am a TEACHER. I don't 'train' people with stuff they already know, I teach them new material and only as a secondary role - train them in it.
2. My 'Students' are my 'Students', though, and not my 'Clients' which implies its about the money and numbers, (money plays a role for the whole system to work, but its not why we do what we do) and also not 'Trainees' due to point number one.
3. I come from the world of Martial Arts and grew up on 'Martial Arts Ethics' for proper respect and credit for your teacher. This is in HUGE conflict to other worlds of movement with lets say,

'different ethics' like the world of Fitness, Dance, team sports, etc.. Your teacher is not your God, but he is the person responsible for your development - neglecting this point can be a big mistake but giving proper credit where credit is due - goes a long way.

4. If you have a calm, peaceful relationship with your teacher, he is not a man who helps you go BEYOND your limits. From Zen masters to NFL coaches to Gymnastics Coaches to Dance teachers to everything - this is true across the board: whether you like to hear it or not, the best teachers are not avoiding the grey zone where you are being pushed as a student beyond the point you can push into by yourself. That has a price and the relationship between the teacher and student is effected. It is not all 'love and butterflies'. If it is, again, you are not being pushed beyond your limits. Period.

This mentality and philosophy goes a long way to serve us in the development of high level of movement capacities.

It was developed for a reason - as a tool to serve the necessary support structure around the developmental process in all high levels of practice - from the arts to sports to music and movement as well as science.

I do not want to present a pink picture here - this shit is not for the faint of heart. At times can be greyish, hardcore, pushed to the limit and a proper balance between the 'Dagger and Bandage' (as my students refer to it) is required, but it can be done with minimal causalities, while building strong, happy, resilient characters and while achieving the things that most wont because they are not truly willing to walk the fire.

Treating food solely as a source of fuel is a mistake. We are not programmed to react this way to food.

Treating food solely as a source of enjoyment is another mistake. We are living in an environment that has made this approach impossible due to overabundance of bad choices one will make when relying on enjoyment only.

The answer lies somewhere in the middle. The most successful people I've met who walk around happy, healthy, lean and sport a performance to match are the ones who implement both approaches to food.

Put to use and enjoy the results. Fail to realize it and you are doomed to fail.

Comments:

Q: What are your thoughts on the vegan diet??

A: Vegan diet - not my choice. Not my logic, not my experience, not my style.

Most people regard basic physical traits as strength or flexibility as monochromatic. Binary.

Linear and simplistic. You either have it or not. Its either MORE or LESS.

Actually, there are infinite amount of variations within those traits. Some carry over better to others, some less and all are different.

For example: the upper body strength that most elite gymnasts posses is a unique and complex beast compared to that of a traditional weightlifter/kettlebell expert/martial artist/strongman competitor/bodybuilder.

It is the result of the combined Isometric, Plyometric/Ballistic, Speed-Strength, Maximal Strength and Eccentric muscle actions, (among other) performed in countless vectors, in what is most times, closed kinetic chain and unstable environments.

That is the secret behind this type of practice great transferability and superiority across the board among upper body strength dominant disciplines.

'We do what you do almost as good as you, but you cannot do what we do at all...'

In the Ido Portal Method Upper Body Cert we cover up to 7 different other reasons behind our choice to center upper body strength training around such bodyweight and gymnastics exercises with a minor addition of some auxiliary exercises.

To start your journey, attend one of our certification events around the world or take up our Online Coaching if you are serious enough and can afford it.

Comments:

S: Free online coaching: choose your goals and work towards them.

A: Mikko, that is truly great advice. Thanks for this missing link in people's lives and for your contribution to the field of physical development. Here is another free tip for free online coaching: 'train and you shall improve.'

S: 'We do what you do almost as good as you, but you cannot do what we do at all...' that is a slap in the face hahaha.

A: Sometimes a slap in the face is the biggest gift someone can give you.

I posted this clip around a year ago and started a small shit-storm within the 'functional training' community.

The subject was: 'balance training'. Nowadays you hear right and left how one has to train the muscles of the 'Core' and other 'Stabilizers' in order to perform better as they are the problem area and the weak link in ALL movement performance.

Many experts use various balls, weird machines, wobbly vibrating objects and other gadgets in the hopes of stimulating these areas.

Many report great gains.

Well, shit.

Lets talk 'balance training':

1. Balance is a general word that actually does not exist as a general trait. It is a specific coordinated action tailored to the situation, the position, the speed of execution, the angles, the loading, the type of contraction, etc, etc,etc... The fact that you have good balance as a surfer means shit about your ability to balance while cutting in football. The balance that I have on one arm translates poorly into balancing another person on top of my arm. All is specific and hence one cannot generally condition and train the 'Core' or 'Stabilizers' properly without integration work into the bigger kinetic chains of complex movements.

2. The challenge of instability can be a good thing or can be a bad thing, depending on your goals. For example, the instability of the gymnastics rings is a great thing for motor unit recruitment, but it can be taken TOO FAR. We dont need vibrating rings, thank you very much TV Best Buy Channel.

3. Two very common types of stabilizing strategies that are confused often are the use of 'Righting Reflexes' vs 'Tilting Reflexes' for re-balancing. (This I have learned from the writings of Paul Chek, many years ago)

Righting Reflexes are a way that the CNS reacts to lose of balance on stable surfaces.

Tilting Reflexes represent a way that the nervous system corrects and re-balances on top of unstable surfaces.

Most activities combine both reflexes to some level, but are predominantly managed by one. Having great Tilting Reflexes does not mean you will have great balance on a stable surface and vise verse.

These two strategies DO NOT translate one to the other directly and have low correlation between them.

So, take it from someone who can stand on one arm, flip in the air, spin on his wrist or elbow and stand on his head without hands- general Balance Training is a waste of your time and money.

To prove my point, I taught myself to stand on the Rola-Bola over a week or so. It wasnt hard, but required a new set of skills as opposed to the handstand on the floor. (Tilting vs righting again.)

Does it mean my normal handstand improved as a result? Not one bit!

<http://www.youtube.com/watch?v=yriauPPejkE>

Comments:

Q: Thanks for the interesting info.

How do you define stable\unstable surfaces? Is deep sand stable? What about wet floor?

A: Nir, I dont define, its not B&W. Anything is somewhere in between - even earth is not quiet and completely stable. But - where tilting action is the predominant strategy for rebalancing - that is a predominantly unstable surface and where righting reflexes are more predominant - thats a more stable surface. Wet floor CAN activate tilting reflexes when sliding but if walked carefully - its still a more righting reflexes kind of surface for example. You can take it from here.

Q: If most of the sufaces are between and changing according to speed of action or other things, my conclusion is that we need to practice the same task on different velocities and different sufaces, isn't it so?

A: It isn't so, since the SAID law is in action. Train on the surface you want to be proficient on.

On the topic of Legends:

Believing in legends and story telling are both super important.

This I've learned from my friends Josef Fucek and Linda Kapetanea in their workshop 'Fighting Monkey'.

Why?

Because believing in legends allows one to suppress what is possible.

Only through imagination can we suppress the boundaries of... common (contemporary) knowledge.

That is because present knowledge is never ultimate knowledge, see the 'Four Minute Mile Myth' to understand better what I mean here.

Story telling is also important and belongs to the same concept, but where many people lose me is when they lose the right QUANTITIES in the mixture of reality:legends.

DOING once a week and talking about it for the next six days (as my boxing teacher Jacob Daskalo likes to say) is the common trend these days.

Delusions of adequacy.

This kid is showing an amazing combination between two major movement disciplines - Boxing

and Gymnastics.

I've long been a fan of both disciplines and practiced both of them although I am no boxer nor a gymnast, but through years of research into movement capacities, realized it is not enough to practice and achieve various General Physical Preparedness (GPP) capacities in order to truly LEARN and IMPROVE as a mover, but there is a necessity to practice WHOLE, COMPLEX concepts, approaches and methods that encompass that much more than just their GPP or even GPP+SPP.

Movement Practice is a very good example of a case where 1+1+1 does not equal 3.

People have been stirred away by the fitness industry into setting simplistic goals for themselves like 'improve my 5K time', 'Bench X kg', etc but actually we would see much more complete, intelligent, strong, adaptable, able, useful, happy, coordinated, mobile, balanced, resilient MOVERS from setting more COMPLEX goals that blend into them multiple basic traits but also a lot more. (the 'in between the lines' which is so important here)

So, take an example from this kid and go explore some Boxing or another combat form or martial art for 2-3 days a week and then add 2-3 other sessions of basic Gymnastics including Floor and basic tumbling, Handstand work, Ring Work, Pommel Horse and High Bar Swinging Work and even some Beam for balance.

That's the kind of stuff we teach and preach for in the Ido Portal Method and that's how we like it: MOVEMENT.

(I want to thank my student Kenneth Lo for this excellent clip!)

<http://www.youtube.com/watch?v=P8BPMIGYSuA>

The very nature of 'unsafe movement' is sometimes the nature of movement itself.

Avoiding certain patterns because you view them as 'unsafe' is a mistake if life/your practice is going to throw at you these same patterns, in a moment where you have no choice.

Nowadays when people get injured because of X - they write a book about it...

Shit.

When you get hurt by X, it's because it was applied in Y amount to subject Z - you. All factors should be taken into account.

Most times, the best thing to cure an injury or prevent it is a gradual application of the same stress that may injure you, but in controlled amounts. This has been done pharmacologically

and chemically for thousands of years but it can be applied to movement as well.

Complete avoidance of certain types of stress is a BIG MISTAKE and a major reason behind our pampered, vulnerable and sometimes pathetic modern human existence.

So, dont write us any books about what is 'safe' and what is 'unsafe'. It depends on your preparation and on your genetic make up.

One man's food is another man's poison.

Comments:

S: I want to show this to each body worker that has told me to stop training so much or take time off, like movement is a chore and not a necessity for my survival

A: Paluna, you can show them, but more importantly notice from WHO you learn, WHAT they can do and WHO have they taught and produced. 'Professional Advice' in our times mean shit. Less than shit. The internet has put delusions of greatness into us and every motherfucker on the planet is an expert and wants to give you his 'advice'. Our ever expanding body of knowledge is contaminated with poor thinking coming from poor thinkers and reaching the good stuff is becoming more and more difficult by the day. Few dare call it out as it is.

S: If you never train in a specific range of motion, you will have no strength there.

A: Nick, you are right but that is only a TINY part of what I am saying. I am not just talking about strength, I am not just talking about muscles, I am not just talking about range of motion. This thinking is much more profound and encompassing.

Q: So then the concept of "injury proofing" or "prehab" is tied up in the performance of "unsafe movements" in a small, controlled dose, yes? Also, movement patterns can change over time, sometimes to our benefit, sometimes to are detriment. Do you practice/recommend any sort of movement screen to test for faulty movement patterns?

A: To answer your questions: this is valid whenever there is an adaptation process available and one that can lead to a solution. Every case should be examined individually, but I believe and have put this to work in even extreme cases like post surgeries, car accidents and more.

Q: Hi Ido, isnt movement "technique" at least partially oriented towards rendering potentially dangerous movements less risky? In any case, all stimulous represents stress. Stress, in limited doses, provokes a reinforcing response, which is a fact that can be used selectively to strengthen. As you suggest, controlled amounts of stress, balanced with renovation time, is a viable strategy for acumulating strength. This is a general statement however, which would need to be examined for its applicability in each situation. Lets jump on the backs of our wrists or balance on our noses to see. So the issue seems to be IS SAFETY ABSOLUTE? I dont think so. Once we take the risk to try new things and widen our skill set, we seem to raise the likelihood of injury, but the promise is an expanded risk-range, which raises the bar on new skills to be acquired. Can habits be dangerous? Are there dangerous habits? Possibly. If you bang your head repeatedly on a wall, all the evidence indicates a loss of certain brain functions. Lets do an experiment. Try habitually flexing your lumbar to end-range while you twist it and lift

someone. In fact why dont you get your students to do this over a period of lets say 3 months, note the effects?

A: Frey, you have a firm grasp of the obvious. Of course, any stimulus has to be applied with Hormesis or Eustress in mind. Also, getting 'stronger' is not the only adaptation available, this is a short sighted observation. I did not discard the whole concept of 'better' or 'worse' technical choice, but notions of perfection which are childish at best. As for jumping on the backs of our wrists - me and my students are doing this. So does martial artists of 80 years of age that have been pursuing such a practice for the last 70 years... Lifting at end range in flexion and rotation of the spine? Done every day by many from wrestlers to strongman competitors. Is this completely safe? we dont delude ourselves into thinking that. We aspire to make it as safe as possible, by not staying 'too safe'. Thanks for your 'kind' suggestions, in a 'perfect' world without gravity, battles, climbing, martial arts, acrobatics, brick laying, manual labor, fire fighting, special operation units, rugby and American football, etc,etc - you would be absolutely right in your direction. Thats not a world I want to live in.

S: Oh I dont live in a world with gravity for sure... what nonsense. The point isnt about safe movement persay, but wether or not preparation can mitigate the risk in a target situation. Strategies must be weighed against outcomes, short or long. Good luck with the face-wrist and or knee jumps, send me a video on occasion.

A: Well, one has to step into the fire to prove the effectiness of his strategies. This I do daily. Of course a housewife should think of a fire as lethal and cannot realize strategies to minimize the risk, but a fireman does realize it, trains for it and LIVES it. The only question is when is the next fire. Notice the word WHEN and not IF.

S: and a fireman, if he has any training or knowledge of fire, will wear his gear and check the wind, state of the fire and the nature of the materials that are burning before entering the blaze. Reckless irresponsability does not make for octegenarians in a world of gravity and phenomena such as fire.

A: I agree, Frey. That is how I approach it.

S: Said strategies can only be developed on the basis of a legacy of information. Even though each one of us can start from the beginning of the trial-error and learning process, I think its a hallmark of teaching to communicate a collective legacy of information to accelerate this process towards mastery. For example, once I was taught how to use the chef's knife, I no longer had to cut myself, and I was able to turn the edge of the knife to my favor. After my meniscus OP, my knees were often painful. When my teacher taught me about the anatomy of the knee, and suggested more optimal posture, I was able to manage the loss of meniscus. The deeper my knowledge of the structure of the knee has become, the less discomfort, and the more power and flexion range I have regained.

A: Interesting point about legacy and knowledge, Frey. Thank you. Posture is a tricky word for me, but I can see how such a modification have assisted you in regaining function. Modyfing and refining movement patterns is definitely a viable strategy for achieving a more functional system. But, it is not the end all, be all the way that I see it.

S: Now, I was informed that you have suggested that hyper-mobility prevents injuries, a statement which seems rather vague. First of all, we would have to examine individual flexibility (joint ROM) versus the laxity (play in the joints), and we would have to consider the specific

event or activity in which a person might get injured. At this point all the evidence is that joint laxity doesn't improve muscle power, and does not prevent, in fact contributes to recorded-treated injuries. As far as flexibility is concerned, understanding the first-order process of the myo-fascial half-life is essential to understanding the limitations of visco-elastic tissues. It is a commonly held belief that driving the body to near-exhaustion or forcing it into distorted positions, as well depriving one-self of fundamentals like adequate water, nutrition, light and comraderie etc can provoke a reinforcing reaction from the physical structures and mental fortitude of the disciplined student. While this belief is not unjustified, and might even be true for a few people, there are many serious injuries and diseases that have been associated with such practices.

The question is, even though there are chillingly convincing results for a few ninja assassins, what do we say to all those who fall on the way? Does such an elite-oriented training approach represent a model for general practice? Also... unless we intend to sign on with the IDF, the CIA, the marine-corps, or do mercenary work in a private security firm in the middle east, or need to plan for the eventuality of being tortured or incarcerated by any of the above, do most of us need to be so tough?

More importantly, is there a less violent way to prepare our bodies for some or most of the challenging situations we might find in daily life? Hard to say, as "daily" life, from the Gaza Strip, to the upper echelons of Dubai society is very different indeed.

But, is there a stress-free way to train and strengthen? Unlikely.

It is a well known, scientifically accepted observation, that all of our physiological and mental capacities develop and are tuned through their sollicitation, another word for stress. For example light, any light, provokes the production of "stress" hormones that allow us to awaken and be active. A fantastic demonstrative video to watch that was recently posted on youtube by the Feldenkrais community shows how a baby's effort (stress) to reach an object, allows its nervous system to register and evolve more efficient strategies for turning over on its belly. Aside from the usual identity crisis that the learning process provokes, even the least intense exercise induces stress on the body's structures, causing them to react by increased circulation, muscle cell size, bone density, more structural fiber and more nevous material to register and coordinate the sollicitated structures.

So we would have to conclude that the argument for elevated levels of stress as a way of increasing skills, load and shock capacity bears out. It would seem that the reason why stress would be productive in the sense of allowing for more strength and more accurate coordination has to do with the amount of strain in a given situation and the duration of the sequences, as well as the number of repetitions of that stress in a given period.

But is stress an unconditional value? Certainly not. There are certain kinds of stress that, even in small regular doses, are counter-productive over time, such as the incremental ingestion of mercury, flouride and formaldehyde. Or a meaningless daily routine in an office (re-recent suicides at the Apple factories in China). Remember the water-drop torture the vietnamese nationalists used on their victims? Lets think about the Burka... what effect does the regular deprivation of sunlight have on people? There are many "preparatory" methods that seem to do more harm than good in the long run. Classical students (in particular the young women) are starved and forced to stretch in positions that most certainly disassociate their hip-joints.

Compensation for the instability is provided by a merciless regime of muscular build-up. In many cases, 38 to 45 percent, they are doomed to painful injuries or disease at the end of a short career (about 12 years). Certainly, we can cite overstretching as a case where in the long run, as muscles lose their tone and mass in later years, causing many related problems. Major league football, soccer players and olympic athletes have a potentially glorious, but relatively short life-expectency, about 58 years... and the injury rate is nearly 100 percent.

Mr. Kupas, surgeon, friend and once-time judo-champion of Germany, explained to me that the legendary "iron vest" training was mostly a scam. Iron-vest is founded on the same idea that one can reach superhuman levels of endurance and strength through a regime of controlled self-abuse.) People claim powers that on closer inspection are illusory, and he said the injuries are serious and epidemic among those who are convinced enough to try. He recounted one match where, during a competition, one colleague of his who was kicking his shins against metal bars to get them to be stronger, stepped back from his opponent mid-fight and his shin-bone buckled -fractured into several pieces.

Modern-day survival stress in a world where most of us are deliberately held over the abyss of poverty by those who rule the world as an incentive to sacrifice our dignity to indentured slavery, most people live in a state of high agitation. Many studies cite this stress as being the source of a wide range of diseases. Doctor Bruce Lipton, in his 2003 lecture on genetics explains that stress shunts blood from the gut to the arms and legs, and empties the frontal lobe as well, partially shutting down the digestive-evacuative-renovative processes, as well as interrupting the executive brain's moderating function. In other words, a person in a state of stress would block higher brain function and place their immune system in jeopardy. The longer, or more often this state persists, the more the body degenerates and weakens precipitously.

oh... a recent note... did you see the report on the Indonesian martial arts "wizard", who gave his adepts tattoos that were reputed to stop bullets and knives? The students went into the streets to test it out... and many of the ended up in the hospitals...

A: Frey, thanks for your lengthy posts. Please do not respond to anything you have 'been informed' I said. Simply not true. I would never promote joint laxity or HYPER mobility. As for your other points, I am afraid this is not the proper forum to discuss such matters in length. I appreciate your thinking and point of view, even if we will agree to disagree on some matters, although I think on other things, you are misinterpreting my terminology. On many good points you are making here - I completely agree with. Thanks again for taking the time and writing in.

S: Yes, whenever someone tells me something someone else said that interests me or raises concerns, I take it to them. Its the most effective way to clear things up, don't you think? I am glad that was a misinterpretation or mis-quote. I will confront the person who is spreading this around.

Sorry for clogging your post... but I suppose you could take it positively that the issue is thought-provoking?

Just a note tho: firemen have tons of literature on fire-safety and drill protocol endlessly in preparation. If they pass on their wisdom in these forms concerning safe management of a potentially dangerous element, why shouldn't movers do the same for our management of gravity and the grav-forces?

Re-posture, yes... tricky word as it is often wrongly associated with "position", an untenable idea

when suggesting management strategies for movement. But in English one can correctly use the word for mobile moments, "posturing"... different than "posing".

On "mis-interpreting your terminology". A good friend made an interesting observation. He said, When people don't understand you, its not their fault, but yours. The onus is on you to find appropriate and clear language to express yourself in. I think there is some truth to this.

Oh, and my parting observation, it is not only "these days" that injuries provoke people into a research mode. Its called "The Wounded Healer" phenomenon. Among those who have made brilliant contributions to our public fund of knowledge are Feldenkrais, Kelleman, Gracovetsky, Skinner, Alexander, Roph, Bruce Lee, Horvath, etc. The notion that we learn from crisis mode is valid. However, the legacy that these people have left is the intelligent option of learning from the crises of others as well. I posit that we also have the possibility to learn from positive experiences as well. Both of these seem higher on the intellectual scale than waiting until we stumble into calamity before effectuating a positive change.

A: Great point, Frey. On the other hand, many of those who encountered injuries or difficulties have drawn false conclusions about the original reason behind it. For example many of those you have mentioned actually came up with different postural (mostly in static conditions, but thats another point..) models which are contradictory to one another... Many good things came out of injuries and the 'Wounded Healer' as you call it - I agree, but a lot of BS as well. One can only go so far with self experience and basing one's general approach to movement based on it.

Here is Roye, after one year of training with the Method, showing that tall guys (1.9m tall) can do this stuff as well, once more.

A lot of people who are signing in for Online Coaching with me list what Roye is doing here as their 3 months goals - 60 sec Freestand HS, Straddle Planche, Full Front Lever, One Arm Chins, Stalder Press HS, etc, most times with their current skill level I respond with: 'your goals, for this time frame, are delusional'.

We are out of magic powder.

If you want to work hard and long enough to go after these kind of skills - come learn from us, in a workshop or through online coaching (email portal.ido@gmail.com with subject line 'online coaching') but dont expect any short cuts besides a well structured program with proper corrective exercises, addressing mobility, SASS, BAS, Lower Body Strength, joint prep, handbalancing and with properly manipulated training variables.

Roye, this clip is a great testament of your hard work, day after day after day in the last year. Very proud of you, my friend. The sky is the limit, you are just starting out!

<http://www.youtube.com/watch?v=pXCdYL7LO6E>

Comments:

Q: Great work! Ok I've been told that this type of handstand work is too hard for a women to

achieve. Do you have any examples from the ladies?

A: Nicole, what a bunch of BS. If you dig into my wall posts you will find plenty of ladies doing this and much more. Check out [Odelia Goldschmidt](http://odeliagold.wordpress.com/) blog here: <http://odeliagold.wordpress.com/>

S: They were my feelings. I'd love to have that much control. I've seen some of Odelia's pics and vids. They are inspirational.

A: Countless other examples, as a female - perhaps the one arm chin is a hard one to get to, but advanced handstand work (much more advanced than what Roye is demonstrating in his clip) is a real possibility and depends on how much you really want it.

Would you believe me the Ido Portal company makes THOUSANDS of dollars a year from selling Online Coaching packages to people we NEVER hear from ever again after their initial program is handed to them?? (post tests and evaluation and long after being aware of time commitment for the daily sessions)

Not that we are complaining, but... How can this fucking be?!?

Here are a couple of possible options, tell us what you think:

1. They realize we don't know what we are doing.
2. They got the 'Oh, NOW I understand what it takes to get those skills' moment.
3. They spontaneously combusted.
4. They realize that all spotlights are on them when pursuing Online Coaching, and they cannot really cheat or NOT make gains without being confronted with that fact.
5. Our spam filter filtered them out.
6. The action of paying money to someone to help you is much easier then to actually work through a tough program and... help yourself. Being willing to do one does not automatically make you willing to do BOTH.
7. We are just too fucking rude and dirty mouthed and they just want to be... held. (we know, we know)
8. Answers 2,4 and 6 are all correct.

Tell us, what do you think?

Comments:

S: I bet some people probably try it for a week, realize they are really sore and are not going to have a life until it's over, and go slinking away. (I didn't slink. I did it for reals for 6 months.)

A: No, Rachel, they dont try it for a week nor for a day. They do not even reach the initial video submission. And you are assuming that according to your willingness to dedicate 4 hours a day for the training (which maybe sounds a lot for some people but is a drop in the ocean for athletes) that is what everyone is willing to dedicate. You are wrong.

Q: is it also possible that they take what you teach them and then run with it in their own directions?

A: Entirely possible. Smart?? Thats another thing. When you come to learn - make the best of learning.

Q: Can I have a spot for someone who is paying but not doing and do the program in their place? As I am more the willing to work that hard and suffer to achieve the goals I see being done through your program!

A: Nobody can have any spots, so dont waste your breath. We put a lot of effort into our materials and YES, we are expensive, time consuming and require a lot of hard work. Its not for everyone, nobody said it was.

S: Hmmm 4 hours a day.

starts to plan where to put said 4 hours in the day

Perfect preparation prevents miss poor performance.

I'm finding it easy now I time block my training in, 2 hours 4 times a week.

So 4 hours a day shouldn't be that hard to find.

Thanks for letting me know how much time you tell your coaching clients to train.

Even though I won't be joining you for a while due to lack of money, it's always good to know for the future

A: 4 hours a day is a half day for a professional athlete, dancer, circus performer. Its a good time frame to train for a serious enthusiast looking in high level skills. It wont get you into world championships, but you wont be hanging around with Homer Simpson as well.

S: I found the reason why with some friends the other day talking about the progressions for the planche. They were trying to do the tuck planche holds and failing dismally - I told them to start off with bands and they asked how long it would take to do it without the bands - "about 6-12 weeks if you really work at it." Well you should have seen the look on their faces. Unfortunately There isn't a time machine to fast forward the foundations of hard work to do this stuff - and the work required scares most sedentary human being used to burger meals ready to eat in 2 minutes flat.

A: Jay, providing any time line in general terms is BS. It depends on individual response for the stimulus and can vary tremendously. I've seen people do it in 1 session and others that required 2 months of hard work. You never know.

Take a guy who trained a bit harder than average for a short period of his life but ever since cant stop talking about it.

Sprinkle a VERY basic and partial understanding of anatomy, physiology and training methodology.

Add in a few quotes and ideas stolen from other experts but dont forget to bash those other experts because they 'dont get it as right as you do'.

When asked who made him, the answer is immaculate conception. Self taught and came up with this shit through religious revelations.

A firm grasp of the unnecessary and a complete inability to concentrate on the essentials is in his core.

You know what you get?...

A fitness industry leader.

Comments:

S: I need two more clues to guess the name.

A: I wish it was one.

S: I know, that is why I was asking for more clues, since so many came to mind.

A: I'm not referring to anyone in particular. Or am I? No guesses, we are here today to have a laugh, not to point fingers. If the fingers are not obvious to you - too bad, pay the price.

S: Rather than whine about them...maybe learn how they get themselves there and that way you can spread your own message more effectively?

A: Andy, I'm trying to balance my whining with my doing something about it, but as for your offer to learn how they got themselves up there and follow suite - for that I will kindly refuse. They got up there not for doing something right about movement, education or training, but because of doing something right with marketing, selling and flash. Not my thing, I will stay with whining.

For years I have been considered a 'fan', 'fanatical', 'radical', 'obsessive', etc in the way I followed my mentors.

In Capoeira I studied in great details various masters and copied every gesture, move and sway. I could perform identical copies of them, followed them around and tried to learn their method to the game the best I could.

In 1996-7 I started to follow Charles Poliquin, one of the best and most known strength coaches in the world.

I read EVERYTHING Charles wrote. Everything. I memorized his methods, ordered all his books, followed his protocols and traveled to the US, after saving for 8 months my money to take a workshop with him in the early 2000's.

I remember taking the workshop (one of the first Biosignature workshops ever) and meeting Charles later for a private consultation that cost me a fortune. Or so it seemed at the time. The information was priceless and Charles to this day is a person who shapes my thinking and approach with many things.

My boxing coach Jacob Daskalo likes to say: 'a good teacher costs a lot. A bad teacher costs

MORE'. Well, Charles cost a lot but he saved me tons of money, grief and misdirection.

For years I've been posting online in various forums, sending emails and responding to posts, giving my best advice for free. I always was criticized for 'once again mentioning Charles Poliquin', but what could I do? The man deserved the credit!

Being a 'fan' can be a bad thing, where reality and the person in front of you lose any relation, but sometimes, people look at true admiration and respect and slap a title on it: 'fan'. What a bunch of BS.

We learn first by copying. If I am able to nowadays form ideas, lead a small community, teach and give, it is because I started by copying, while giving proper credit, and embracing the methods of the giants that stood there before me.

Trying to be original is not always the most HONEST thing to do, or the best option for self development, but it takes true humility to recognize that you are not there yet.

Let me tell you a few things about achieving high level skills that are currently beyond your reach:

1. Long before I could do a one arm handstand or a one arm chin up, in my mind, I already had it. It was a decision, so deep, nothing was going to stop me.

Not dinner with friends instead of the last hardest third workout of the day, not another unplanned cheat meal that spirals into chaos, not a temporary weakness of character.

So, decide. No, really - DECIDE.

2. Become an expert on those skills.

I would spend hours studying any information I could find, watching videos of others executing those movements, traveling across the globe to study with specialists and more. I knew everything I needed to know to achieve it before I actually achieved it. Proof? I achieved it.

So, STUDY IT.

3. Obsession is needed. You aint going to do this shit unless you upgrade your 'goals' to fucking obsessions.

So, OBSESS.

4. EXECUTE. Again and again. And again. If you really want to do something of this sort, and this is no double bodyweight bench press or a fucking back tuck, (which may seem hard for most, but let me tell you, its peanuts compared to a OAHS or a true quality OAC) this is some serious long term shit even for above average folks.

You need to do something to move you closer to your obsession and often.

I know few who train 3 times a week to achieve their one arm handstand.

I lied, I dont know anyone.

I cant name a single name after so many years of teaching and training and traveling across the world. So, you think you are going to be the first?!

You know when mommy told you you are special? Mommy didnt know what she was talking about.

DECIDE + STUDY IT + OBSESS + EXECUTE = ...

Comments:

S: Over at the national circus school here in Montreal, we train 10 hours a week of our specialty (and 30 hours of complementary skills) and the handstand majors still have a hard time coming up with a good OAHS. I can't imagine how hard it must be to achieve this skill on your own...

A: You tell them, Vlada. People have no idea.

S: Great contrast to the "4 Hour whatever" approach!

A: The "4 hour whatever" approach definitely sold a lot of books. I am not sure how many one arm handstands it is responsible for, though.

S: Inspiring! Too bad the profanity keeps me from sharing this.

A: Oh, God, the profanity. How did I miss that? So fucking sorry.

S: Thank you for this and all of your other posts. I can not speak for others but for me your posts continue daily reminder that there is an alternative to the culture of mediocrity; as well as a source of invaluable knowledge. Thank you.

A: Kevin, thanks a lot for saying this, it means a lot to me people out there can connect to what I am saying. Culture of mediocrity are true-true words.

CORE STRENGTH. Lets talk Core, my favorite word.

Core Strength is a very hot and sexy term and as well the biggest loaf of shit out there.

I get daily remarks at locations I train at around the world: 'man, you have amazing core strength', 'what a demonstration of core control' and other shenanigans. I usually say 'thanks' and roll my eyes walking away.

Here is your wake up call:

1. Rarely would Core Strength be the limiting factor in performance. It can happen, but its not a common issue.

2. Often proper muscular coordination is in the heart of the problem, and not lack of strength.

For example most people have enough 'core strength' to properly hold a handstand, but lack the proper 'software' to coordinate rebalancing action and use it along with other areas in the proper timing. Its not weakness or decondition that holds them back, so stop wasting their time, 'Handstand Experts'.

3. Core Strength, even when needed, have to be developed specifically to the relevant movement patterns. You can hammer away on the Pilates machines but I will break you apart with some simple gymnastics stuff, a bit of BJJ, strongman carries or even a back squat. I actually do this, on a regular basis in my workshops where I receive a lot of top level Yogis, Pilates folks and other 'core specialists'.

4. Most professional athletes train their core with various drills, thats true. They are successful IN SPITE of this habit and not because of it. I can speak for myself and my students: we are performing one arm handstands, airborne acrobatics, we climb, we fight, we dance, we can perform full front levers, human flags, press handstands from an L position, etc. WE ARE NOT DOING ONE GENERAL CORE EXERCISE. Not even one.

5. The contribution of 'core exercises' to the appearance of your six pack is minimal. Those muscles have poor potential for hypertrophy in most people and usually are covered with a layer of fat. So, first things first, put your efforts into becoming less of a fatbastard before you allow yourself ANY core exercises.

Now if anything can hypertrophy the abs and shock them into growth its going to be very different from their postural supporting design. The best I've come across are... BACK TUCKS. Yes, you heard me right- back flips.

I remember a case where one of my students took on a challenge and decided to perform 120 back flips for time - as quickly as possible. We like doing shit like that from time to time. She finished in under 30 min, (yes, SHE) but did not appear at the facility for the next week.. Later we discovered she couldn't walk due to extreme soreness of the abdominal wall that lasted for days.

So, enjoy your swiss ball, pilates reformer, crunches, sit-ups, garuda, gyrotonics, 6 min abs solution, kb ab circuit, russian twists and other past-times, but please, dont have any delusions of adequacy: this is NOT going to give you GENERAL CORE STRENGTH applicable to any movement demands.

With love,
Ido.

Q: I'm confused with this one. While I don't disagree that 'Core Exercises' are a complete waste of time, what do call the lower back and abdominal strength needed to do, for example, a really heavy squat? Is that not 'Core Strength'? Cos if you try and do a really heavy squat without support from your abs and lower back, you'll snap in two. So what is that called?

A: Chris, dont point at the moon and look at your finger or you'l miss all the heavenly glory.

That's my whole point - core should be trained under specific conditions. That's why you see the brackets all around the words 'Core Strength'- in my post I am referring to the traditional and common use of the word which leads to the improper 'Core Exercises' prescription.

Q: What would you recommend for an athlete who fails on heavy squats because their sufficient leg strength drives the hips faster than their shoulders?

A: Leonid, the answer can vary between heavy supports, eccentric work, specific targeted work for the lower back and even issues with hip stabilizers who can 'leak' into this. But if you think some isolated ab work will magically integrate into the movement pattern you do not understand basic neuromuscular physiology.

Q: I'm fairly confident that you know more about neuromuscular physiology than I do (people pay you for that knowledge and no one pays me :)), but when you mention specific targeted work for the lower back, (maybe something like back extensions?), would those count as core work? Or is it just a naming convention.

A: Again, I repeat - the post talks about 'classic core exercises' such as crunches, sit ups, planks.

S: As a physiotherapist, AcroYogi and Paul Chek practitioner, who deals with core stuff for many years now, I can only say that the important thing really is motor control, and not only core strength per se.

A: Ohad, we won't hold your credentials against you, I promise.

Q: I do! On the subject of back levers, a question- I've heard two different things in regards to shoulder positioning. One is to pull shoulders inwards with your chest, another is to depress and retract your scapula. Which do you advocate? I stopped doing the progressions because my shoulders are so rolled forwards and needed to work on pulling strength... But I'd like to have at least one lever under my belt some day..

A: Cordelia, aiming for maximal protraction is how you should approach it.

Q: And the other question, kind of "core specific"- how do you deal with slow-twitch athletes? I find though I have good flow, I lack a lot of power with jumps, and this limits me in learning flips, too. Is this just a lack of strength under load? And I know my pelvis also tips anteriorly a lot, and all the powerful athletes I see always have the ability to really lock down their whole torso to produce force.

A: Cordelia, don't push it, it's your second question who has no relation to the topic. This is beyond the scope here, girl.

S: Mr Portal - your posts always engage, enlighten and educate. Your abilities speak volumes. As a former child gymnast now involved in crossfit, I am looking for ways to get more involved with disciplines built around more 'primal' movements and strength. (in brackets as you may have similar sentiments regarding that word) Principles coming from parkour, gymnastics, yoga, martial arts, the work of innovative people like you, Scott Sonnon, etc.. are all very interesting and intriguing to me, and I am seeking ways to know/learn more about them, as it seems the path to true strength and wellness. I am at conflict at times. Your posts bring a harsh clarity to these

topics. not that you will give a toss at this, but - you do come across at times as scolding and condescending to your readers. maybe that's exactly your intent though. either way - the info is very valuable - might be received more widely with a little less snark.

A: I could care less about this David. About reaching a bigger audience and about the softness of your ears. Dont plan on any seminars with me if this is your constitution, as my 'scolding' and 'condescending' is exactly targeted at moving from my path such folks. With all due respect - thats how I see it, so why dont YOU try to educate ME on YOUR professional page? The harsh clarity that you so fond of - has a price. Its called 'the mirror effect'.

Q: I do, does this mean there are specific cues to integrate control of the 'core' when you're doing different movement patterns? Similar to tearing or twisting the bar to feel connection with the torso and shoulders.

A: Yes, there are - but thats another concept all together Daniel.

I started to teach when I was 16. First it was Capoeira classes in the local technical university in my home town, later I operated my own groups and finally built my own training center(s).

After so many years teaching and thousands and thousands of students under my wing, I can tell you a few things about the ones who make it and the ones who dont. Not only with me, but in general, on a wider scale and in the top levels of movement practice.

Here are my 2 cents:

1. The ones who last are resilient, resistant, durable. They are not made of sugar. Rude? God forbid a foul word? They could care less, actually, they thrive in a less than 'official' and fucking boring environment and feel uncomfortable in any 'no salt, no pepper' PC scenario. Because if they are pampered, soft, sensitive to the touch - the discipline is going to eat them mup anyways.

'When chopping wood - expect splinters to fly...'

2. They can take criticism from a person they value, but will not listen to any idiot who has an urge to share. They USE criticism and develop through it.

3. They are constantly IGNITING motivation in themselves. They dont treat motivation as a 'mood' that drops on them, they CULTIVATE it.

4. They dont TALK big, they DO big. Its common nowadays to train 2 days a week and speak about it for the other 5 days, but these guys and gals are not much into talk. At least not much talk about the future, they may say a word or two about the past.

5. They make the necessary shift between goals and obsessions. They make it holy - lift it up in the priority list. High enough that it becomes... attainable.

6. They are egocentric. No denying it. Its the price. Their families, partners and friends suffer, at least to some level.

I've had people jump on the bandwagon and hold on for a few days, weeks, months and even... years, but if they did not have at least a partial combination of the traits mentioned above - they fell back into the ordinary, the normal, the Homer-Simpson.

Not to say this is the RIGHT thing to do or the ultimate or that it carries no negatives - it is what it is. It has its price.

But that's how you get these kind of things done.

Comments:

S: Sometimes kindness is speaking the truth... And often speaking the truth sounds like meanness. It's tricky business.

A: I'm with you, Darren, but I prefer honesty any day of the week over modesty. Truth is truth, being kind is a luxury one sometimes cannot afford.

S: One can raise up great goals and have great self esteem while also being humble in company of others. Japan is full of such people.

A: Humble in the company of others is truly a Japanese trait. But in the company of themselves - thats another matter. Not that I said that being humble is contradictory to having great goals.

S: You are more then right Ido my friend. Most of the people want to train litle and to talk big. In my world i can guarantee you that 99 percent of the people will never train more then 3 times a week, the rest 1% will devide like this: 90% will train 4 - 5 time a week and will try to step into the ring to 1-3 fights. Only 10% from that 1% will step constant into the ring and will remain motivated up hill. About kindness, i am very not kind at all with competitive boxers! i am not kind when its concern about boxing training because its not kind to get injured because misunderstanding the profession.

A: Yes, Jacob, I know professionals that get things done like yourself will agree 100%, the problem is, you understand when talking to bigger and bigger global audiences like myself on this page - then you have to listen to all kinds of 'expert advice' from people on how you should be kinder, this and that and how if you want to be successful you need to change. Then, you examine WHO you are getting this expert advice from and... surprise: Homer Simpson.

S: I like to see how you develop with time Ido

You try to build awareness to the self as well as build the self itself..!

Your entire paragraph comes after your statement of: "Not only with me, but in general, on a wider scale and in the top levels of movement practice."

WHICH MEANS YOU TALK ABOUT THE FEW PEOPLE AT THE TOP LEVELS OF

MOVEMENT PRACTICE..!!!!

What does "nice" or "not nice" have to do with this? The fact still is- that most of us Homers out there cannot all be at the top. If we were- Ido wouldn't be so special.

I see a good-ol fashion bell curve.

A: Correct, Michael. I was talking about the elite, as mentioned. Calling yourself Homer Simpson is misleading, to say the least, my friend. Thanks for your kind words!

Scapular Control = Upper Body strength, mobility, stability, competence.

Facts:

1. 17 muscles are connected to the scapula.
2. With the hands we MANIPULATE. Evolutionary - thats what it is made for, that is why the glenohumeral joint (and the scapula which is part of it) is the most hypermobile and complex joint in the body.
3. Mobility stands on the other end to.. Stability. The Glenohumeral Joint is also the least stable joint in the body. It is often the weak link in the chain of upper body movements.
4. Both the tendons of Triceps long head and the Biceps long and short heads connect into the scapula. Altered scapular positions though = altered length-tension relationship in those muscles and this effects upper arm strength.
5. 'You can only shoot from a cannon sitting on a canoe - once...' as Pavel Tsatsouline says. If the scapula is as controlled and stable as a canoe - dont expect to be doing any serious shooting anytime soon.
6. Targeted corrective exercises for the various muscles connecting into the scapula goes a long way, but there is a need for an integration, complexity and application. Nothing does this better than advanced gymnastics and bodyweight oriented upper body strength training as we teach it in the Ido Portal Method. SASS, BAS and Corrective Exercises put together to achieve superior scapular control over ANY possible vector with progressive overload and under full ROM.

Whatever you want to do with your upper body, as 'isolated' as you may think it is:

SCAPULA IS THE KEY.

Comments:

Q: What are some good shoulder, and scapula ROM exercises. I play Capoeira and I have a good handstand and upside down game. Solid bridge, and upper body strength, but my

shoulders just aren't flexible enough for some of the difficult floreios. Macaco for instance is easy, but hollow backs hurt. I followed your ROM training on YouTube for years, as I have improved, but I still have shoulder pops every now and then. Any thoughts on opening up the Rotator Cuffs and Scapula Ido?

A: Semaj, there are over a thousand exercises we use under 'The Method' for Scapular control. The ones of most benefit to YOU will be different from another person. There is little I can do without testing you in different conditions. Sorry to give a vague answer - anything else will be a lie.

Q/S: ***Deleted***

A: @Joey Serratus Anterior is but ONE OUT OF MANY. Every few years another muscle takes the center stage and becomes the 'trend' muscle to blame for scapular control. This approach has failed in addressing the big picture. As I said - 17 muscles connect into the scapula which is suspended in a sea of muscles - being controlled at all times by sophisticated coordinated action.

Here is Semion, a very talented mover who added into his practice just quite recently the Ido Portal Method.

Semion is a good example of a guy who is already very passionate with movement in various forms, but lacked the base, the 'Body Armor' Joint Prep, SASS, BAS and Advanced Mobility Practices. After a few short months of work - he is booming, in all aspects of his movement practice.

To learn more about the Ido Portal Method:

1. Attend one of our events around the world - details will be posted, when available on this page here and on our upcoming website (Feb 13') www.idoportal.com
2. Take up Online Coaching if you can afford it and are willing to 'walk the fire'. Email us at portal.ido@gmail.com with subject line 'online coaching'.
3. Start to go through the countless notes and posts on this page and integrate elements, approaches and point of views into your own practice to the best of your abilities.

Semion, very proud of your hard work over the last few months, you have transformed yourself, my friend!

http://www.youtube.com/watch?v=1j_c0-9qVNQ

Since the creation of science and mathematics we have effected our approach to all things but not always in the most obvious of ways.

In relation to physical culture and movement, one effect has been the linear thinking that many times have little correlation to our structure and adaptability.

Certain attempts to categorize movements as 'correct' according to linear standards have failed miserably and resulted in injuries and stagnation.

Whole disciplines that take their standards from geometry like Ballet, Gymnastics, some forms of martial arts and even concepts in modern 'isolation' body building are limiting at best and injurious at worst.

Wake up, good folks:

WE DO NOT HAVE ONE LINEAR LINE IN OUR BODIES.

The use of linear aspects in training should not be completely disregarded - it can move us towards ideals and goals in a very efficient manner and a measurable one, but it is not enough to address human movement development in such a limited manner. Far from it.

Comments:

S: sorry but as a mathematician and lover of natural human movement (and pushing it to its limits), I must admit that I strongly disagree with this (particular) post. Science and mathematics are being judged without a real understanding of them as much as sedentary scientist judge incorrectly human movement.

And sure enough, when you go deep into mathematics, and you trespass the boundary of what non-mathematicians know about mathematics, you realize that the most interesting problems are the non-linear ones, and that real applications of mathematics lead to the realization that mathematics are all but an exact science and in order to establish the validity of their results one has to understand the nature of the problem. (which is where most scientists, mostly mathematicians, fail).

you are not wrong, you are just judging without seeing the whole picture... just as the scientists.
A: Santiago, where is the disagreement? Can you be more vague? I am talking about the effects of science on thinking and the misguided use of linear thinking on complex problems such as human movement development. Nobody disregarded the use of math or science to solve certain problems or that the most interesting problems are nonlinear or any of your other points. You are barking up the wrong tree.

'The difference between a man and a boy is the price of their toys...'

Joking aside, the more time passes and with current technological development, the more we become dependent on - toys.

Physicality-wise, I noticed, people are unable to use their bodies without toys.

Most folks have lost the 'user manual' for their bodies, and they now depend on the presence of an instructor, machine or partner to be able to... move.

It is important to develop your physical practice in a direction which allows you to USE and ENJOY your body with nothing else but a piece of floor. Conquering tools and learning to work with a partner in various scenarios is great, but the foundation of movement practice should be as simple as that.

You and the earth beneath your feet. Now - Move.

<http://www.youtube.com/watch?v=G6BBk3Nvj9k>

Comments:

Q: Very, very nice movement Ido. Did you, as part of your education, also study Ginastica Natural?

A: Johan, definitely not... I find it quite redundant.

Just saw one of those clips by a 'Gymnastics Expert' showing various drills for perfecting a handstand - all that 'one needs' really.

Shit.

The clip deals with everything BUT the essentials for balance. It contains the classic Gymnastics coach approach to handstand - every cue is presented as the 'secret' for balance, but is actually merely Body-Alignment oriented and is mostly...aesthetic while having nothing to do with actual balance.

Not to say that working on alignment is wrong, but the true balance action- which is actually a REbalance action is completely ignored and not taught.

It is just an example of another gymnastics coach, doing what he has been taught as a child and moving it onwards - the 'tradition'.

'We have been doing it forever and it worked for us, so why not continue?'

Why not? Because its a loaf of shit.

Actually this approach is far from optimal and shows a lack of process and understanding of balance. I am disappointed to see again and again the lack of understanding among the general public - pointing at the moon and looking at their finger - sure that they just got the secret sauce to a handstand.

That is why unlike what most 'Gymnastics Experts' and various other vultures who are nowadays jumping on the Gymnastics and Handstand wagon are telling you, they are not actually producing quality handbalancers out of their adult clients, relying on the talented ones who somehow 'got it' and blaming the rest for their 'imperfect alignment'.

Handstand is more than alignment - just as a stick with perfect structure and line cannot stay up standing.

Comments:

Q: Do you have a book out yet?

A: I am too young for a book and not cheesy enough for a DVD.

S: I do you like to talk about how people are caught in their dogmas but you dont show your own cards. At least those people put out free tutorials and materials which can be useful for the beginner. I would like to learn more of your method but I cannot pay your price (probably). Neil Jansen nailed it when he says "your posts are a tease".

A: I share my methods daily. You are expecting FREE, but it's not up to you to decide. As for results, no other person online have posted more videos of his student's results than me in this field. A tease? You better believe it!

S: **To general public**

A: Of course, guys, sometimes I am amazed with people's responses in this day and age of MIS-information and globalization. The worst thing is to feel a sense of entitlement from someone you are giving to for free. Everybody nowadays feel entitled - since they can read it on their screens - now I work for them. I share what I share for free and that is my choice, but I invest a lot of time, money, hard work, thinking and effort to develop what I view as the BEST approach and that is mine to give or not. If you want the best, realize this: it aint going to be free.

S: in other words....the gymnastic coach doesnt know what the hell hes talking about lol

A: The gymnastics coach knows what he does best - train extremely talented children. The worst crowd to learn from - mind you. Training adults? Process? Anatomy? Training science? Physiology? Very little of that - and if they do know a thing or two, its outdated stuff. Biomechanics is the name of their game - thats what they know best. Gymnastics-specific Biomechanics.

Q or S: **Deleted**

A: @Seth Yes, I am a gymnast hater and a cry baby, but I can stand on each arm 45 sec as well as many of my students. Another gymnast out of the factory who cant think creatively or come up with a better way and hence - cant imagine anyone else can do it.

Q or S: **Deleted, and presumably from the same person**

A: Yes, that's why everyone is doing one arm handstands on the streets. I didn't bash anyone, as I didn't mention any names, and you can move onwards and stop reading my page since we can't show you anything new. Move on.

Another important point: bashing someone is an attack of character, not a criticism of a method. If you dont want to hear criticism - you are in trouble and already weak of character. I suggest immediate removal from the gene pool. Protecting traditions while defending them against any logic and reason is done from emotional attachment - its as simple as that.

Some old school Russian Plyometrics...

Some of these are true forgotten methods.

They were forgotten for a reason..

Others - very useful drills.

Can you tell the difference?

<https://www.youtube.com/watch?v=uHGz3Li2cv4>

Comments:

Q/S: ***General talk about the drills/methods displayed***

A: Seeing some new variations (new - to you) and respecting creativity - thats great. Thinking every fucking new trick is worthwhile and effective- thats delusions. If you think they are all good drills, think again. Lots of wasted effort here. Some caught the leg press, a machine that places no demand on the lower back and take it out of the equation - which will translate poorly to jumping ability, but there are other problematic drills here that are 'better left in the junk pile of history, right next to communism'. (as Tsatsouline says)

S: variations of the ussr olympic team spends no time on the well being of the athlete. most of these primitive shenanigans seems more prone for injury then results. there is a very good reason this training theme was long lost and forgotten as well to the drop of the ussr teams from the so called greatness.

A: Assaf, harsh words that are a bit generalizing. Russia is still a huge force in the Olympics with a fourth placing in the last games and total medal count of 82, just 6 behind the second place finisher- China. As well, most of what we know in training science is Russian (and German) in origin, a lot of good stuff, as well as some outdated things, but chances are, if you are training anywhere in the world in weightlifting, gymnastics, track and field, swimming,etc - a lot of the knowledge that you are using is also Russian. When it comes to competitive sports, no country in the world really gives a shit about the athlete's well being, this is competition, my friend. The Russians werent different with their 'breakfast of champions' and other methods, but everyone is doing this shit TO THIS DAY. Funny to see that Plyometrics were actually taken to the extreme in the west and not in the birth place of Plyometrics - 'the motherland'.

The Planche is what turned my attention, many years ago to Gymnastics oriented strength training. It is a feat of strength no one can ignore.

The Planche relies on a multitude of muscles working together - from the isometric contraction of the upper and lower arm musculature in attempt to stabilize and protect the elbows (which are under immense stress) to the complex scapular control and more.

A few interesting details from the Ido Portal Method - Upper Body Strength - Advanced Workshop: (For geeky eyes only..)

- * The Serratus Anterior is one of the most important and least understood muscles in the Planche.
- * Lower Traps may hinder the whole 'Planching business' if they are insufficiently strong, as they are neutralizers for protraction and prevent improper Scapular elevation.
- * Many realize the role of Anterior Deltoid in the Planche, but few understand how ANY weak link in the first 45 degrees of shoulder flexion can manifest as well in the Clavicular head of the Pectoralis Major, the Coracobrachialis and the Biceps Brachii and become the 'bottle's neck'.
- * The more traditional (mere mortals..) use of the Erectors, Obliques, Rectus Abdominis and Quadratus Lumborum as 'fixators' of the ribcage for proper Scapular stabilization are now reversed - this is a closed kinetic chain. Guess who are the fixators now...

All these details lead to a different way to attack Planche training and a necessary complexity of approach.

Where some fortunate individuals can just succeed with pure repetition of the skill, many will stagnate with such an approach and will require a much more intelligent programming to continue to make gains.

Comments:

Q: very cool but what about the stress for the wrists?

A: What about the stress for the wrists? Depending on your wrists, this may be too much or nothing to worry about. I work on my wrists and am teaching my students how to condition them up for such rigors. If you dont do such complex prep, be careful - injury is around the corner if you are going to perform countless sets of handstands and planches.

Quality bodyweight training for the upper body goes beyond the old military calisthenics and the accumulation of numbers and reps.

It should center around a development of complexity by allowing the practitioner to accumulate 'Atoms' - building blocks of positions and movements that can intelligently combine together into bigger chunks or 'compounds'.

This allows for freedom of movement to develop around one's practice, or what I like to call 'Self Dominance'.

A simple stone step is no longer just a step - its an opportunity to explore, strengthen and develop yourself.

<http://www.youtube.com/watch?v=PIpOW-Vozfg>

Comments:

S: You are a strong dude, Ido.

A: You mean 'complex', Corey.

Q: how many years of yoga need to do this?

A: De Yoga? 9999 anos, Carlos.

Check out my friend and student Connor Van Vuuren from the Van Vuuren Brothers (creators of the Bondi Hipsters and Sick) pulling some crazy moves.

Its all in the Pelvic Floor Muscles, as I've taught him.

<http://www.youtube.com/watch?v=zzKUrTD7WOo>

Hey, guro, why dont you shut up instead of presenting yourself and let us have a look at you?

Real process, skill, hard work, dedication, understanding and approach is evident. Its not hidden, it does not need a million explanations. Its 1,2,3... boom. Do your thing - in front of the camera, in person, on video.

And yes, you SHOULD walk the talk and be an example of what you are preaching everyone to be, punk.

Thats your bullshit detector - right there.

5 things you may be doing in the gym that spell out 'I am a complete amateur and dont know what the hell I am doing':

1. You have no standards. Straight elbows at the bottom of a chin up? delusions, you are bent. Touching bar with the chest at the top? Your imagination is running wild. Controlled eccentric? Shall I get you a parachute for the your next rep?

2. You mistake intensity for sweating and 'working hard'. Intensity is % of maximal effort. If you work with a lot of intensity, you will probably rest for a long time between sets (3-5 minutes and up to 10 minutes at certain circumstances) and many times wont even break a sweat. Dont mistaken this for laziness, thats how the strongest people in the world train. Think about it next time you fall off the quality heavy training wagon because you once again decreased your rest intervals and did another wasteful low intensity endurance workout.

3. You always choose the easy way out - machines over barbells over dumbbells over ring work and rope climbing. Why? you have all kinds of excuses, but the real reason is - weakness of

character.

4. Your mobility sucks. You foam roll all the time and take Yoga classes once a week, but it still sucks ass. Real mobile people don't use foam rolling to gain mobility, they may use it to improve/maintain tissue quality, but in order to get truly mobile, especially if you are engaging in heavy strength training, you will need some POWER tools like the Loaded Progressive Stretching and the Corset Total Body Protocols. When we mobilize - it's heavy, it's effort full and it contains enough volume to make a difference.

5. You believe in legends. Thinking one arm handstands and one arm chin ups, full front levers and planches is achievable by three times a week X 45 minute sessions is akin to believing in the Loch Ness Monster.

Supermen among men.

The toughest, hardest, most technical, complete and wide spectrum demanding sport by far. Nothing even comes close.

Circus? The circus world has nothing on this sport in pure physical challenge. Ex-gymnasts when unable to produce anymore on the professional gymnastics arena, 'retire' into circus. It's their retirement - they 'play around'.

Gymnastics in a nutshell:

BRAVERY - Boxers think that getting used to being punched in the face is brave, but gymnasts have to deal with double flips in between two bars of wood with steel inside, smashing into their upper arms and sometimes on other body parts. They land shins first into the metal high bar, they crash into their necks from immense heights and they cannot attempt to do any of this stuff without the required courage. Most people have NO IDEA what it takes, they cannot fathom the amount of courage this stuff requires

RESILIENCE - Gymnasts have to have 'Body Armour' or a 'Corset' of conditioned soft tissue, muscles and joints. Their skeletons are denser than normal, they are able to take an immense beating and live to tell about it, or else...

UPPER BODY STRENGTH - pound for pound the strongest athletes alive - can do what you do almost as good as you, even if you are elite in your sport, but you cannot even imagine doing what they do

MOBILITY - full body mobility - shoulders, spine, legs, in dynamic, static, loaded, active conditions and with strength the match

BALANCE - on the feet, on the hands, in all vectors and shapes, in tilting reflexes or in righting reflexes

SPEED - most of gymnastics elements CANNOT be done without proper speed. We are not talking can be done but WORSE, we are talking CANNOT BE DONE AT ALL

STAMINA - yes, stamina, I've taken a few time elite athletes through a basic gymnastics warm up with proper cadence, just to see them getting nauseated and puking in less than 5 minutes

SELF DOMINANCE - the combination of all the above comes up into the ability to control yourself in changing environments and to great ADAPTABILITY

The elements demonstrated in this clip take 10-15 YEARS to develop and perfect. No other sport or discipline comes close to this. You enter at 4-5-7 years of age and you peak at 18-25. (as a male) Throughout those years you spit blood, sacrifice relationships, suffer and grind your teeth, that is why when I see this, I have nothing but...

RESPECT.

<http://www.youtube.com/watch?v=lgfA9kNrZxc>

A (**to general public**): The same stupid comment again and again - gymnasts cant climb as well as climbers, they cant run as well as runners - thats a firm grasp of the obvious you got right there. Hey, genius, gymnasts can climb a hell of a lot better than a climber will perform in gymnastics and they can run hurdles much better than a hurdles track and field athlete can even start to deal with basic 5 year old gymnastics.

S: "No other sport or discipline comes close to this." Not sure how to take this. Sounds abit conceited. If you want to be the at the top in your sport then you have to put as much heart, discipline, sacrifice as you'd do in gymnastics.

A: Is it, Anwaar? So all sports are created equal in the amount of time dedicated to training, the amount of suffering, the complexity? Where do athletes have to spend 10-15 years to develop a single element performed inside a routine? Where else is there a wider combination of physical traits? Where are the training hours longer? You are saying things, but nothing to support what you are saying is presented. What is your experience? Have you ever researched gymnastics? other sports? Do you think all sportsmen are training equally as hard? That does not make any sense.

S: The gymnast wouldn't even stand up on a 25' wave that Slater gets barreled on as he smashes his body against the reef when it's over. And then hopes he can hold his breath and make it back out past the next several bombs crashing on his head.

A: Thats true, Gary, but they will stand on a surfboard within the first day of their surfing career, while Slater will spend the next 5 years to develop some 7 year old basics of gymnastics, if he will be dedicated enough and persistent enough. Again - same point.

I first learned about the principle of Mechanical Advantage from Charles Poliquin years ago. It was a training method that was heavily popularized by Exercise Scientist Jerry Telle.

The Mechanical Advantage principle means that through manipulation of the body's position and orientation we match the Strength Curve of the movement chain and challenge the body more when it is stronger as well as less when it is weaker.

In the set above, I am using an easier Tuck Planche position in the top, weaker, Straight Arm Strength position and the harder Straddle position in the bottom, stronger Bent Arm Strength position.

Extra weight is applied to back to make things a bit more challenging.

The Mechanical Advantage principle is only one of many principles applied in the Ido Portal Method for optimal strength development.

https://www.youtube.com/watch?feature=player_embedded&v=ChQha6QgdvI

Comments:

S; Wow your a beast Ido!!!

A: As impressive as this may be to some, I am no beast. Most of my acquired strength is the result of years of hard-smart work but with no great natural gifts in this department. Some of my students are much stronger than me and make quicker progress with less effort - they are the real beasts. I am ok and can do a party trick or two, but dont mistaken this for being a... beast.

S: Modest but still impressive

A: You are mistaken, Shachar. I dont do modesty as I prefer honesty any day of the week.

S: @Rafael Susigan To achieve the planche itself a progression is (all straight arm except frog stand) Frog stand-tuck planche-tuck planche with straight back-straighten one leg-straddle-layout. I've been following that progression and am only to the tuck planche, and am able to hold a bent arm planche in a straddle, but until seeing this video never thought to connect the two. I just tried it, and I am somewhat able to do it, enough to be able to make progress, but still needs work. Ido may have a better progression but this is one you may try.

A: Ryan, thanks for contributing here from your knowledge, but I've already covered why the Frog Stance does not belong in the planche progressions - basic mistake in my view. Review my notes about the Planche.

Berlin in December has an average monthly sunshine hours of 37.2... That comes at 1.1 hours a day and it means - you are very close to pulling a 'Kurt Cobain'.

So, since I have to be here with a big number of upcoming events in Europe, I've decided to declare war. These are my initial steps: (not according to importance...)

1. I went to the Brandt Brauer Frick concert. It was a religious experience. Steve Reich on steroids. Check them out: <http://www.youtube.com/watch?v=lrOVaqdYxuM>

2. I drink coffee ONLY in the Bonanza Coffee Heros. 'Dont die before trying.' When it hits your mouth this black nectar is exploding with 800 flavors. When it hits your bloodstream - bada-boom-bada-boom-bada-boom... Did you know coffee is the most sophisticated tasting food in the world? Wine has got shit on coffee.

3. I take one of the best adrenal supporting complexes in the world by Vital Nutrients, its called Adrenal Support and it contains a combo of Adaptogens and Bovine Adrenal. This baby will help you deal with a lot of stress, and believe me, I know what I am talking about.

4. Went to see the oldschool Cirque Du Soleil show 'Corteo'. Nothing to write home about, but enjoyed the old school circus feeling, just without the REALLY crazy tricks.

5. At night I drink some good Yogi-Tea. Caffeine free but great in my hand while the other hand is holding a good book.

6. Movement. Every day. Sometimes - most of the day. We are meant to move, in all weather conditions, in light or darkness - your life depends on it. (notice the lack of 'as if' before that statement.)

My week right now is comprised of: Floreio work, Handbalancing, my style of upper body strength training, olympic lifting and squatting-squatting-squatting, some martial oriented movement explorations, sprints, boxing, low gate work, indoor rock climbing and more.

So, there is my recipe for anti-suicide in winter time. Try it and stay around long enough to thank me.

And no, I dont take Vit-D, since I am not deficient, (close to 100) but I suggest you test yourself as it may prove to be a HUGE step out of a self administered bullet in your skull.

Many nowadays want to sell us an instant feeling of simplicity.

- * Want to learn a Handstand? One simple exercise is all that you need.
- * Overweight? One piece of dietary advice and you are on your way to a six-pack.
- * Weak? Here is the strength training secret that will get you stronger overnight.
- * Depressed? Simple solution for it and infinite happiness guaranteed!

A loaf of shit. Pure and simple.

Of course, to many situations and problems - there IS a simple enough solution and the

approach for its development should be, as Albert Einstein said: 'Make everything as simple as possible...'

But, what some may miss is the other part of the quote: '...BUT NOT ANY SIMPLER THAN THAT'.

For complex problems, reality is usually, well... complex.

Those who fail to dive into the depths of understanding required to produce a well thought out solution, will cry out 'keep it simple', but in such a case, reality bites.

And another quote to keep in mind when seeing those too simple of solutions is:

"For every complex problem there is an answer that is clear, simple, and wrong."

H. L. Mencken

Keep it real, happy new year,
I do.

Comments:

S: Overweight dietary advice secret: Put down the fork.

Strength training secret: Go to gym.

A: Great advice, Ben, if it worked - we wouldn't have had obesity and a whole generation of weak bastards walking around. So, as you see, even for the simpler problems, like complete beginners to the issue at hand - your simplistic advice does not deliver. Sorry, as it is really cool to throw at someone: 'put down the fork' or 'go to the gym'.

S: I feel there's a distinction between simple and easy but most people confuse the two. The solution to weakness and being fat is honestly simple: eat less, workout more. But it sure as heck isn't as easy as just that. Overcomplication is worse! That's when people tell you that you got to weigh your carbs and protein, eat every 4 hours but not after 4 and a half, do this exercise but only if you did not do that yesterday or if you are going to do that other thing tomorrow, and don't mix this but fatigue that..... All this complication is death. But simple does not equal easy.

A: I feel there's a distinction between simple and easy but most people confuse the two. The solution to weakness and being fat is honestly simple: eat less, workout more. But it sure as heck isn't as easy as just that. Overcomplication is worse! That's when people tell you that you got to weigh your carbs and protein, eat every 4 hours but not after 4 and a half, do this exercise but only if you did not do that yesterday or if you are going to do that other thing tomorrow, and don't mix this but fatigue that..... All this complication is death. But simple does not equal easy.

Every practice, habit, action or lack of action has consequences. Not only physically, but for the purpose of this post, let's talk about the consequences of your physical actions.

When people move, they sometimes do not realize the relationship between structure and function.

YOU ARE WHAT YOU DO OFTEN is one sentence I use with my students. But... you are as well what you DON'T do often.

Action or lack of action - both shape our bodies, our minds, our cells, us.

Many choose what is available around them - to lift weights in a certain way or practice some type of yoga or another movement practice that is limited in many perspectives, (not to say those practices are bad, just limited and unbalanced from certain POV's) as they fail to look at themselves as MOVERS. They look at themselves as specialists - yogis, martial artists, body builders, etc but they are first - Human, second - Movers and only third a specialist with this order of importance.

The result is their functionality and their structure are effected. They pay the price - whether they realize it or not - daily, throughout their lives and until the day they depart.

A common issue with many individuals is the 'Tight Suit' concept. A phrase I coined to describe the body of some of the people I meet in my workshops. Those people were born completely fine - with full supple, mobile bodies unblocked in any direction, but throughout the years due to lack of action on one side and too much action on the other side - they BLOCKED their bodies and are now incapable of moving freely in many directions.

They walk around inside a 'Tight Suit'...

Take a look at the bodies of gymnasts, dancers, acrobats, wushu practitioners - their structure is open (and very strong at the same time in many cases) in most possible directions. They descend and ascend, they twist, roll, lift and kick, etc and its all with little limitation and without getting injured, (unless they push beyond their own wide limit) as function and structure display their magnificent relationship. Some will say - flow.

YOU ARE WHAT YOU DO OFTEN - make your choice, Mover.

Comments:

Q: Would you say the best way to start to move is simply to move?

I've been doing Parkour for over 4 years, and even though my strength and power has improved, I still feel very static in my movements

A: The problem that you and many others are facing is two fold: 1. You need to move. 2. You already lost capacities that enable movement. You need to address both - yes, moving is one but taking care of the compromised structure is another. One thing we implement under the Ido Portal Method is the use of the Corset Total Body Protocols from the get go.

S: rigor mortis has set in early

A: Yes, among other things, I have many good breakdancer friends and I've learned and was

inspired a lot by breakers. Very creative people who have a lot to give, but very unorganized and unstructured in their approach. They too many times suffer from their choices - as we all do to various degrees.

Q: Thanks for this great post, u just mentioned in your comment above that the problem that ppl face is that they already lost their capacities that enable movements. is there a way to get back these capacities? and what the best age to start wit the ido portal method ?

A: Mazin, of course there is a way - as long as you are alive - adaptation is possible. A good way to start with the Ido Portal Method is to come to a seminar or take up Online Coaching. (email us at portal.ido@gmail.com with subject line 'online coaching')

Q: Hi Ido, I would like to know what you think about the Alexander Technique? It's not a movement art but I would say it also helps break open that "tight suit". Thanks, Julia

A: Dear Julia, the Alexander technique as well as a host of other techniques geared to awareness and manipulation of the nervous system through conscious observation CAN produce some results with certain individuals. It does not, though, suits people who are engaging in serious strength work, athletes or persons that are in need of more substantial cuing for the CNS in order to gain more ROM. For them, these techniques are similar to an attempt to stop a tornado with a mosquito's fart. All is mediated by your natural tendencies and genetics - like everything. Some will just realize they carry a bit of excessive tension and can easily let go, others can realize it until the cows come home and still, their nervous system will be unable to let go. The habit of the strongest, most mobile people (notice BOTH) is to STRETCH. Although there is a big wave of 'Anti-Stretching' now in the market, it is more the question of WHICH type of stretching and not IF to stretch at all, in my humble opinion. More on that in another post.

Handstand Blocks Climbs are a great exercise for developing intermediate level Equilibre (handbalancing) practice but most importantly:

1. The one arm weight shift. Getting into position again and again.
2. Building Support Capacity for one arm work.

Building the One Arm Handstand involves two connected but also separate practices, the first one is getting into proper position on one arm from a two arm handstand and the second one is maintaining that position while breathing and managing rebalancing action.

The Climbs address the first subject but there are other HS Blocks drills that concentrate on the second one.

Odelia's record for this drill is 10 reps, where each repetition is comprised of climbing into one cube, then the other AND reversing down until she stands on the floor again...

It means she is performing 40 weight shifts during the set and spends more than 2 minutes on

her hands.

The HS Blocks will be available later this year for purchase from our Online Store at the new website.

<http://www.youtube.com/watch?v=klcl1W6z15c&feature=youtu.be>

Comments:

Q: do you think someone can start working on this once they have the 60 second handstand? or should you be more comfortable on one arm first?

A: Once achieving the PROPER 60 sec freestanding HS, it is time to start to play with one arm alignment drills and from there - weight shifts, teeter-totter sets, active shoulder drills and also some block drills. But, the blocks are a great instrument for two handed handstands and should be introduced from the start for that practice.

Q: Do you feel this crosses over to balancing on the floor or not? As the fingers can wrap around the block unlike on the floor

A: Of course it crosses over, its not 100% the same, but the same set of reflexes govern the rebalancing action - tilting reflexes. The different hand position requires some adjustments, but unlike handstand canes - the cubes DO NOT MOVE and hence - the reflex action stays the same as standing on the floor.

Q: I do I love your work and videos. Very interesting and inspiring to me. I was wondering where someone should start if they are completely out of shape. I am in the process of losing weight. at this point just from diet alone (paleoish), but I still have about 40 lbs to lose. The only "working out" I've done in the last few years is more playing that working out. I hula hoop for fun and sometimes pole dance, though I lack enough strength at this time to do anything too awesome for now.

Anyways, I see all of the stuff you post and it looks great, but I don't know where I would start with being so out of shape at this time. Any suggestions on beginning moves or what not for me to start practicing?

A: Erica, here is a good starting point for basic strength, basic joint prep, basic mobility, basic handbalancing, basic flow work and more - its all there - start here and read:

<http://idoportal.blogspot.de/2009/07/preparations-for-our-daily-training.html>

Talking about breaking out of the Tight Suit - take a look at this old school Wushu Drunken Sword form....

Body is mobile, open and accessible in most directions, but strong, (look at the jumping ability) fast and resilient against 'misalignment'.

Don't start a discussion of functionality here, that is not the point. Actually, functionality is a 'ghost dogma' when it comes to movement development. (in self defense and fighting - thats not

the case, mind you)

It means the best movers on the planet are not working with functional patterns only, they use ever increasing COMPLEX patterns. All in all, few things in Gymnastics for example are functional day to day activities, but the complexity translates down the ladder, while other dogmatic practices that concentrates on functional things alone are inferior when tested on anything outside their specific scope as well as hitting early and avoidable plateaus due to oversimplification.

The nervous system CRAVES complexity.

http://www.youtube.com/watch?v=3lfk_ijNSck

The Inverted Muscle Up, aka 'The Elevator' performed by one of our instructors Johnny Sapinoso.

This is one of the most advanced demonstrations of Bent Arm Strength - because of the following reasons:

1. The biceps is starting the pull in a condition known as Passive Insufficiency - as it is a bi-articulate muscle that crosses two joints - the short head is under extreme and maximal stretch.
2. Load: Bodyweight. It means: try to perform incline DB curls with half your BW per arm. Oh, sorry, not quite... lets continue..
3. Closed Kinetic Chain. You have to manage your whole body in relation to two points which are not even fixed!
4. Stabilization - three dimensional control of the body on top of unstable rings which are moving in 360 degrees always towards your weak point! Just try a ring handstand to understand what is the challenge here, then multiple it by the infinite amount of positions between the inverted hang and the ring handstand.

Johnny is not only an extremely strong guy, but is also a great mover, mobile in any direction, quick learner and on top of it - a great teacher.

To his credit - he is the one who taught me how to do the elevator. He got it first, and I was able to squeeze one out a week or so after him, but not as graceful as his... (He can do now sets of 3 reps with ease, the bastard...)

It was his own research of the movement that got us thinking in a different way about how to approach it, and I am very proud of his ability to create a process and follow through, as opposed to being just a pile of great genetics with nothing more.

If you are intrigued on how we approach strength training under the Ido Portal Method - attend one of our workshops, the yearly Movement Camp or take up Online Coaching. (Email portal.ido@gmail.com with subject line 'online coaching')

<http://www.youtube.com/watch?v=0gyRqSbfCNM&feature=youtu.be>

Comments:

Q: Crazy crazy strength! Even gym rats know that is strength at its finest. What do you think of Coach Sommer's view on the subject? Here is a question posted on the GB Youtube channel: I am curious about the technique demonstrated in the video. Most other gymnasts who I've seen do the elevator do so by arching and pushing their elbow behind their bodies. Your athlete does almost the complete opposite way. Is it just a variation of the technique or does this make the exercise harder? And here is Coach's reply: The arching and squirming you have observed by others are simply attempts to make the reverse muscle up easier. My philosophy is do it right, or don't bother.

Compared to how the athlete in the video does it, Johnny does it differently than him. Thoughts on this? Video in question: <http://www.youtube.com/watch?v=FVsS7j2exx4>

A: Ethan, the alignment with elbows in front of the body is not possible to do without the use of the straps and shows a progression that is erroneous and does not translate later on to the real thing. The movement is possible to be done without an arch in the lower back, but the upper arms will need to externally rotate. As I see it, biomechanically - no way around it. BTW, notice the eccentric and concentric actions are completely different in the clip you have provided - the reason is, in the concentric action there is great reliance on the straps and 'squirming' his way up into position, (that is the real squirming..) while the eccentric correlates with the way that Johnny is performing both of his actions (Con and Ecc) - the body is straight, there is minimal reliance on the straps (the athlete is stronger ecc of course) and the arms ext rotate with elbows slightly behind the body. Want to see it done again by another person, here:

<http://www.youtube.com/watch?v=k067Q3Tncik> This whole thing just goes to show again that some seemingly logical approaches fail - like using the straps and demanding elbows in front of the body. This will not lead one to the proper neural pattern of the real thing. That is my opinion. And here again another clip of the same athlete you presented, doing a non supported reverse muscle up, but using the ONLY way possible as I described it. He is doing a much poorer job than John or Grega, due to simply being weaker, and that is why he is arching so much, but the important thing is to realize the pattern - is the same, not the delusional pattern of elbows in front of the body and arms curling without ext rotation.

<http://www.youtube.com/watch?v=WUit-FjSm7Y>

When I was young and less ugly, more than 8 years ago, I was fortunate to participate in this TV commercial and demonstrate some of my Capoeira skills.

I remember the experience was very interesting - how we perceived our movements as specialists was not necessarily the same way the camera saw it. We had to modify, change, twist it, skew it and re-shape it for the needs of the director.

Countless repetition of each acrobatic element were performed, on hard floor - in the middle of the street.

Every hair was held in place, every shirt - open in the right amount exactly, the face powdered and gloss applied in the right areas... Not really my thing, at times I was very uncomfortable, but enjoyed overall the experience and communication with so many great people involved both on and off the set.

Movement is not always about this perfection - clean and deliberate execution of action. Movement is more present in the countless hours of training leading up to it. The research, training and the shaping of an exact neuro-muscular pattern, expressive, free, exact and accurate, but also... effortless.

As Bruce Lee said: "Before I studied the art, a punch was just like a punch, a kick just like a kick. After I studied the art, a punch is no longer a punch, a kick is no longer a kick. Now that I understand the art, a punch is just like a punch, a kick is just like a kick."

Here's to good memories.

<http://www.youtube.com/watch?v=3F3ZgHGVgjs>

Comments:

Q: so I do Portal, are we going to be seeing you on the big screen again anytime soon? Any aspirations to tv or movie work? also, to what extent do you still perform/practice/train tumbling and acrobatics?

A: Ha, Ben, let's say it's not my life aspiration, not at all. I enjoyed working on stage and on screen in multiple occasions, but realized this: I am not doing it for the lime light. I actually didn't care much about the audience, for me it was about the movement - always. Important was to have those experiences, or else, I would be still wondering... As for acrobatics - every week! Acrobatics keeps you young and aware. I work hard to keep my ability in that department stable and even make some surprising discoveries from time to time. So, yes, I am jumping with the kids and will continue to do so, until I can't anymore.

Q/S: cool good to know..tumbling and acrobatics is what i really burn for, but have never been able to make much progress on my own. i have done some adult gymnastics classes, and finally got the local gym to restart the adult classes, but it is only once a week, and it is pretty light duty. i am making a little bit of progress, improving my front handspring, working on spotted backhandsprings, and just did my first back tucks on the trampoline this week, but i really want to do more, and more than just the gymnastics based tumbling, i'd like to work towards more tricking/capoeira/wushu movements. i know the main ingredient is dedication, hard work, and practice, practice, practice...but i wish i had some additional resources. i regularly read and watch just about every gymnastics strength, tricking, parkour, freerunning, & capoeira site/video/book/resource i can find, but have yet to go beyond the studying and attempting to the actual results. and unlike the strength training/handbalancing stuff that i learned from my brief attempts at online training with you (and stuff garnered from other sources), i don't feel like i know how to, or have the ability, to train the tumbling and acrobatics work safely and effectively. and are you still offering the acrobatics clinic/seminar?

and/or, any quick tidbits of knowledge, or tips, or point in a general direction how a an older, bigger dude such as myself with limited access to a gymnastics/tricking/parkour facility might go after this stuff? i realize you are highly paid for all this, so if that goes beyond what you can offer here on FB, i totally understand, but anything you can offer in terms of advice or encouragement (or even discouragement if it is just too dangerous and i shouldn't be doing this stuff) is great! appreciated. sa always, i'm a huge fan of work and really dig all of what you post here and have offered for free, that stuff alone is worth my weight in gold.

A: Benjamin, lets not make this a thread about acrobatics, but I will give you a final tip, the most important one I can give: when you are aspiring for a goal for a long time but seem to not make the progress towards it, a good thing to do is to formulate a new goal - closer one to where you stand currently. Many for example go for a backflip, but without extensive backhandsprings, back rolling, and assisted work as well as other preparatory drills for backflips - they may not have enough 'raw talent' to achieve that. Many can do it without, but still, in the long term, they will meet their match. Preparation, understanding and a process is important. Formulating goals accordingly and going after them is important as well. My overview of how to approach such training will be shared this upcoming Movement Camp around July/Aug 2013 - to be announced. (Location, dates, registration is not available yet, so dont ask...)

S: Bruce Lee was probably inspired by the zen tradition. They say: Before you study Zen, mountains are mountains and rivers are rivers; while you are studying Zen, mountains are no longer mountains and rivers are no longer rivers; but once you have had enlightenment mountains are once again mountains and rivers again rivers.

A: Yes, it is known that Lee lifted off a lot of his philosophy from Zen and his eastern/western studies and applied it to the martial way. Some of the stuff, like this sentence, was a direct copy/paste, others were further intelligently digested and modified and more was added completely originally. This was as well his philosophy - 'absorb what is useful, disregard what is useless and add what is uniquely your own'.

On the road to mastery we first learn all the rules and learn how to play by them.

Then we learn to do it better and better and better.

But... after doing that and getting good, the only thing left to do, the only way BEYOND the 'good' and into the MASTERY is to break SOME or ALL of those rules and individualize the practice to yourself.

First you modify yourself to the practice, but in the end you modify the practice to you.

Only then will you be your honest self AND a Master.

Hence, for me, above all, the true master is HONEST.

Comments:

S: A lot of people try to skip the step of modifying themselves to the practice first, and skip things they aren't good enough at with the excuse of self expression. You need self expression to be a true master, but you need to have honestly mastered something before you start working too much with self expression.

A: True words, Carl. I couldn't agree more. Actually, the more bitter truth is that in some skills and practices FEW reach true level of HONEST self expression, most - play by the rules or express themselves with no honesty or ability.

S: i believe one can get there even by skipping something. you don't have to modify yourself too much or for too long, you can get ability ON THE WAY. that's just what i have experienced you 'CAN'. problem is that some people (or maybe most) are just made for modifying themselves to the practice, they will most likely never be able to gain ability outside of that circumstance, without any supervisor. still some are trying and that's when you see people expressing themselves with no ability.

A: You can definitely eliminate SOME things but not too many - as our current level and form of practice in many areas is a direct result of ACCUMULATED knowledge of past generations. If you go to individualization of the practice to you too early - you will never achieve the same heights that a prior base in that accumulated knowledge can give you. That is why all of the best practitioners are geniuses and individualists but ones that first learned a proper base.

Here is some recent footage from our work in the amazing [Epic MMA Club](#) facility in Hong Kong.

Fighters, like all people, are first Humans, second Movers and only third Fighters. They can experience a total transformation in the way they move from a variety of tools and approaches we use under the Method for Movement and skill development.

I want to thank these amazing professional fighters, who became good friends as well: Soisci Porchetta, Vuyisile Colossa and Alberto Mina, guys - you rock, its a great honor to work with you!

Special thanks to my good friend Tom Pappas for bringing us in and making us... family.

One last thank you for Victor Gathing for his camera work and editing.

The Ido Portal Method is going strong - we are very excited for this upcoming 2013!
http://www.youtube.com/watch?v=3axZJl_kFTE

The Improper Alignment Speech has made some serious waves over the last year...
It was the center of debates, discussions, revelations and contradictions from around the world.

I've had health care practitioners, physiotherapists and MD's embrace the concept and implement it into their practice successfully, while others who were afraid of touching the whole idea - slammed it without trying and remained frail, flimsy and frivolous at best. They cant come out to play, they remain with papa and mama at home.

And still, many of us are here and injury free, in the face of great physical demands. Me and my students around the world, engaging in controlled amounts of Improper Alignment, prescribed in a gradual but consistent fashion through the practice of the Corset Total Body Protocols. (attend our workshops to learn more)

If you are ONLY taking care of aligning yourself properly, you are an optimist, not a realist... and reality bites.

The safest thing you can do as a mover is NOT TO STAY TOTALLY SAFE ALL THE TIME.

Watch and share with the people you care about - its a simple concept but its implementation requires a plan, caution and physiological and anatomical understanding.

<http://www.youtube.com/watch?v=HHn-Hk8OBS0>

Comments:

A **(to general public)**: A firm grasp of the obvious, rudimentary description of joint mechanics and lack of understanding of adaptability as the base evolutionary trait that allows us survival. One does not need to go far: where did human beings evolve if not in un-even, sometimes rocky terrain where the ankle is inverted/everted, the knee pushed to the inside/outside, repeatedly and many times while carrying loads, squatting, lunging, climbing? Such poor view on movement is brought to us from panicked, short sighted trainers, physiotherapists and other 'geniuses' who have their 'movement perspective' originated in modern concepts of linear and 'correct' movement and leads to many injuries. Yes, ladies and gentlemen, it is the age of pussification and panic. As for my English and the American law suits... nahhh, wont respond to that, thats too easy.

Ludwig Wittgenstein, a great philosopher is quoted to say:

"A man will be imprisoned in a room with a door that's unlocked and opens inwards; as long as it does not occur to him to pull rather than push."

How very true is it in relation to our physical bodies and our self-imprisonment.

Our knowledge is our freedom.

Our (body) language is our world.

Learn more, experiment more, research more on movement. YOUR movement.

Physical Culture.

A lot have been said and written about it...

But in this modern times, our biggest illusion may be that we can separate the Physical from the Culture.

It is interlaced. In every movement, practice, intention, ritual. Can one actually embrace a physical practice created by a different culture than his/hers without 'bathing' his body and mind in it?

In these times of globalization - we have access to everything. A man with access to the power of Google 20 years ago could have achieved world dominance very quickly.

But...

Is this genuine practice? honest to one self? Some would argue.

What you cant argue is with results, from Korean bboys, Israeli Capoeiristas to American Ballerinas.

Food for thought.

I was once blinded for a few weeks when I was 9 or so. I had this children's chemistry lab and went to sleep over at a friend's house. We mixed all the chemicals into a test tube, capped it (wise, I know) and since my friend Oren did not want to hold it, (he was a chicken shit) I held the thing over fire and waited until... it exploded into my face.

The steaming hot chemical mix burst into my eyes.

I was rushed to the local hospital by my friend's parents and my own parents were called in.

My eyes were treated by the doctor who sealed them up and told my folks - come back in two weeks by then we shall know if he will see again.

I remember my sister reading me stories, me stumbling around the house and the new sensation of balance I had to 'relearn' as one of the most major insights I had.

Why do I tell you all of this?

1. I may have invented the chemical who can cure all eye issues, since nowadays, I am the only member of my family without glasses. To this day I have perfect vision.

2. Balance is effected by many input systems - vestibular, proprioception, kinesthetic awareness

among others and one of the most important ones is... VISION.

3. When learning a new balance position/movement it is wise to USE ALL available senses. You dont blindfold your kid at 9 months to have him learn to stand quicker, idiot. That is not how you START. Learning a handstand? look at the floor and SEE the relationship between you and the floor - it will help you achieve the HS much quicker.

4. Worried about neck alignment? Poor you.

If you are worried about looking up at the sky as if we were not meant to do such a 'feat' or looking at the floor when upside down for a minute, you have more important issues to address before standing on your hands. Get some perspective.

5. It is a good day to be alive if you have all of your senses. Or some of them..

What you have - say 'thanks' and make the best of it. There is always someone with LESS, making MORE use of it.

6. Once you can achieve a handstand, then start to play with minimizing input - thats a cool tool that can contribute to further refinement of your rebalancing action using more or less of specific information flow given to you by your input systems.

Vision is not over-rated, just look around.

This girl is amazing.

Well, thats what you get when all the stars align and genetics, motivating parents, self drive and perfect environment comes together.

As for climbing, here is my suggestion to you:

1. Drop all your upper body pulling movements from your schedule for 30 days.

2. Drop all forearm and grip work from your schedule as well.

3. Schedule two indoor climbing sessions a week, it can either be just Bouldering or Top Rope or Lead if you are more advanced.

4. After 60-90 min of climbing, (depending on your capacity) and if feeling the need, add up some extra Pulling work on the rings, bar or Finger-Board for no more then 5 sets. The intention is to concentrate more on full ROM and quality.

5. Add a shoulder stabilizing prehab movement in the end of your session for 3-5 sets. Think retraction, depression, external rotation.

6. Continue with the rest of your schedule as usual, working your mobility, pushing work, lower body strength, movement practice, etc...

The effect might surprise you. Enjoy!

And thanks to my friend Connor Van Vuuren for the great video!

http://www.youtube.com/watch?v=5P5akoQ_eNI

Comments:

Q: Ido, how about if the idea is just to add some bouldering in order to correct pulling weak links? With focus on rings/horizontal bar/rope climbing?

A: Climbing is not a precision tool for correcting muscular imbalances or boosting weak links. For that, there are more suitable tools.

Q: Ido, would long distance lizard walks compliment a pulling routine as such?

A: Well, Brian, advanced Floreio work with its complexity will complement it that much better. The Lizard work is only one pattern out of infinite possible ones - but climbing is that much more complex than a pull up, so to balance it properly - more complex improvisational practice is in need. That is why I do what I do - Complexity is king, intensity is queen. Climbing makes sense, Floreio makes sense.

Here we go again - what can be done in ONE YEAR under the Ido Portal Method.

Where do you want to be in one year? Benching 15 more kg? Running 1 less minute that 5k? Improving your Fran time? Adding 5kg of muscle to your frame?

Or do you want to build a base of movement? control your body in space? Stand on your hands? Perform One Arm Chin Ups? Full Press HS? A straddle Planche? Flow on the ground? Have the proper active/passive/loaded/dynamic mobility to go along with it?

Its all choices in life. You make yours every day.

Stas has been training for a year under the guidance of Odelia, Roye and Memada in our Tel Aviv branch. He is a talented mover and a dedicated guy who is pushing the limits of what can be done in just ONE YEAR.

For details on training with us:

1. Attend a workshop. For details on our events - follow this page and the upcoming website to be launched in under a month. There is no event list right now, so dont ask for it. Most of our events are sold out and do not even make it to the page, those that are open for the public appear here for a few days and then they are sold out as well.

2. Take up Online Coaching if you can afford it and willing to do the WORK. Its expensive, its hard, its demanding prioritization in your life and its not for everyone. This service is for the ones who want to get the best personalized coaching directly from the source. Email us at portal.ido@gmail.com with subject line 'online coaching' if you think you are ready. If not, dont waste our time.

3. Read the extensive information we have online for free - this page prior posts as well as our upcoming website.

4. If you are in Tel Aviv, Israel, contact our local branch there and start training with the best. Contact Roye Goldschmidt here on Facebook for details.

Stas, you are a beast, man. Afraid to think what will become of you in another year.

http://www.youtube.com/watch?v=K63__c_N3-Y

Comments:

Q: very nice. what was Stas' level before he started? could he do handstands? pull ups? planches?

A: Barely a few sec handstand with a bad line, no planche, normal pull up strength. NO GYMNASTICS background.

Q: I would like to humbly ask: what does "being ready" mean? Would you say being ready is being committed despite resistance and fear or would you say that being ready is being WITHOUT resistance and fear? And if so, how would you go about overcoming fear (meaning physical fear/lack of confidence in your physical abilities)?

A: Fear has nothing to do with this, lets not philosophy here. Its ready to train hard, 3 hours a day X 6 days a week, etc.. Your ability has NOTHING to do with it. I work with countless people who could not do a NEGATIVE chin up when they started with me.

Q: Why do your guys (and yourself) wave your arms and legs while doing OACs? It seems like that just makes it easier to cheat.

A: David, show us the light with proper form, please.

S: Just wondering. If there's no reason, all you have to do is say "No reason."

A: Reason is counter balance while maintaining strict supinated chin up without rotation from full passive hang into maximal compression at the top.

Do you have a car?

...

Do you have a driver?

..

Imagine you have a car and a private driver as well, but since you have a driver, you dont know how to drive the car yourself anymore.

All is well, until your driver is on vacation. Then, you are chained to your home with your fancy car sitting in the garage next to it.

Its YOUR car but your ownership over it is somewhat limited.

Exactly like most people with their bodies.

They own it - partially. They need someone to instruct them in what to do - to almost drive for them. When they are 20 its a step aerobics instructor, when they are 30 they moved into the local Yoga classes, when they are 40 its a Tai-Chi class and on and on. Never alone, never leading themselves into movement.

That was the message today in my class in the second day of [Nike Blast](#), as you can see they put me up with a mic and ON stage, but 2 min after I was without the mic and OFF stage - between the people - where I belong.

TAKE RESPONSIBILITY for your body. Enough is enough. Educate yourself, learn and study from good teachers but then - develop a...

PRACTICE.

Comments:

A **(to general public)**: The point I am making here is not the need for instruction or not, its about the TYPE of instruction. MANY comments on facebook nowadays are mostly coming from emotional responses, if you read carefully you can see I recommend getting instruction - hell, I AM A TEACHER. But, help people develop a practice vs make them addicted to a process you lead only. Teach people how to fish and dont sell them just fish is the classic cliché.

S: I do, it's about taking the lead over your body, and getting assistance from experienced people in order to fulfill it. Loud and clear.

I think that being on a stage and speaking into a microphone is OK. Helps people to hear and see you better. I don't see it as looking at people from above.

A: Yevgeny, that is you interpreting my stuff the way you see fit. I didnt say talking from a mic and a stage is looking at people from above. I said its not where I belong. I wont make the same mistake of playing Sherlock Holmes and telling you you misinterpret me because you probably spoke from the stage to people one, two or a million times before. Nothing wrong with that.

Thanks for the kind words.

Big eye opener about the current state of sprinters vs the past.

The world's best 15 year old sprinter nowadays could have medalled in the 1980's Olympic Games.

Of course, one PHENOMENAL athlete, but a controversial one is missing from the list.

In my eyes, he was the BEST, if you think he was a cheater, you are right - as any other sprinter

in recent history is.

Who am I talking about?

http://www.youtube.com/watch?v=_L_vq5JYQIE

Comments:

S: recent history. medals just aren't the motivation chasing your next meal, or trying not to become one can be. no cheating nessescary here.

<http://www.telegraph.co.uk/science/science-news/6372432/Usain-Bolt-would-have-been-outrun-by-our-ancestors-claims-anthropologist.html>

A: I read the book, I was first very intrigued by his claims, but was disappointed to find out it was BAD science and a lot of marketing. A loaf of shit.

'I want to do a One Arm Chin Up so bad.'

No. You dont, liar.

We use the phrase 'I want' so often, it has lost its meaning.

We dont want. Not really. Not most things we declare we want.

Perhaps a good mentality to have is to exchange 'I want' with 'I can afford'.

The amount of 'wanting' has to stand in direct correlation to how difficult it is to get it - the 'price'.

*Want to be rich? You better be obsessed with it, if not, you cant afford to be rich.

*Want to do a One Arm Handstand? You should prioritize it in your life to the level of training twice a day, 6 days a week for it for the next two years. Oh, poor you, dont have the time or motivation to go through such a schedule for such a long time?... Guess what, you'll never get it. You cant afford it.

*Want to lift 5kg more in the Bench? well, that will not demand from you as much as achieving a one arm chin unless you are already at world record level. The concentration, effort and commitment required to achieve this goal are not such long lasting and difficult and most will be able to 'afford' it.

My suggestion is this:

Drop all excessive declarations of 'I want' and start to be honest with yourself. This will translate directly into more focus on what you truly want and will accelerate the process.

To sum it up here are some essential points:

1. We can only truly want very few things at the same time.
2. Achieving something starts by realizing what is the required sacrifices first.
3. If I dont think I can handle the 'price' to get what I 'want', better re-evaluate and drop the 'I want X' from my vocabulary. You can always increase your self currency with hard work and self development, then you will be able to 'afford' things that in the past were beyond your reach.

Big things cost, and you need to check if you can afford it.

Comments:

S: I am guilty of this! I want to do X, but my work schedule, kids, wife, etc. all need my time too it's a tough pill to swallow!

A: Yeah, its a tough pill to swallow, just be honest - first with yourself and then with others. You dont want X, my friend. You want your work and family life and time. You may want 0.1 of X though.

S: Want says just what it says its a "want" a desire. A change in grammar brings a change in intention. Replace " want " with "am going to".

A: BS, you are not 'going to' as well. You missed the point. Its about WHO you are vs WHAT you wish for. WHO is your currency. WHAT you want is the price.

S: Good point, but it seems somewhat defeatist. I think that you should look at long term goals as a series of short term ones stacked together... But that doesn't mean you should abandon the long term. Striving for it and missing the mark is better than settling for a shitty, easy goal.

Because you realistically short changed yourself

A: Defeatist? ha. Far from reality - you just need to look around our work here online to get a sense if I am a defeatist or not - go ahead. As for shooting for the stars and hitting the moon - thats one BAD approach to have that keeps people delusional and never achieving anything. Its more like shoot for the stars and hit your neighbor's back yard in reality. Real achievers are realistic. They may shoot high, but they are not delusional and they are not 'hoppers', they are doers. As for stacking short term goals - thats fine and worth while strategy to have. I did not talk about strategies, I just described a general approach here.

The person who knew too much.

Knowledge have been constantly increasing throughout human history with our ability to communicate, document and collect.

But, when certain practical applications of knowledge are concerned, knowledge stands on a 'U' shaped curve.

Taleb, in 'The Black Swan' talks about the 'Toxicity of Knowledge'. How fitting....

Knowledge, just like a chemical, can become toxic in certain quantities and in certain subjects.

Too little can also be a problem - but that is much more obvious!

Most knowledgeable people in the field of movement are terrible movers. Few are exceptions to this rule.

It does not mean we should abandon the pursuit of more knowledge, it just means that at a certain point, enough is enough if application is your goal.

If you want to geek up on nutritional concepts, training methodology, periodization, auto-regulation, scapulohumeral rhythm and Ghrelin, leptin and the neurometabolic axis of breastfed and formula-fed infants - BY ALL MEANS.

But if your goal is to be lean and healthy and become a better mover to enjoy your life on this planet as well as to prolong it, you should be careful in the way you pursue things. You may not have enough knowledge, in certain subjects - to do that properly, while in other subjects you MAY KNOW TOO MUCH. ('Paralysis by analysis' is only one problem arising from this 'toxic knowledge')

Once in a nutrition lecture I gave in the US, an obvious Poindexter asked me: 'I do, what is your opinion on balancing out consumption of Gamma-linolenic acid with eicosapentaenoic acid?' I was in one of my moods and replied: 'Before I answer you, tell me, my friend, do you drink anything besides water?'

He answered: 'Yes, sometimes I like to drink some diet soda to mix things up for my taste buds'.

I simply then said: 'No more questions for you.'

Q or S's: ***Deleted***

A: No, its shit. Try some Cyanide in moderation instead.

Yes, thats true, nobody said it will kill you tomorrow, and you are being a smart ass. If you feel the need to drink diet sodas is worth putting in those toxins into your systems in small non-immediately-lethal quantities, than by all means - do it. For me, the math does not add up here. Not to start to talk about the statistics on diet sodas drinkers... In my book - its a no brainer. No more questions for you.

Some of my views about movement, health, nutrition, life in a recent interview with the RawBrahs.

Enjoy, good people and share with your friends if you believe in the message. Thanks.
<http://www.youtube.com/watch?v=aLogFAbTIDI>

Comments:

Q: Nice... Just out of curiosity: you come from capoeira, in the video there is a lot of capoeira (inspired) moves, you're talking about concepts those are present in capoeira, but you never

name it. Why?

A: This is a snap shot of a one hour interview in which I mention my background including Capoeira. Everybody knows I come from a Capoeira background, but some are sensitive every time I fail to mention it for 5 min... why? because Capoeira is just one world INSIDE the big universe of MOVEMENT. What we do is inspired by many things including Capoeira, but it goes way beyond that, as anyone who knows my work is aware of. Axe!

Waking up to a lot of love this morning... And you know I dont use the L word often, as I view it as a POTENT word who should retain its strength.

Thank you, good people, we are swamped with messages - the numbers are staggering.

If I have inspired ONE person with a few words and ideas or some movement, I am honored and happy as if I inspired the whole world.

Now, please excuse me and my assistants as we take time to get back to some of your inquiries, we are used to receiving 300 messages a day, but today we are a bit overwhelmed with your attention and... love.

Got to keep moving,
Ido.

Here is a short Ido FAQ for you all, since we get bombed with these questions daily:

1. How to start?

Four options:

A. The no-money, little motivation, want to fuck around kind of person -> go here:

<http://www.zumba.com/>

B. The no-money, ton of motivation kind of person - start your research online - read anything on this page, google 'Ido Portal' and read everything, go into Youtube and put 'Ido Portal' and watch all the interviews, movement clips and instructionals, search for the old blog...(good luck finding it!) And then... IMPLEMENT.

C. The got money and ton of motivation and willing to travel kind of person -> come to one of our workshops - around the world. Go to the events under our page here. If nothing is good there for you, stay tuned and keep checking this page daily for posts. When we post an event, it is usually sold out within hours, act.

D. The got the money and ton of motivation and not willing to travel kind of person -> email us at portal.ido@gmail.com with subject line 'online coaching'. Expect 3 hour a day MINIMUM of Movement Practice, divided into two daily sessions X 6 days a week. Expect it to be expensive. Expect HARD WORK. Not for you? Yes, it may really be not for you.

2. Can I do belly dance?

Yes. The rumors are right.

3. Can Odellia, Ido's right hand girl, do one arm chins?

Not yet, but she still eats two grown men for breakfast - every morning. Don't mess with the Odell.

4. How many people learned to do a HS under Ido's method?

12,321 so far and counting. Just kidding, but we are in the THOUSANDS - yes.

5. Could I move like Ido one day?

Yes, and perhaps better, if you are willing to walk similar fire to the one he did. He didn't come out of his mother's belly with a flip, mind you.

6. What prerequisites are to attending one of your events?

Yes, we have some: alive, breathing and you must love Tom Waits. No, you don't need to be able to do handstands and one arm chin ups - that's our job to get you there.

7. How can I guarantee my participation in this year's Movement Camp?

You can't. Sign up this year will commence soon, until then there are no pre-registration. When it opens - act.

8. Is Ido a 'Master of Movement'?

No. Nobody is. Ido has never used that title, doesn't believe in it and thinks that anyone who uses it is a... suspect. Nobody can be a master of movement. Not even a master of SOME movements. Movement is more our master in many ways.

9. When is Ido coming over to my neighbor's house to teach a workshop so that I can attend?

Probably never. If you want to learn from us, be ready to travel. We have and will continue to provide our services around the world - but we can't be anywhere.

10. Can I come intern with Ido for a week?

Yes, you can. If you can afford it, willing to travel to wherever he is around the world and willing to train hard and digest large amount of info - you can come hang out with Ido and his team for a week of training, learning and discussions. Email us at portal.ido@gmail.com with subject line 'internship' for more details.

There is a huge gap between how Movement looks and how it FEELS to actually get there.

People look at some of the stuff we put out there, clips of 'fun' stuff like One Arm Handstands, Floreio Flow on the ground, Ring work, etc and think - 'this looks like fun'.

And then...

You put them through the work.

Its kind of funny to see the realization sinking in... 'This is painful, challenging, energy consuming shit and I may not be cut out to it.'

If you want to play around - that is cool, just playing and moving is great stuff. Better than nothing.

But, if you want to PLAY WELL, you have to work on your 'Engine' to allow you to do so. Most of the best games and explorations are not accessible to most people - they are not 'free' to pursue them because their 'Engine' is not cut out to that kind of challenge. Its like taking your Toyota to a desert rally.

So, good people, dont get confused, it is HARD WORK that allows you to then PLAY WELL.

The best Movers are the ones who are mature about it, accept the gap and realize they need to make a connection between EFFORT and ENJOYMENT.

This is a principle I once learned from Ohad Naharin's Gaga Improvisation classes. In a nutshell:

CONNECT THE SENSE OF EFFORT AND ENJOYMENT IN YOUR HEAD

Work hard, play well.

Comments:

S: This is why I wonder about ideas of a "minimum effective dose", life hacking, and the like...

A: The various 'life hacking' principles are very effective - in expending their author's pockets. There is efficiency to consider, but without serious effort in large dosages, nothing out of the ordinary will happen - in any field. This is why I never filled a lottery ticket in my life - just the act of doing it means somewhere in the back of your mind you expect the 'heavenly glory' to fall on you. It is an inhibitory act and the cost is too big for a small chance of winning. Actually - by doing so, you already lost.

Find little excuses to do so. Play games with yourself. Squat to wait for someone instead of sitting. Climb the stairs two by two and don't take the elevator. See that bus that you are about to miss? Sprint to it. Even if you know you are going to miss it... Stretch - all the time. Like a cat does. Carry some 8 packs of 1.5 liter water bottles back to your place. Hold your breath under water in your hot tub and time yourself. Hang from stuff that you can hang from - wherever that is. If you can - pull up or brachiate. Got a pet? Go to the park. MOVE. Got a partner? Loved

one? Child? MOVE!

Because you can. If you wont - tomorrow you might not be able to.

MOVE.

Comments:

S's: Stairs are bad for you. The amount of deterioration that stacks on your knees is not worth the couple of calories your burn. //// Rule #1 for panelists: don't train alone in your hot tub. If you are too macho to follow this basic advice, go her

A: Ok, lets get this straight: if you think stairs are bad for you or you are too panicked to hold your breath a bit under water in your bath tub, you belong on the other side of the fence. No, stairs are not bad for you, they are good for you. We have been living in rocky terrains since homo sapiens was homo sapiens - climbing. If you have problem climbing stairs you already missed something and are now paying the price. As for the panic of holding one's breath under water in a controlled and sensible way - this as well is something we have been doing since ever. So, dont panic people and dont be the horrible prophets predicting a terror attack after somebody farted next to you in a coffee shop. Nobody should be breaking any world records in his hot tub, practice with common sense and MOVE, we are sick and tired of this warnings that paralyzes everyone around every step they take. What? its not safe enough to climb stairs??? should I take the elevator? Give me a frickin break. Move.

S: I agree with all except holding the breath in a hot tub. Been a firefighter 23 years and have seen people kill themselves in all sorts of ways. drowning in the spa holding your breath is not that uncommon a way to die-they are usually always males

A: How about the statistics of being a fireman?

Q: Death rates of firefighters?

A: Yes. Thats the problem, everything is dangerous and people kill themselves with lots of simple shit. Does it mean we can control it, eliminate it? its unrealistic and an illusion. If I cant put my head in the water and hold my breath for a few seconds because its unsafe, I dont want to live in this world. Subsequently the folks who are warning everyone right and left are usually less than proficient movers. Why? taking risks is part of the game. This attitude is mostly coming from north america. People are suing right and left for everything and common sense is not to be expected. Whatever. I still say - it may carry risks and we'll do it anyways. Its all risky anyways - to avoid it all is as risky as doing it.

100K views in just over a week, this video has put our message out there, a message we have been preaching for many years now.

The most common message we have been receiving this week:

"I've watched your clip and went out to do some Movement, thanks for the great inspiration"

This is great, but in order to really support this moment of motivation and inspiration (what Daniel Coyle refers to as 'Ignition') we want to encourage you to learn more about the process of becoming a better Mover or it will not last too long...

Being a Mover is first taking responsibility on your own Movement and educating yourself about it. Dont let others do the work for you, its YOUR body, YOUR movement skills, YOUR happiness.

If you need our help - please refer to this post:

<https://www.facebook.com/portal.ido/posts/503427436365908>

And don't stop moving.

<http://www.youtube.com/watch?v=aLogFABtIDI>

Handstands 1955 style, before everyone became obsessed with 'Hollow Position' and achieving the straightest line possible with their HS...

Kind of refreshing to see, taking into consideration we don't even have ONE LINEAR LINE in our bodies... (how human can aspiring to a straight line can be??)

Little John used to kick some serious ass.

http://www.youtube.com/watch?v=4ejLNV_5nJc

Here is Gavriel, training under our Tel Aviv branch and making some great improvements over the last year.

Gavri is a top level professional dancer with lots of experience under his belt. (Work with the Bath-Sheva dance company for years)

When he came to us he did not have any experience with strength development or handstands.

Big credit goes to Odelia and Roye Goldschmidt for the amazing instruction and Liav 'Memada' Baron for assisting on the classes.

To learn more about training in the Ido Portal Method:

<https://www.facebook.com/portal.ido/posts/503427436365908>

(Video on Facebook itself, not an external player. Here is the link to the post so you can watch it: <https://www.facebook.com/portal.ido/posts/510570858989246>)

Comments:

S: I think fact that he is dancer plays a big role as well. He already knows how to move and

coordinate himself. And of course one year of hard work could do miracles

A: Don't mistake being a dancer and being a mover. Dancing, as wide range of movement as it offers, is still specialized in many ways and offers another 'box' to break out of. No one is 'Master of Movement' and everyone needs to work hard at new skills like a handstand. The only way to become a better overall MOVER is to continue to pursue MOVEMENT and new skill acquisition on a regular basis. Part of this is to be strong and mobile in all possible conditions and directions, digesting new movement materials consistently, preparing joints for improper alignment and building 'the Corset' and educating yourself on Movement Development issues understand the process from inside out. Yes, dancers have a lot of good things going for them in their practice, but as you can see, many things are left neglected like basic strength, no pulling work whatsoever, dealing with changing circumstances, grip, and on and on...

THREE months of training under the method, TWO sessions a day, ONE arm chin, handstand and Qdr getting closer and ZERO gymnastics background, I give you Zack Finer, one of our Online Coaching Students from the US.

If you think you can't really teach someone through email exchange - think again, this page is filled with similar examples.

You can email us at portal.ido@gmail.com with subject line 'online coaching' for details.

Zack, very proud of you for your progress in the last three months!

<http://www.youtube.com/watch?v=MNOLV9xQRas>

Movement-X in Ansbach, Germany this weekend went great.

From the words of Kelly Mostard, one of the participants:

"Still in total ecstasy about the Ido Portal workshop last weekend in Crossfit Ansbach. AMAZING! Ido understands the nature of human movement into the smallest details. I learned so much about all the different aspects of movement including strength, (the lost art of) transitions, biomechanics, balance, senses, mobility, the prices of specialisation, progressive loaded stretching etc etc etc etc. Ido's method is definitely a very complete allround method. The eagle-view perspective that takes the best from all worlds, connects it and integrates it into a complete movement method that fits an evolutionary biologic view on health and movement like no other. It's about being human to the fullest, it's about realizing what we lost, but most importantly it is about how to regain this in an efficient, successful, fast and save way and with that regain your freedom. I now know the prices I paid for the things I have been doing and not doing and where to start working on that, to become a better mover, an improved human with more freedom... Gotta go now... I have some movement-work to do "

Honored to have such an amazing group of people coming to learn from us. Until next time, good folks.

Here is an example how a student of the Ido Portal Method can present better movement than 99% of the fitness industry leaders. And we are talking LEADERS.

Did we mention she has been training for only 3 months with us? No gymnastics background, no natural muscle ups, no handstand prior to training, no-no-no.

These are not typical results, just what is possible when dedication, controlled body composition and hard training meets a world champion mentality and some of the best training available.

Soisci - what can I say? You are part of the family.

<http://www.youtube.com/watch?v=sOJGHZ2fp08>

A **(to general public)**: This is what I call 'SMALL DICK MENTALITY'. Always males and always the ones who are incapable. Pure and simple, there is little reason to write anything but 'RESPECT' to Soisci on this clip. Did I mention 'NOT TYPICAL RESULTS'? Did I mention 'WORLD TITLE HOLDER'? (read the clip description) Should I mention I've never seen a male world champion Muay Thai fighter who has her skill set after 3 months? Get a reality check and start working harder as your ego cannot take another hit, even a mosquito's fart will take you down, not to talk about the 'Puma' Soisci Porchetta. Nough' said.

In the last Movement Camp we had 5 participants out of 50 who could pull a One Arm Chin Up - clean and from dead hang. A result of training under the Ido Portal Method.
(the video shows only 4 as the fifth arrived later on)

That is 10% of the participants.

I've heard that some authors claim only 1 out of 100,000 people have the genetic capacity to achieve this skill.

I do not believe this is true. Not even close.

I believe the OAC is a possibility for a major part of the population and that it depends on these factors:

1. Perspective - 'you are the sum of the 5 people you hang out most with'. If you want to do OAC's, don't hang out with Bill Gates and Woodie Alen. Go to the climbing gym - you have a better chance there.

2. Hard Work. Nough said.

3. Smart programming. Avoiding plateaus and injuries, addressing weak links in the movement

chain, technicalities of the OAC, etc.. (oh, yes, it is an EXTREMELY technical move and is not all 'brute strength' as some think...)

4. Proper goal setting: the OAC is a BAD goal to have for a beginner. The 'Shoot to the moon and hit the stars' mentality is not a good one to have. Goals have to be REACHED and consistently or else momentum is lost. Successful people REACH their goals with the regularity of a Swiss clock.

Want to get your OAC one day? Start to implement these principles.

Need help? Take up Online Coaching or a workshop, details here:

<https://www.facebook.com/portal.ido/posts/503427436365908>

<http://www.youtube.com/watch?v=G3gTYO9oJjA&list=UUPCiBMarvDiTx-lknzt934g&index=7>

A post from the past:

When you are in true play mode - completely into it, you cannot get seriously hurt. Everything slows down and you find it easy to react. This is how monkeys play in the top of a tree. Have you ever seen a monkey injuring itself? There is much to be learned from this guy's approach to movement. I like it.

<http://www.youtube.com/watch?v=VCaFm7c4wKw>

Check out Odelia playing around on the streets of Hong Kong.

Freedom can manifest in many things, one of the biggest ones is Movement.

You cannot buy it. You'll have to move it.

<http://www.youtube.com/watch?v=2mm56-R53J8>

A post from the past:

'Coaching? No money..' 'Eating right? Expensive!'

People = bitches.

From 16 YO I've been traveling to train with experts: Capoeira masters in Brazil, seminars by Charles Poliquin in the US, Equilibre training in France , gymnastics, yoga, climbing, boxing, ballet, Gaga, MA and more.

I always hire the best to teach me. The best.

How can I afford it?

I use my money for self improvement. I never bought expensive clothes, spent a dime on partying or drinking.

Make a choice.

Comments:

Q or S: ***Deleted***

A: And yes, a word about 'influencing' - all of the comments helping us to win people over and how to do the things right, etc... (from people who have build nothing close to this network here - mind you) Why don't you talk to someone who cares? We are not trying to win over anyone, or play any deceiving games. From day one everything about this page was spoken with the hard cold truth 100% to the face. Hey, wake up and get the picture: we are here to help and put out good quality information we believe in. We are not here to create the biggest possible network regardless of truth, our believes or any controversial subject. We think we've proven this again and again, if you are still not convinced - come see us in one of our events and you will see it in person. So, thanks but no-thanks for your 'kind help' on how to be more nice. We dont do nice. We DO REALITY and reality sometimes bites.

Q or S: ***Deleted***

A: When that disease/disability/limitation will hit you, you WILL get the money to do WHATEVER is necessary and you WILL pray to all God's in existence for help, but right now you cant afford it... Ok. Play that game.

Q/S: What do you say to someone who is still in debt from a formal education because at the time they did not realize the benefits and therefore, there is only so much to budget toward these things until this debt is paid off? And I agree with your platform, I do invest in me. Although I disagree with the fact that reality must be presented in a hard manner. The truth does not need claws to be understood. In fact, the more quietly the truth is presented, the more likely people will shut up to listen rather than yell louder over that which they do not want to hear! Besides, whether you believe in bullets or not, it'll still be pretty painful if you get shot. The truth isn't for everyone...but they'll self select out!

A: Thanks, Monique. To each his own, that is a question of style and presentation. And this is mine. Offended? move on, its as easy as a click away. As for the truth not needing claws, oh, I dont think I could have disagreed more with that sentence. The truth screams everywhere around us and few can hear it. If that was true, everything would have been perfect. The truth needs claws YES.

Practicing Low Gate Locomotion today in the Movement-X event here in Holland with some good people.

Low Gate patterns and drills are a great movement practice - for restoring knee stabilization and health, increasing demands and movement complexity and for conditioning soft tissues, joints and muscles around the knee/ankle/hip.

Humans have been practicing it since the age of man, but we have become panicked and afraid to use those excellent basic drills for fear of 'knee problem' that they may create.

YES, if you have neglected to address these ranges of motions and patterns for years (since you were 5-6 years old in most cases) - you MIGHT get injured by introducing it too quickly or too aggressively, but you SHOULD introduce it into your practice and REHAB your Low Gate Locomotion Patterns in a smart, progressive and productive manner.

Your reward: healthy, strong knees, greater ranges of motion, strong, durable, never stopping legs and most importantly FREEDOM to move around and play.

The 'Mexican' Handstand, held for time or performed for reps is an advanced mobility/strength drill for proper shoulder flexion+spinal extension.

It is the result of many different preparatory drills used for those areas and combined into a demonstration of advanced anterior chain flexibility and strength.



When approaching goal setting - be humble.

I am talking about true humility here, the kind that successful people possess.

Successful folks are usually known as anything but humble, but that is only because humility can manifest in many different ways.

Real self-humility is not 'da boca pra fora' - from your mouth and out. Real self-humility is

recognizing your own limitations as a human being - as opposed to declaring it outside.

So, when setting goals - use the FTF rule - First Things First.
Prioritize a FEW (perhaps only one...) goals and kick everything back into maintenance.

It should almost look too easy.

That is how real difficult shit gets done. Not by fumbling around with a million goals and maintaining focus for the next 3.6 hours before you decide to pursue something new.

Be humble - to yourself. Success is not far behind.

Comments:

Q: I do, what are you? An athlete? A fitness coach? A model? I admire your lifestyle. How do you afford to travel so much and maintain your lifestyle? Your world seems otherworldly to me.

A: I'm a Human first and second a Mover. I can't count very well so stopped there. I was an athlete, I modeled a bit, was a martial artist, an acrobat, Capoeira Professor and a host of other specialized titles I no longer feel encapsulate me. I maintain my life style because I am also a teacher. Oh, just remembered my third title... Thanks for the interest.

Dislocated my finger today.

First I thought that I broke it, that I snapped it like a twig. We were training in this gymnastics facility and Victor was swinging on the parallel bars, I reached up to tease him and my little finger got caught up between his swinging forearm and the wooden bar.

We both heard 'CCRACK' and I instinctively pulled my hand out, knowing it was too late.

I could feel the effects immediately as the body was doing its thing and directing attention to the site.

Dizziness, nausea, light headed and immediate swelling of the area.

Taped it up to the adjacent finger and went for an X-ray.

Not broken.

Fingers get in the way and shit happens...

I know that.

I train my fingers with a variety of push up support positions, grip work, climbing exercises and more, but today it was just... too much. Sometimes it is like that.

Wanted to share it with you, not only the good but also the not-so-good. Not only the flow but also the breaks in it. Not only health and performance but also an injury.

I forgot my Admantium skeleton today when I left the house, you see?

Here's to dislocated fingers.

As my grandmother used to say - 'may nature (God) scare us but not really punish us',
Ido.

Comments:

S: Your grandmother sounds lovely. God bless you Ido, and your family.

A: My grandmother was a special woman - very strong character. My mother raised us on many of her sayings and views. This is a generation that survived the horrors in Europe in WWII. Next to this woman, I am pussified and weak, I am not ashamed to say.

A **(to general public)**: Guys, forget about lost time - for me, its tape it and go. Tomorrow I am back at it.

Hacking? How about 'hacking away'?!

From all the tips and tricks you don't see the meat and potatoes anymore. Nor the forest.
Instantiated shit that 'tastes' like microwaved TV dinner.

Earn your shortcuts, Poindexter.

And when hacking away, expect splinters to fly. Get busy.

Comments:

Q: What does this even mean? Are you telling us not to trust the "5 minute abs" type of people?
I really want to know what this means.

A: Heres what it means for the ones who find it difficult to read between the lines: the new trend nowadays in movement, health, fitness, nutrition is to show people 'hacks'. Easy and fast ways to the 'same' results as hard work will get them. Those tips and tricks have their place, but they are not the main practice. It has become idiotic. People are foam rolling to become more flexible but neglecting proper stretching, taking supplements to counteract their bad diet and engaging in '6 min' protocols instead of actually moving properly for hours a day. This quick fixes are so abundant, many hard workers are now considered 'excessive', 'overtrained', 'radical'. Well, yes, compared to 'normal' it is because 'normal' is Homer Simpson.

Our Fitness instructors should be MOVEMENT Teachers that are geared to provide tools and solutions for MOVEMENT DEVELOPMENT as opposed to all these fractionated concepts of physical development that never seem to tie together into anything that serves a human-being in enjoying a productive life: whether it is artistic expression or functionality-usefulness.

Most are locked inside their own body-prison without a manual on how to move but continue

pursuing isolated concepts of specialization as if that has any longer term movement/life/true fulfillment or happiness benefits. (short term happiness can come from anything - just like it can happen from a drug)

Step aerobics and machine training contain very little MOVEMENT NUTRITION - for example. Its stripped down movement that existed in much more potent form forever.

I don't treat it differently than processed junk food, neither should you. Its JUNK MOVEMENT.

You probably don't have time to follow our current 'Fitness' crazes, but some of you don't even know it yet.

Stripping down potent quality tools of Movement because they are not 'sexy' enough for us and because we are too weak of character to use them is our reality.

Support real Movement Teachers - those that put you on a meaningful process, not an empty one.

Comments:

Q: what if you are training for a fight your training needs to be in some way aerobic (mostly geared towards recovery however for consistent application of practical movements throughout the course of the fight) or do you just mean stuff that is solely aerobic?

A: I speak from a Movement perspective. Many fighters I work with use complex, quality movement patterns for conditioning. There is no reason besides ignorance to engage in cyclical, stupid, empty movement practice to condition for such a complex, chaotic, adaptability-requiring situation as a fight. These are my two cents - there are BETTER ways to skin the cat.

S: The concept of junk movement is an interesting one. Unfortunately in today's society just getting people off the sofa in to a step class is half the battle... We need to create 'success' for the masses. If the movement is too challenging then many are put off too easily and go back to the sofa... but I love the ideology... and for those of us to love to move (in any way) thinking about the quality of your movement will be something new for many (including me).

A: Sam, I completely disagree - this is a pampered approach that leads to nothing - you expect so little from people and you fail to educate them on the way. This is NOT my way. I have more faith in people. You are right its the current state of many of them, but once EDUCATED - they evolve, they are willing to admit, accept, develop. I am NOT satisfied by taking someone off the sofa - that is the type of BS that got us here in the first place. MORE MOVEMENT. MORE QUALITY. BETTER APPROACH. Stop selling the human race so cheap, they are worth fighting for.

S: You may sound a bit dogmatic in your rhetoric. Not that I in anyway disagree with you. But the way you sell your vision, may scare some people off, or cause them to give up even before they've started. I have been a swimmer since I was seven, and until I turned twenty one.

Attending meets and when I got older trained as much as twenty hours a week. I don't know how this fits with your ideology, but it has given me a lot, even though it's quite restricted in comparison to the way you move. It has given me very high requirements, to how I choose to move/workout - you are very inspiring. Later, when I myself was educated as a swim coach, and taught both young and old how to swim (and move in water - swimming is much more than just getting from a to b), I learned that the trick, was to get people to show up with the right attitude, and without any specific expectations. Then I could get the most out of them, this even applied when I coached competition swimmers. Just saying, when you say as you do, you have very high (too high?) expectations to the general public, and what they are able to commit themselves to. Maybe a more gradual approach? That aside, I really admire your approach to movement.

A: Scare people off? I'll be blunt, my friend: 'You dont scare a hooker with a cock'. Enough said.

S: I would love to understand your last comment I do about the hooker.

A: It means I am not scared to scare people off and lose 'clientele'. I speak what is on my mind, I am managing myself from ZERO marketing perspective. I could care less. I market to the people who are willing to hear the truth, can get some tough love and ready for some quality for a change. So, losing clients? Scaring people away? You dont scare me, as you dont scare a hooker with a cock. Understood better now?

S: True, but staying in that line of thought, not everyone is a hooker. I think you misunderstood what I was trying to say. I'm not saying that should change your beliefs, or the way you do things. Teach the people who wants to be taught. The bit about the more gradual approach, was meant as way to get everybody with you - and here I mean all the way out to schools and such. Not trying to be a profet. I'm just asking, not telling. Sorry if I came of as such.

A: You are talking about application of the idea, but I simply presented an idea. I cannot take EVERYONE with me, I am simply one man with an idea. Some love me, some hate me, few are indifferent to me. I drop a stone into the lake in the form of a concept. The waves spread around and the message will get watered down as it spreads -anyways. At this moment, it should be potent, precise, short and yes, B&Whitish. Its the stone dropping event. As for applications - dont assume to know how my mind works with applying this on a global scale. We are talking now about a CONCEPT. So, lets not get ahead of ourselves and respect the stone dropping event. The idea is to coin a new phrase - JUNK MOVEMENT and by that educating people about different qualities of Movement practice and the consequences of pursuing Junk Movement. Just as we are fighting fiercely against Junk Food, the same should happen here.

Q: On the subject on Junk Movement, how does sports, which are very goal oriented, and therefore the traditional training often fill a persons life to, where they can't workout anymore. How does that work? Do you see this as Junk? And do you have any ideas?

A: Again, stop looking at your finger and pointing at the moon, as you are missing all the heavenly glory as Bruce Lee said. IT IS A CONCEPT. Energy system work, in right quantities in the right fashion, in the right way has its place in a Mover's training.

S: I was not disagreeing with you I do, but I believe part of the problem is that so many feel like failures when it comes to exercise or movement, when they want to exercise they often set their sights high, then at the first sign of possible failure they quit... There is a place (in my opinion) for creating small successes for this group to help them change that mind set. They are scared of exercise, that it will 'hurt', the hurt that those who exercise regularly grow to love. For me whether they are waking the dog, run / walking or enjoying a step or Zumba class the first step is creating small successes...could you argue that the movement is only junk if it serves no purpose and results in no benefit? Thanks for introducing the topic, I would like to learn about your thoughts it's interesting.

A: Yes, Sam, its still garbage. They can get better instruction and not this watered down shit. I've worked in the past with obese clients, disabled, folks with diseases, etc - they learned no Zumba from me. So now you are going to tell me 'But, its better than nothing'. The truth is there is always a 'But' - and sometimes its important to not water down a message with another obvious 'But'.

Q: I do what do you suggest in place of simple to achieve / junk movement for someone who has struggled with exercise all of their life? What movements would you suggest someone like that practice from day one to achieve those early successes? Ps - glad to hear your not teaching Zumba

A: What I suggest is being taught in our workshops, online coaching and internships daily. Its an elaborate system of movement education - the results are seen in our various clips, posts, etc.. This is not the forum to go into describing my system - do your research on this page.

S: I do, I agree with you 100%, but I've concluded that the majority of clients DON'T want to explore new movements, learn about how their body works, expend mental energy on mind/body connected movement, or think about new choreography. They want routine and predictability in exercise and to socialize. For them, this is a nice distraction from their everyday, stressful lives. I was told to give the people mostly what they want, not so much what they need to draw in higher numbers in attendance. I replied, "Hell, no. I don't believe in that movement philosophy." Other instructors are not so fortunate to be able to say this because they need the money.

A: You, my friend, dont act as an educator, you act as a slave to your clients. I DONT CARE what they think they want. They DONT KNOW what they want. They look for EDUCATION on what they want. Need the money? This has nothing to do with it. I need the money as well, but I still educate and teach from a place I believe in, I am not a slave to my students - they are coming in to study and part of their studies is about what they WANT. Ok, I think I was clear on this point by now, enough said on this subject.

Contraction.

Relaxation.

Is there anything else in Movement?

Not really.

Movement happens along the spectrum between these two edges.
Mastering one - is not enough. Both should be practiced.

Movement- what a SWEET state of cognitive and physical dissonance.

Here is how it DOESN'T work with us:

We get an email from an 'interested student' for Online Coaching.

She points out in her email and I quote directly from her email:

"1- Equipment will probably be quite hard for me to get, some things that I have in one house, I don't have in the other.

I don't work, which is great cause allows me to have time, but I live and follow my boyfriend's life style and traveling.

Means part of my year is in our boat, our San Francisco house, our house in the UK and LOTS of hotels... Quite hard to get the equipments perfectly or the space, any idea if we could still make it work?

2- Would my body become too "manly kind of muscles"? I know it might sound VERY silly, but at the end of the day I still wanna feel fit but feminine."

Our answer (my assistant is already drilled on it) - 'Thanks for your interest, but our services is suitable for you. Thank you.'

She rages back that we are impolite. Improper. Impromptu and impotent....

No, lady, we are not impolite. We said 'no thank you' to your money and we did it while thanking you for your interest. We have ZERO obligation to provide service to ANYONE.

We know who WE ARE and we know we cant cater to everyone. We have limited time and effort and dedicate it to educate interested folks on many levels.

Online Coaching is not for someone who is worried about getting 'Manly kind of muscle', makes excuses about getting a pair of Gymnastics Rings or wants to Travel the world as a priority.

We cant reach everyone.

We demand a lot.

We deliver accordingly.

But...

Don't think there is no price to it.

Walk the fire or walk away.

You have the body of a BMW but the engine of a Russian Lada? Very common nowadays.

I am not only talking about having the looks without the performance, but also about having the "performance" without the MOVEMENT ability.

What do I mean?

We have broken down what Movers "should do" or so we think. We believe we understand the ingredient list but when we go to make the recipe, what comes out is not always recognizable...

Actual Movement practice leaves nothing unturned. It is more than GPP+SPP. It is a case in which $1+1+1=7$.

Consider this:

1. I have seen folks capable of One Arm Chin Ups being humiliated by a 13 year old boy on the rock climbing wall.
2. I have trained with GPP monsters and witnessed them gassing out in a Capoeira class or a after 120 sec of light boxing sparring.
3. I have put 200+KG bench pressers through a simple Lizard Crawl on the ground and had them tap out at less than 10 meters.

Our modern knowledge and training systems are good, they evolved from the needs of... Movers. But, they should serve the master - the Mover and not become the master...

Movement was here first, with people hunting, dancing around the fire, climbing, fighting, living. As we became less and less mobile and dynamic through technological advancement, we did not go back to Movement as we should have, we sought out a new, modern 'cure' for the disease and it was MODERN FITNESS. But, similar to all of our modern drugs it is incomplete, has side effects and does not solve the underlying problem, it also creates a host of problems of its own.

Its time to go back home. To stop speaking of calories and running like hamsters on treadmills and eat the shit they are feeding us with a spoon.

Its time to DO what you have been training so long but failed in actually DOING.

Its time to go back to Movement.

Comments:

Q: How to train?

A: Train? No! Move. First move. Then - train to move. You have to earn 'training'.

A **(to general public)**: If I hear from another fitness professional how we should just follow 'our passion', I'll vomit. People are exposed to 'their passions' and are being brain washed for no better alternative to pursue them as 'real movement' and 'healthy practices'. Its not a question of what you like - its a question of what you are DESIGNED FOR. Same with nutrition - you may love Mickey D's but you are not designed for that food. Want to pursue your 'passion'? First check if its in line with WHO you are. So, spare me your firm grasp of the obvious, boring-fitness-folks, as you've reached the end of my patience.

Q/S: Do you not think that the majority have to choose how they wish to move or what they wish to do and train/practice/move accordingly, lest they fall into the jack of all trades master of none paradigm? Certainly there are methods of training that will allow one to excel in one direction and still be competent in others but are there not always trade offs? I certainly believe that physical mastery can allow one to excel in almost any movement related activity one desires but I still see that in practice it seems difficult to truly excel towards what seem to be somewhat contrary goals at the same time.

A: Mathew, you are failing to see my point, while looking at the world through the eyes of a specialist. But, any specialist is first a human and second - a MOVER. Everybody need to be somewhat of a jack of all trades - thats a very human thing to be. Nowadays we have amazing things coming from specialists - but dont think there is NOT A PRICE FOR SPECIALIZATION. Its a heavy one. Anyways - I am all up for specialization, but am trying to educate the masses here on how to be more healthy, happy, mobile and... better human.

The highest form of practice is improvisation - there are few exceptions.

The process of getting to improvisation should be: enjoyable, planned and demanding. Its a puzzle. One worth dedicating one's life to.

In a nutshell, this is how I view the development of one's practice: (not only movement practice, btw)

Isolation -> Integration -> Improvisation

Watch the clip attached, in which I demonstrate integrated and improvised elements as well as some basic isolated 'atoms'.

The result took me years of dedicated practice to get to. It is comprised of my isolated studies in Capoeira, handbalancing, Chinese martial arts, dance, circus and more, but integrated into a coherent... (or so I aspire to..)

Flow.

Why Flo(a)w? Because it is highly FLAWED in my eyes, but the beauty in the nature of flow is

that it turns imperfect moments into a less imperfect flow. It makes us a bit better.

<http://www.youtube.com/watch?v=fdWDvH8AITU>

Comments:

Q: Planned?

A: Definitely planned - for example in my case - what you see was years in the making, I set out to acquire these abilities, atoms, movements and then integrated them only to later improvise using it all. Does it mean I had every detail in the grand plan from the start? of course not, but every few months I would re-evaluate and make corrections to my plan. I definitely PLANNED this, I didnt stumble upon it or let it fall on me from the heavens, believe it or not.

Odelia practicing one of the eight basic Floor Support SASS (Straight Arm Scapular Strength) Positions used to condition and prepare body tension and alignment, (some might throw the word 'Core' in here) scapular control and elbow resilience for more demanding advanced work.

These positions can be held for time or practiced for reps in a dynamic fashion.

Such basic elements are missing from a lot of practitioner's initial training phases.

Two phrases that come to mind and that we use often under the Ido Portal Method are:

1. "The width of the pyramid dictates later its height..."
2. The law of the 7 P's: Proper Planning and Preparation Prevents Piss Poor Performance.



Most people have a strange relationship with their bodies.

They live separately from their bodies. They ARE and their body IS but not together. Modern lifestyle have brought us to this point, technology, society, comfort, modern food & jobs,etc.

It is funny to hear the phrase 'my body betrays me' - it is YOU who betrayed your body FIRST. But the disconnect is so strong - we feel as if the body lets us down. We take no responsibility.

For all of you who have such a relationship with your body, I suggest you treat your physical and Movement practice as EMBODIMENT. Its a word I learned from my good friend Aaron Cantor.

What I mean is that Movement can be used to reconnect with your body. To take responsibility.

To become whole again.

And you know me - I don't think some 'fitnessy' 45 min X 4 times a week training session is going to do it - it will have to be a comprehensive Movement solution. A paradigm shift. It has to be in your mind all the time. You have to incorporate it into your life. In your job, with your children, with your loved ones, when eating, when waiting, when answering the phone, etc... Movement is all the time there - its just a question of which type, its effects on you and where you want it to take you.

You design your new body and mind - with every moment's decision. It is happening NOW.

Good Movement practice should be helping you with Embodiment, but many Movement practices (mostly coming from the Fitness world) work exactly the opposite - they further distance you from your body. You may be sweating and burning calories but you are mindlessly working into oblivion. BE WARNED.

"O, it is excellent to have a giant's strength, but it is tyrannous to use it like a giant."
Shakespeare

So true, but not only the way Shakespeare meant it...

When Movement is concerned - having great amount of strength built by immensely INEFFICIENT exercises is great, but when moving is the goal - maximal EFFICIENCY should be pursued. The two sides of the coin produce the best movers.

Example 1 - climbers who can perform One Arm Chin Ups (the most inefficient way to get up there) but climb routes with intelligent leg work, flagging and positioning to get up there with minimal effort.

Example 2 - Acrobats who can squat heavy (rare but exists - its an inefficient choice to load yourself this way) but then choose to use maximally the gratuitous forces given to them for free like the elasticity of their tissues, gravity, etc to bounce up with maximal efficiency and height.

My advice:

When training, always apply some inefficient means to increase specific capacities.

When moving - look for the most efficient way - the path of least resistance to gain maximal

benefits from the 'engine' you built in... training.

Here's to Yin and Yang. Cheers.

Our Online Coaching business is a real eye opener sometimes:

Case study A - working towards chin ups for years but still don't have them. Has the CRAP condition - Chronic Repetitive Aerobic Practitioner. (covering up for shitty diet - running after his calories). Cannot fit in all the sessions into his schedule apparently - there is just too much to do... (TV is still in his life). Always hands in sloppy video submissions for review AND never on time. MORE EXCUSES THAN A PREGNANT NUN.

Case study B - going on one arm chin ups, intermediate level handbalancing and ring work, straddle planches, full levers. Runs a successful business. Wakes up at 4AM to train before leaving for work at 6AM. Never misses a session. Full family - small children and all.

Stop bitching and moaning. Its all choices - every moment of your day contains them and you make your reality, time and success. Its no coincidence Case B can do with one arm what Case A cannot even do with both. Genetics? perhaps. But most importantly - character.

The most important muscle to develop - Willos Powerus.

Comments:

S: i wish I were disciplined like Case B, but until I'm willing to be, I'm not going to get the Ido grilling I love how blunt you are about your movement philosophy. Even writing this little message, i am a bit intimidated. Thanks for the inspiration.

A: Julie - its good to be honest - from there -> growth.

Q or S: **Deleted/Vague to which one the answer if referring to**

A: My online coaching is not about that. When you have 500 emails a day to respond to - every day, then you will understand how absurd your recommendation was or that of Leah Shaffer. Did I mention I train 6-8 hours a day myself, read 3-4 books a week and run an international business plus have a life? I dont spend my time pampering people who are not really interested in working. Its not about educating these folks - no. Its about providing the tools for the ones who want it already and need my help. Its a limited thing - my time to connect on such a close level with people. Everybody can say SOMETHING RIGHT on a facebook comment - it may even sound true or cool, but few deal with the complexity of reality and are able to say THE RIGHT THING for that situation. So, spare me the helpful tips on how I should be more emphatic, human and cuddle spoons with my clients. I am in here to help with movement and that's what I do best. Does it has a price? Like all good things.

Just finished a great internship last week with a participant from Holland and the great

assistance of Odelia.

For 5 days we went through 6-7 hours a day of movement training, learning, development as well as good laughs, discussions, lectures and good food and sun.

Internships are expensive (6-7K USD) but allow a large amount of information to be infused into the participant - years worth of knowledge in a single go. It requires some serious Willos Powerus and hard work but pays off in the months and years to come with your development.

Some mornings you may be waking up speaking Chinese... Its part of the game.

There is a special opportunity for 2 extra people to join an internship in Phuket, Thailand in May 11th-15th - its a last moment thing - contact us immediately if interested in details.

For SERIOUS CONTACT only - you can email us at portal.ido@gmail.com with subject line 'internship'.

A (to general public responding to a hate/angry comment): Dont waste your time on responding to envy. When I embarked on this journey, many years ago I understood this reality:
1. Do things right -> 2. Success come knocking -> 3. Envy come knocking. Little people will be little people - it will always exist. I charge what I charge and provide what I provide - NEVER have I received such a comment from someone who have attended even a 45 min lecture by me. Its always by trolls who know nothing about the service I provide - but oh, how they wish they did.

Gloves, shoes, pads, compression-ware, special socks and on and on and on.. Some look like Robocop when going to move and the manufacturers are buying another Mercedes.

Most of these accessories are not only useless but actually harmful. They prevent proper sensation of the environment but more importantly they OVER protect.
What happens when you over-protect? You become weak. The natural mechanisms that are in place and allow adaptation to occur are not kicking into action.

Its enough to see people's dependance on special matting for a simple action as kneeling on the floor. (What about the excessive and over use of Yoga Mats for Yoga practice? don't get me started)

We have become pampered and pussified and our way out is adaptation but even that is blocked by excessive padding.

Instead of putting soft or hard material around you - make sure you can become softer or harder in the right areas in the right timing. And if still struggling - perhaps you should question the very act of placing that area in your body in contact with the object in question - don't mask your

body's intelligence.

The ground is hard for you??

Soft body - soft ground.

Comments:

Q/S: I think you are referring to muscle inhibition of the proprioceptors? Like everything, modern science and the understanding of the human body has its place and must not be discarded, although it is also important to acknowledge Ido's point of view. Either way it is dangerous to make definitive statements like this I think. I am a Strength & Conditioning coach and Neuromuscular Physical Therapist, these training 'aids' are based on logical foundations but probably used out of context.

A: Proprioception is merely but one area that is effected. These training aids have been developed by manufacturers and with the thinking of enhancing sport specific or practice performance - but this is not the first human point of view we need to use - and the price is paid every day by the masses. So excuse my bluntness, sir, 'modern science and the understanding of human body' as you claim - are highly flawed in this case. Lets face it - these scientists know nothing about proper movement on top of the ground, grasping a bar or a gymnastics ring or proper running biomechanics - that is how we got to modern running shoes and other pieces of shit that have been crippling us for generations now. I've lectured on the subjects to physiotherapists, MD's and trainers around the world - they always look down on their shoes in a shame full look and realize their shitty movement patterns start there.

Q: ooh someone got out of bed the wrong side! I understand a lot of stuff just out there to make money and not really necessary but yoga mats, really??!! If something helps you concentrate on your practice whats wrong with that, afterall if your distracted because of discomfort or pain then your not getting the most out of it are you?

A: Dear Fiona, you look at it through the eyes of a Yogi - not a Mover and a Human. I could care less about my Yoga Practice - that is not the goal. Yoga is another movement practice - that is how I look at it. I am no Yogi and dont write through your point of view. As for the genius who made the amazing point about wrestling being depended on mats - yes, again, I am not a wrestler. I make my points from the eyes of a mover. Of course for certain activities mats will be needed - but my point is not to overdo it - from a movement perspective. Oh, the firm grasp of the obvious - how common.

Its my birthday today.

So, after reading all the countless great wishes from close friends and less close friends, let me tell you a little secret, my gift to you, on this not-so-special day.

Here is the thing - celebrate your birthday if you wish, but try to forget your age.

Just a bit.
Just so that its blurry.
Maybe a bit more - as much as you can.

Age puts a number on your narrative - the story you tell yourself that you ARE. That story has great significance and such a limiting thing will spill over quickly into your actions, decisions and... life.

I would never have been healthy, able, moving, jumping, flipping, one arm standing, sprinting, climbing and joking around if I had let a number control the game. I intend to keep it that way.

So, yes, wish me a happy birthday, but please - don't ask me how old am I.
I am no lady but you'll get a bullshit answer.

Cheers, may we all live in an ageless world.

Flea circus.

That was the task I received in school. Catch and train fleas to perform various tricks.

On the way home, I met a girl with a big fluffy dog. I asked her if I can search it for some fleas and found some. One by one I placed them into a small transparent plastic container.
When I reached the house, I pulled out the container and placed it on the table in front of me.

The fleas were jumping up, hitting the cap of the container and falling back down.

Flop-Bam. Flop-Bam. Again and again.

After a few minutes of staring at them flopping up, hitting the cap and falling down, I decided I had no idea how to even start and went to grab something to eat...

....

...

Returning after lunch to the table, I looked closely at the fleas and noticed something interesting...

The fleas were still jumping up, but now - just below the cap, never touching it.
They have been conditioned.

I removed the cap, carefully. The fleas were not escaping out - they have been conditioned to believe there IS a cap - and continued to jump just below the height of it - to avoid hitting.

We are very much like these fleas. Yes, we are.

We have been conditioned to believe there is a 'cap'. Our physical and mental abilities are held back by a narrative that is comprised by limitations we grew to believe in, things our parents told us as children, bad experiences like falling in the stairs on the way to school and breaking an arm, getting punched in the mouth by some bully or even something simpler like failing a test at school or your current age, sex, ethnic group, background.

We jump up - every day! We try to achieve, but always with a certain belief there is a 'cap' above us.

There are countless examples of how man-kind has been held back by some belief that turned out to be false when the RIGHT person with the RIGHT mindset was there to shatter it. Look up 'the Four Minute Mile Barrier' to see my point, just one example.

So, good people, when moving, scratch that, when LIVING, realize this, my friends: there is no cap.

*Thanks to my friend Tanner Bazemore for the great flea story - I never forgot that one!

Seeing people at the pool using water assistance to *attempt stuff you are doing outside the pool - makes one think about CHOICES, but then again, it is after you've seen them that morning at the all you can eat breakfast buffet loading up on pancakes/ice-cream/breads/cereal while you finish 3 hearty eggs, smoked salmon and cashews.

I guess we will meet again later at the beach in our swimming suits (If there is something I dislike is people ogling at me) and perhaps at the resort gym where they will be 'Going Karate' on the StepMICEter while I will perform set after set of interval Locomotion work on the floor. Don't worry, I'll warn them the floor is slippery from my sweat as they climb off their hamster wheel, it can be risky when you have such a poor balance.

I don't usually hang out in resorts, but when I do I find myself reflecting on my own choices.

Aspiration of normality. Phhh.

Comments:

S: What you do is admirable. The arrogance, however, is not.

A (responding to not just this comment, but others. I included this comment as an example and representative of others): I've sinned the sin of arrogance father, forgive me. I'll try to keep my thoughts to myself and not be totally honest about them - so that you will feel more comfortable when reading something that points at you. No.

Q: For someone who preaches movement, isn't moving on a hamster wheel better than sitting on the couch? We're all in different places on our own journey.

I have no doubt your instruction and wisdom is invaluable, but I wonder if all these folks you seem to consider to be unwashed masses would feel at all encouraged to follow the path you're forging if they knew those were the thoughts you held towards them, yknow?

A: Jon, different places in the journey - no, different journeys - yes. I could care a bit less about what the masses think - if I planned my path according to what people think I wouldnt have been here - that was my whole point!

S: I do, make no mistake, I'm a firm believer in elitism in ideas. Some ways are simply better than others, no doubt. Nothing wrong with bucking the trend of popular opinion for what you know to be right, and I give you all the credit and respect due for doing so.

My point, though, comes more from a personal value placed on compassion and in encouraging any efforts to improve one's situation. If that's not a shared value, then shame on me for the assumption. Either way, God bless and may you have continued success on your way. You're clearly happy with it.

A: Jon, ANY efforts in the right direction, yes. Waffling pancakes - thats hardly an effort and hardly in the right direction. As for compassion, well, I'd say I'm a believer in tough love and a Machiavellian. Love have many faces, as well as compassion. I dont believe you are truly compassionate while being soft, dodgy and un-truthfull. This is my way. There is enough to go around from the 'compassionate' approach, no need to get stuck here at my page if you are looking for that.

S: I do. You have some humbling coming your way. Open to it. Everyone is coming from a different place and is on a different journey.

A: Paula, I get humbled every day - and anyways you know - Karma will take care of me.

S: Ha, funny how negative People always take honesty.

But ATLEAST he's honest, not trying to be something he's not.

The truth is seldom very well received - especially not in the western world - a World going Down the 'bad lifestyle disease' drain.

Ido is, I believe, actually using his retorik because he cares for people.

We need Ido like folks to shout out loud, people who can create the health debat that is SOOOO neded.

A: Thats the thing, Thomas, the thoughts I put above will pass in the mind of ANYONE in a similar circumstances. The difference is I choose to publish them and dont plan my posts according to what people may like to hear or 'how I can increase my audience'. I didnt address any specific person - and so, I am not hurting anyone specific. But, those who will see their reflection in the mirror of the post - will not like it. Not at all. Thats cool and predictable.

Odelia kicking ass while teaching The Method in Canada.

http://www.youtube.com/watch?v=qnMkT9s_SPw

Recent footage from one of our internships in Phuket.

Big big pleasure working with this amazing group of people - never a complaint, hard workers, intelligent and not made of sugar.

If you wish to receive details about interning with us, email info@idoportal.com with subject line 'internship'. Thanks!

<http://www.youtube.com/watch?v=Vs841TMp1VE>

Evolution - do we need to take a step back? or two?

Literally. De-evolve. MOVE.

<http://www.youtube.com/watch?v=IzGKjXY52Uw>

Copenhagen Movement-X started today.

Great bunch of folks - packed house.

We started by talking shop - movement. From basic patterns and into the proper functionality of each major structure.

With shoulders and the Glenohumeral Joint, a very important and often missed piece of the puzzle is... Hanging.

Yes, not pulling. Not chin ups nor rows. Hanging.

Most people think they know how to hang, but actually, there is a lot more than just the normal, passive hang.

We use over 30 different hangs and develop them to a very advanced level and that is part of why some of our students are showing amazing results later on in pulling strength, (One Arm Chin Ups, Casse-Noix Sets, Full Front Levers and more) are sporting healthy shoulders and can brachiate, climb, propel and swing efficiently and joyfully.

Who should be pursuing hanging on a daily basis? All homo sapiens who can do so. Those that cannot - proper process and development of hanging is where you want to go.

Hanging is your birthright. Just like Squatting, walking, sprinting and crawling among many other patterns.

Comments:

Q: Intriguing! Will there be more information on/like this on your website?

A: 95% of our information is shared in person through seminars, workshops, internships. My best students have always been the ones who went out of their way to come, learn, participate and move. They are not necessarily wealthy people. They prioritized movement in their life. We put our best efforts into these folks - its a big pleasure of having so many of them here in Copenhagen from around the world - as far as Tokyo.

Many like to preach and quote simplicity and its truly an important aspiration, but when movement is concerned, we are who we are because of COMPLEXITY.

So, paraphrasing Albert Einstein, I suggest this:

"Movement should be made as complex as human and then as simple as possible."

Get it right, naked ape.

The Cruel Tutelage of Ido Portal - a collection of moments from recent events around the world.

Big big thanks to the sharp Vic Gathing for creating this short movie.

Enjoy, digest, implement and... MOVE.

<http://www.youtube.com/watch?v=hb7GjomO7Ns&feature=related>

YOU are not going to foam roll yourself into a side split.

YOU are not going to get a one arm chin from squeezing your butt cheeks together harder.

YOU are not going to fix your bad knees from strapping it with an elastic band.

YOU are not going to get lean by cheating your appetite with a suppressant.

All these things may work for a while, but just the act of pursuing them already comes to replace pursuing real solutions.

Truth is, wherever you look nowadays, there are shortcuts offered to you.

'Life Hacking', tips and tricks, etc - that is all we have these days.

Every system/book/method I see around lately is offering you their best icing to a cake you don't even have.

Becoming a better mover is about hours spent daily for years developing the basics and then applying them into... PLAY.

That is how the best movers on the planet are doing it, they are not a collection of shortcuts which lead nowhere, even if in the short term you see some benefit - think long term, my friends. Movement = no shortcut.

Oh, yeah, one more thing, if you write a book titled 'How to Become a Ninja' - you better be one yourself.

The king is naked.

Comments:

Q/S: Right so here you are another voice advocating another approach, how are people to know which one to choose when everyone presents themselves as an expert (as you reference in your post)? This is not directed at you personally - I think your work is very interesting, but there is no golden standard for anything. Its very easy to blame people who don't know better for doing the wrong things, but they are at least doing something. What we need is a better way for the right things to be exposed to people and not lost in a sea of half truths and noise.

A: And here I was under the impression I am putting out a message out there and educating people about the half truths. How shall people know? Common sense - the person selling you X does not have X. Thats only the first indication. The second is that success leaves marks behind it - how are the most successful people doing it? NOT through hacking, but through hacking AWAY.

Q: I heard foam-rolling helps recover the nervous system after training though. Have you ever used it?

A: Foam rolling is great - dont get me wrong, but its not the way real mobile people got to be mobile. Nowadays its being sold as the magic cure for cancer.

A **(to general public)**: Actually, this is not directed at anyone at particular but as with most of my rants - people always think it is directed at this guy or that system. Its the whole market or a very big portion of it. Few are exceptions to this rule. Look around.

When you start a movement - start it at the start.

When you finish a movement - finish it at the end.

Whatever you do - be present. Be there. Be respectful of that phase.

Most of my students are always amazed by the amount of details I require from their practice, the standards, the almost impossible to please aspirations, in their eyes.

It is not for nothing.

The best practitioners I've met have great attention to details - the place where both God and the Devil reside.

So, when you start a movement - set a standard - start it THERE. When you finish a movement - set a standard and finish it well.

Enough with the 'can you be more vague' range of motion pull ups with the constantly somewhat flexed elbows, moving through a distance that require atomic measuring tool to record. Its Shite. (German for 'not properly executed')

The start and the finish - not less important than the midst of the movement itself.

As the Chinese say: 'Dead tigers kill the most hunters'.

It aint over till the fat lady sings, Mover.

Helsinki, Finland Movement Experience started today!
Great fun, starting from basics.

Demonstrating here the Arching Scapula Pull In - some essential active hanging work we are using as basic building block to develop further SASS and BAS pulling work. A missing component from many people who go too quickly into pulling before addressing proper.... hanging. (All Homo Sapiens-Sapiens should hang. We are designed for it!)

Tomorrow - some more Movement Development.

Monday/Tuesday the team will be working with 15 Hockey coaches from the major league in Finland looking to develop their players into a bit more resilient, better, faster, stronger movers.

Sisu!



Get over your cotton wrapped delusions of movement - butterflies, hearts and unicorns.

Bring your body to reality.

Just look around.

The Cruel Tutelage has been making waves with 20K views in less than a week time. Many hundreds of people have been writing to us about how inspired they are to hear the ideas and the approach we take with Movement education - from the very basics and to the most advanced levels.

Thanks for your letters - if we have inspired one person - it is like we have inspired the whole world.

Stay on the move!

<http://www.youtube.com/watch?v=hb7GjomO7Ns>

Comments:

S: @Anthony Militello, Ido still stresses the basics to be refined over and over. Running, although seemingly simple, has many steps and people normally do not have very good form (heel strike). I would be interested in seeing how quickly Ido could complete a 5k. @Andrew, it is a basic human movement, like walking, hanging, squatting, etc.

A: Dear Ethan, I will respond quickly: 1. We believe in running. For over 10 years I've been performing at least one sprinting session a week. I can still perform 10 sets of 400 meter run with 120 sec (once only 90 sec...) of rest between sets while running all sets below 60 sec. 2. We don't believe teaching people how to run should be high in our priority list. A movement teacher who works with a group for 2-7 days should make his choices and we have made

ours. One cannot teach EVERYTHING. We are aware of running biomechanics, barefoot approach and problem with heel striking as well as all the various methods around it. We choose to teach what we view as NON EXISTENT (possible) human patterns with humans before addressing existent but problematic patterns. First things first. 3. As for your interest in my 5K - thanks for your interest, I have no problem going out on a 5K any day of the week but I have much better things to do with my time. I won't be winning any 5K competitions anytime soon but I don't think ANY 5K top runner around the world can even survive a few hours of movement with me. So, I sleep well.

S: Agreed on all of it, however, you still don't think something as natural as running should be refined every once in awhile in your students, from beginners to the more advanced? And the penultimate sentence, so true, so true. Thanks for all you do. You are changing the world every day.

A: Of course it should be refined - when you have the time and finished addressing priorities ahead of it. FTF.

Internships in Europe, North America, (Barbados) and Thailand are available in the upcoming months. We have had an amazing response for these events from around the globe. Dozens have already registered for upcoming events in 2013.

If you are interested in coming to move and learn with us for 5 action packed days, email us at info@idoportal.com with subject line 'internship'.

Internships are very small and private - up to 5 participants, cost is high and the amount of information given is a few times what you might be getting in a weekend workshop.

Yes, it's expensive, we know.

"A good teacher costs a lot. A bad teacher - costs more."

<http://www.youtube.com/watch?v=Vs841TMp1VE>

Comments:

Q: So it's more or less private training intensified. Doesn't really fit the classifications of an internship if you're charging now does it? That being said, it's still an AMAZING opportunity.

A: Mikal, no it is not private training only. It includes q&a's, movement and lectures about nutrition, periodization and programming, etc... It's an internship. Thanks for your concern.

Q: Are there any prerequisites for attending?

A: Pre-requisites: hard worker. Comes to learn. Not made of sugar.

S: I understand that. Personally I'd of thought you would want the right people to represent..not the ones with the most money. Either way I still enjoy your content just my opinion!

A: Scott, it's not our volunteer work, thanks for your thoughts, we are looking for the right people with the money to pay for our services. And we also believe in priorities and how far they can go

when it comes to money and what you want to do with it.

S: I think the label "internship" may have caused some confusion. To my knowledge it is often used when recruiting junior staff to do a limited trial period to learn "on the job" sometimes they get paid , sometimes they don't. But your customers pay to do some really hard work!!!!!!Not to be critical, but Nina is completely right: 'internships' has a completely different connotative AND denotative meanings from what is actually occurring in this instance: a paid seminar. Definitely is confusing. Anyway, I think the videos and emphasis on movement is fantastic! Keep up the good work!

A: Thanks for the help. Internship in the strength and conditioning world has long been a paid visit to a coach/teacher to study under him. Thanks for pointing to us the different terminology from different fields.

The Elevated Shrimp - the most advanced lower body quad dominant exercise in existence.

A pistol is a joke next to this one. I've seen numerous times people with 200+kg ass to grass back squats AND proper mobility to be in position but unable to perform even one rep of this drill.

Other benefits: VMO intensive, mobility, balance.

One of the two most difficult BW exercises for the lower body - the Elevated Shrimp. (Elite version)

www.idoport.com



Comments:

S: @Tamar It's a single leg squat variation. You start in an upright position and descend into the position shown in the picture. He has videos of shrimp squat progressions on his you tube channel.

A: Actually, Ragnar, you got it completely incorrect. This is a Starting Strength movement and

should be started with the concentric phase. Everything is so obvious and simple to people many times - and wrong.

After posting yesterday a picture of the Elevated Shrimp and describing it as 'the hardest quad dominant bodyweight exercise out there', there was a bit of confusion...

Let me clarify:

I am NO gymnast.

I am NOT the bodyweight training guy.

I do not protect any dogma besides.... Movement.

So, I spend the majority of my leg strength sessions doing Olympic Weightlifting and good old Squatting. (front, back, high bar, low bar, wide stance, myotatic, paused, and more and more)

Why?

Because long ago I reached the conclusion that:

'The Scapula craves complexity but the hips crave Intensity'

For Upper Body Strength development - the number one tool out there is a simple pair of Gymnastics Rings. Nothing comes close to it.

For Lower Body Strength - there is nothing like the Barbell.

No Kettlebell, Clubbell or Poppybell will bring you close to the Lower Body Strength and explosiveness of Weightlifting.

No Barbell, Dumbbells or Elastic Bands will provide you the transferable, wide spectrum and applicable (aka Functional) Upper Body Strength of Gymnastics.

Having said that, for total Lower Body development - there is more than strength and explosiveness to be developed. That is why you see us using various Low Gate Positions,(LGP) Locomotion Patterns, Loaded Progressive Stretching Protocols, (LPS) and Corset Body Armor Exercises for total development of springy, mobile, strong and resilient lower body.

I will not win any world championships with my squatting and try to keep it at no more than twice my body weight - any more than that makes me too much of a specialist in my eyes and move me away from the freedom/balance I am aspiring for in my body, but still I am a firm believer in achieving that number for generalists.

So, squat away, good people. Make sure to supplement your lower body work but DO practice your heavy back squats and pulls.

Comments:

Q: I do I was going to ask you the same thing how do you feel about Olympic shoes I would think that your ankle ROM would not even require you to use Olympic shoes

A: Olympic Lifting shoes - I treat those as a variation, like heel elevated squats. I do not use them all the time. Very similar to bouldering and rock climbing I do - without the shoes its a different reality but I will still go without shoes sometimes to stay connected to generalist movement. Of course your results will suffer as these implements have been created to increase sport specific performance. There is something to be learned from using them - but as a generalist mover, dont become too addicted to them. If you think that squatting heavy in olympic lifting shoes have hurt my feet or movement barefoot - you dont know me and have never seen me move. 90% of the time I am barefoot or with minimal footwear, so if you talk shit about my movement ability - at least do your research first.

S: I just love front squat and deadlift. They are the only exercises that I still need to go to the gym for. Great to see Ido recommending barbells.

A: Front Squats are great! Deadlifts are also great exercises, but I prefer the Olympic Lifts for pulling and then some supplementary heavy squatting. I still supplement a few uni-lateral drills for corrective purposes a month or two a year and *some heavy deadlifting, but I dont do it year around. (I can deadlift 200kg for reps any time without deadlifting heavy - again, its nothing to write home about but it means I can deadlift triple bodyweight and I am sleeping well with this) Its all choices. This expert recommend this and that expert recommend that, but for me the consistent results with explosiveness strength and speed coming from Weightlifters are the biggest body of information we have with building explosive strength. Yes - it can be done with different posterior chain work, speed days, etc ala westside barbell, but I just think movement wise these ATHLETIC fast lifts with good old DEEP and heavy squatting is the way to go.

Over the last 5 years we've had the pleasure of receiving a huge variety of specialists in their own fields to come learn and train with us.

- * Special operations soldiers from 8 different armies and some of the best units - around the world
- * Professional track and field athletes
- * Professional swimmers
- * Pro Dancers from the some of the most renown companies around Europe
- * Zumba elite practitioners (joke, joke... wanted to see if you will catch this one)
- * Circus folks, Acrobats and gymnasts - from Cirque du Soleil to international level gymnastics competitors
- * Martial Arts Specialists - traditional
- * Martial Arts Specialists - modern - MMA, BJJ, Wrestlers, Boxers
- * Team games pros - hockey, football, soccer, rugby, ...
- * MD's, chiropractors, physiotherapists, osteopaths, massage therapists, health care practitioners, etc...

- * Top level rock climbers and mountaineers
- * Crossfit elite game finishers - both female and male
- * Yoga practitioners and teachers in the top of their field

And more...

This opportunity to work with such amazing and diverse, knowledgeable and professional crowd puts us in a very unique position to receive information and exchange movement on a very wide scale level.

Our system has been effected tremendously by this contact and I want to thank all that have contributed - a little or a lot to this.

Speaking the language of the elves, the hobbits, the wizzards and the trolls is a great opportunity to appreciate and realize the world around you in a very special way. Our Movement approach will remain on a wide scale and will continue to offer services to specialists as well as support the generalists.

Whoever you are - you WILL have to move. There is no choice, so the only question is - how well do you do it?..

Comments:

Q: are you going to write a book about your system?

A: I've said it a million times before - I am too young to write a book and not cheesy enough to produce a DVD. Seriously enough - they are not GOOD tools for movement development but I may come to a point where I feel they are necessary. We are working on a few educational projects for you - good folks. In the meanwhile - there is nothing we appreciate and love more then meeting you in person and working with you - the original human way.

"The height of the pyramid is dictated by the size of its base"

A great example of how being a good overall mover (check out the beginning Cossack dance and at 04:00 into the clip for some nice breakdancing skills) can mean your specialization will go far and with less issues developing over the years.

Judo - an excellent sport/martial-art/movement-practice to pursue. Fast, athletic, intelligent, sensitive, powerful and tough.

Enjoy!

<https://www.youtube.com/watch?v=L0sVn5QjUss>

Comments:

S: That's no Cossack dance. That is lezginka from the caucas mountains. Still awesome!

A: Anton, I stand corrected. I was once in the foothills of the Caucasus Mountains (Russian Territory) with a friend. Very tough people live there. Drank from the stream and ate some of the best lamb meat ever.

You are what you do often.

Your structure, your nervous system, YOU, are always in 'big brother' mode.

They are listening to every move, every choice, every action or lack of and are making sure to HELP YOU become better at those. Next time you make that choice - it will be a bit easier or you could take it a bit further.

It means:

whether you are aware or not,
whether you are in full control or not,
whether you want it or not...

Your choices are you.

Choose well.

Comments:

Q/S: My hardest choices are with diet... You travel a lot. How do you keep up paleo

A: I've been doing this for a long time, my friend. I've made many mistakes but with time realized more and more that what I put in my mouth changes my subsequent reality. This realization is never perfect (as some may claim) but a constant work in progress, but the more I mature into my practice, life choices, etc - the better and stronger it becomes. Keep getting back on track if you fall off the wagon and motivate yourself to support your choices. It WILL become easier.

A recent blog post from one of our Movement-X attendees. For the ones interested in more details about the experience.... Enjoy!

<http://primalmovers.wordpress.com/2013/06/05/ido-portal-keep-moving/>

Nothing better in this life than moving.

Once its taken away from you - you will know what I mean instantly.

So, appreciate what you have - as little or as much. Use it - right now and enjoy every moment.

If you are a bit tired or lack the inspiration - start by working on that issue first - gear yourself up.

Take 10 min and do some YouTubing of some movement clips that make you tick.

Got inspired? Lets work on your energy...

Do some deep breathing with closed eyes, or perhaps 10-15 min of 'Firebreathing' (if you know how to do it) and some basic joint mobility. Here is a good, basic one to start with:

<http://www.youtube.com/watch?v=SOEV26N2VOE>

From there - take it as easy or as hard as you feel like it, but DO IT. Move.

You can thank me later, dont waste another moment!

<http://www.youtube.com/watch?v=SOEV26N2VOE>

Comments:

Q: What's your stance on warming up the knees? I've been told not to do anything more than hinge-unhinge the knees, not to do any of sort of rolls of the knees, etc. Just would like to know where you stand. I'm neither for nor against, I'd just like to know what would benefit and what wouldn't.

A: If you want to know my stance on rolling your knees, YouTube 'the improper alignment speech' and 'the cruel tutelage of Ido Portal'. I roll my knees, every day, cause I have no delusions about movement. My knees feel great- better than ever. My 60+ year old mother rolls her knees as well- every day. She used to have pain, from lack of movement, but now- it's much better. Of course- apply with caution and start the first year- very easy, but that is obvious, no?!

First day of the Internship in Europe today.

Lots of fun and movement exploration.

Morning Session: (3.5 hours)

We started with some basic 'Terminology Work' ending in floor to squat transitions.

From there - Locomotion Work - flowing between Quadrupedal to Tripedal to Bipedal gate and back seamlessly. Many patterns. Where most systems talk about 'achieving flow' have a dozen patterns or a few dozens, the language we use - contains HUNDREDS of them. 4-5 different ones were shared today, more during the rest of the week.

Handstand work was next - line, line, line and then freestanding work on one or two arms.

Finished with Ring Strength work - according to level: from Elevators, FW and BW Rolls and down to Muscle Ups. Yes, we have a pretty advanced group this time, but its not always the case!

Afternoon Session: (3 hours)

Started with Corset Protocol for the Wrists - getting those wrists pliable, warm, conditioned and resilient.

SASS was next - sets of Planches alternated with Front Levers.

Onwards into Tai-Chi Pushing Hands Work - building basic hand sensitivity, ability to transfer force into ground efficiently as well as relaxation and fluidity and finishing up with some fun

Pushing Hands matches - all against all.

Next up was Organic Push Up Variations Flow - from two arms and two legs to one leg and one arm only. This can get pretty intense... Sets of 60-120 sec without stop.

Went together to eat a great Lamb Knuckle and some Salad and called it the day.

Tomorrow - Some more.

Comments:

Q: do you work back levers at all?

A: Back Levers are so basic after a certain level, you just play around with it once in a while inside a Ring Routine or a flow sequence. There is not even a need to maintain it - if you are working correctly. Of course, for many beginners- it still takes hard work and effort to get their Back Lever- but from my experience, after an initial level of strength has been developed - if you are still unable to perform a full back lever - its probably a technical issue. I've taught hundreds of people over the last 4 years to do a back lever - in their first day.

Old Blog Posts

<http://idoportal.blogspot.com/>

Natbag Airport, Israel, on my way to Russia...

People. So many different shapes and forms, sometimes it's hard to believe we are one species. One sleepless night, last week I found myself staring at the TV screen, watching a National Geographic production, marveling at the quantity of different forms of Jellyfish in the world. But people are also very diverse. We have them at a smaller selection of colors and the size of the packaging doesn't vary as much, but that's only on the outside. If you take into consideration their knowledge base, souls and characters, mankind is the most diverse and interesting species of all.

So next time the optimistic guy standing next to you blabs out: "we are all alike, brother", you had better take it with a grain of salt, my friend. Don't take my word for it. Look around.

I usually spend my mornings training by myself. Sometimes I do it in my house, other times I like to get out and get some fresh air. My training consists of a some joint mobility, dynamic stretching, and elements from Capoeira, slacklining, some kind of strength training, gymnastics and other disciplines.

I went today to see the city of Novochoerkask. It's a 300,000 people city near Rostov that used to be the capital of the Don's Cossacks. (The Don is the river that Rostov is located on his right bank)

The Cossacks did not let any Jews or Armenians live or even enter Novochoerkask at the old times, and due to that isolation from strangers the city remained very small and never grew to fulfill the destiny the Cossacks hoped it will have. Instead Rostov took the glory and became the 1 million citizens city it is today.

The Cossacks were strong people. They were great horse riders, and used beautiful and sophisticated weapons in their wars and resistance to the Zhar Peter the Great.

In Novochoerkask we went to a boxing gym. When we got in, the only man present was the 60 year old trainer and his helper. The boxers were out running to warm up. The room consisted of a ring, two old leather heavy bags and a swedish ladder in the corner.

When the boxers came back it was interesting to watch that the same technique I have learned from my Russian boxing coach in Israel is taught here. The room was packed and the guys were sweating heavily and working hard. This gym is situated inside a university and the students need to complete some sports courses requirements. Boxing is one option.

Inside the gym I got into a conversation with a nice russian kid that speaks good english (russian standarts), and he told me he is a 1st dan Karate practitioner as well as a competing boxer. He was very nice and described their weekly training and strength work with the bar, dips, pushups, the Gyria and some lower back hyperextensions. Its interesting to see this completely different training methodology and physical culture. Let me tell you, while those poor souls over at the west are doing some machine biceps curls and leg extensions, these kids are really training here. Swedish ladders, Gyrias and heavy plates are everywhere, and used heavily. The full ROM back hyperextension off a back of a gymnastics horse is a staple. Bodies are forged here with Iron, sweat and blood. No air conditioning, gym gloves and pull down machines for us, thank you. This is the real deal, 'Brotan.

Comments:

Q: Are those gymnastics rings in the mirror?

A: yes those are gymnastics rings. They are used often in Russia for conditioning, not only by gymnasts.

Q: What are your thoughts on body types? I have a pretty slight build and I've hung around 145 lbs since I graduated high school. I would like to put on some weight so I can put more "purposefulness" into my Capoeira movements. Do you think that's a good idea? Or do you encourage people to work with their natural body types?

A: Structure follows function. Train the way you want to perform, your body will do the rest and

follow along.

My recent morning routine, just after waking up and before breakfast:

- A. full body mobility routine
- B. dynamic stretching lower body + upper body
- C1. ecc one arm chinups 1 rep per side lowering 4-10 sec and going up with the help of the other hand pinky finger only
- C2. 15 sec one handed elbow lever one rep per side
- D. extra training - this varies from morning to morning, sometimes some jumping pistols, some times muscleups or some kind of handstand work or pressing

The intention is to reach the one arm chinup again in both arms, and to improve control in the one handed elbow lever - to 60 second total time without touching the floor.

Usually afterwards I do some dousing with cold water - 3 buckets on my head or swimming in the sea.

Then come breakfast - some kind of a protein rich in L-tyrosin - omega 3 eggs or red meat with a handfull of nuts and my morning supplements. This is the ultimate breakfast choice for someone looking for energy in the morning, as opposed to the 'old school' and wrong view of a carb loaded breakfast. This bad choice would lead you to play the 'insulin-blood sugar' rollercoaster game the whole day, while feeling drained of energy and tired. Try it.
