

Internal Coordination  
Movement  
and  
Posture



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Replace:

Effort with Skill

Forcing with Clarity

Domination with Cooperation

“It is simple and easy,  
but it seems complicated and difficult  
because it is so different  
from what you are used to.”

“Read this booklet more than once!”

Al is a rock



Al can be moved but can't move itself.

Al has no moving parts.

Bob is a skeleton.



Bob can be moved but can't move itself even though it has joints and movable parts.

Bob can't move its hands, arms, shoulders, feet, legs, hips, back, neck, head, or any other part of its body because Bob has no muscles.

You, the reader, have a skeleton, joints, and muscles.

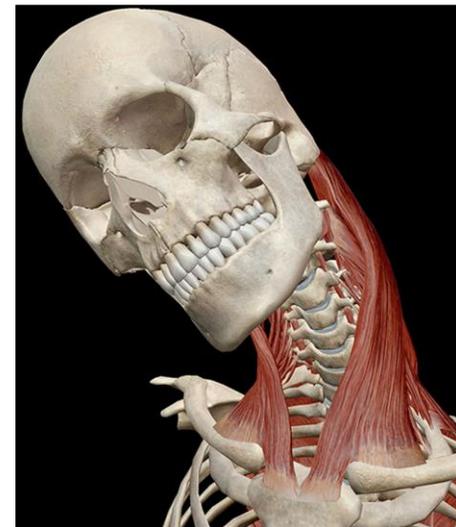


You can move your own body. You can move any part of your body that has muscles attached to it.

Your muscles are arranged in opposing pairs called “**Antagonistic muscles**”.

One muscle moves your body one way, and the antagonistic muscle moves it the opposite way.

Example: One muscle bends your neck to the right and the opposing muscle bends it to the left.



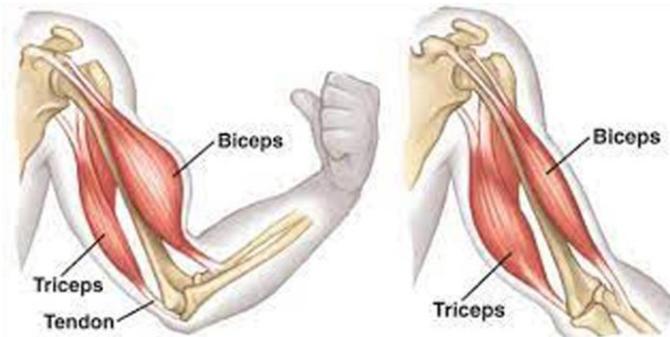
This is the arrangement of muscles attached to every moving part of your body.

When you are moving with intention, on purpose, with an end in mind, to achieve a goal, the activation of your muscles can't be random.

Moving on purpose includes bending, reaching, lifting, sitting, standing, walking, turning to look behind you, and all other everyday activities.

Everyday activities are repetitive and require opposite, or alternating, movements.

Example: Every time you bring food to your mouth, your elbow bends, and every time you reach for more food, your elbow straightens.



At some point in your life, from the moment of birth, you had to **learn to coordinate** almost every movement you can do today.

All the movements you do in everyday life require coordination even if it doesn't feel that way to you.

I call this “**Internal Coordination**” because all these muscles are inside your body.

Internal coordination is often very complex and refined, even for the simplest actions.

Example: Taking a sip of water requires you to extend your arm to the right place, close your hand around the cup with precise pressure, bend the elbow and move the shoulder to bring the cup to your mouth, slightly rotate your forearm so liquid doesn't spill, open your mouth and close it at the right timing, and swallow. There is also a minute shift in weight which you must compensate for.

**Doing this simple activity, you have coordinated several dozen muscles!!**

**Internal coordination** is how your body internally coordinates the activity of your muscles so you can move the way you want to move.

In order for your internal coordination to be useful for you in everyday life it has to be:

- Sufficiently good to achieve your intention
- Reliably repeatable
- Must be done:
  - in the right direction,
  - with the right timing,
  - with the right precision,
  - with the appropriate strength

**Internal coordination for every movement and every activity must be practiced** until it is done well enough for it to be repeatedly successful.

Therefore, **all actions and all movements you do are skills**, which you developed to a greater or lesser degree.

You have to learn how to coordinate **every new movement** you want to learn, in any area of life.

You can perform an action or a movement well when you have learned to coordinate it well.

**Every movement was new to you when you were young, so you had to learn how to coordinate it internally even when the goal was external.**

How well did you learn it then?

How much did you improve it since?

What are the symptoms of a well-coordinated movement or action?

What are the symptoms of a poorly coordinated movement or action?

- **A well-coordinated action is also a well-developed movement-skill.**
- **Tension and stiffness are basically antagonistic muscles playing “tug of war”.**

**Poor internal coordination** happens when antagonistic muscles work at the same time.

**Stiffness, tension, tightness, effort, painful movements, and bad posture are the results of poor internal coordination.**

Poor internal coordination feels difficult, the body parts being moved feel heavy, and the joints feel stiff and stubborn.

Example: Dropping the last inch or two when going from standing to sitting in a chair, and having to use the arms or swing the entire body when going from sitting to standing, are symptoms of poor internal coordination.

**A bad case of poor internal coordination is chronic tightness and tension.**

The worst case is rigid paralysis. This happens when antagonistic muscles contract at the same time to the same extent and remain contracted. In this situation there is **all effort and no movement**.

**Good internal coordination** happens when antagonistic muscles alternate their contractions and relaxation.

**A relaxed body, easy and pain-free movement, flexibility, and good posture, are the results of good internal coordination.**

Good internal coordination feels like body parts are light and easy to move regardless of the actual physical weight, the joints feel lubricated, and an upright posture comes naturally.

**“Upgrading”** is the process of improving internal coordination.

**“Resetting”** is the process of getting rid of tensions so they don’t accumulate from day to day, week to week, month to month, and year to year.

Good movement **and** flexibility **and** good posture are the result of good internal coordination.

**Good movement is more important than correct posture!**

“Book perfect” posture is worthless if your entire body is stiff. Despite the “perfect” posture you will find it difficult to move and hard to enjoy your activities and everyday life.

An imperfect posture, in a body that is flexible and strong, has only a negligible effect on your life and everyday activities.

**Posture is secondary to movement when it comes to being active and enjoying your life**

Therefore, it is more important to improve your movement by resetting and upgrading your internal coordination, than it is to work on your posture.

Most problems with movement and posture are the result of poor internal coordination right now, at this very moment, even if these problems were originally caused by injury, surgery, accident, aging, compensations, or a neurological disorder.

**Upgrading and resetting reduce the undesirable effects of past injuries, surgeries, accidents, aging, bad compensations, and long-standing habits of poor internal coordination.**

**Upgrading** can be done in trainings, workshops, classes, and private sessions.

By upgrading your internal coordination, you can make difficult movements easy again and improve the quality of your life considerably.

**Resetting** is done by practicing “**Relaxation In Motion Exercises**” (**RIMEs**) at home. Resetting is not done by stretching (see page 15). Resetting prevents deterioration of internal coordination.

**RIMEs** can help you get rid of chronic tensions so your movements and posture will improve easily and naturally.

**In our society it is common (and even expected) for internal coordination to decline with age.**

This is not a result of an unavoidable biological process but, most of the time, a result of neglect and abuse. **It is a byproduct of repeatedly forcing the body to perform, rather than gently teaching it to cooperate.**

Declining internal coordination is experienced as the body becoming increasingly stiff and stubborn, the range of motion becomes limited, and strength dissipates.

Another way to say it is that **your movements are getting old.**

“**Old Movement**” and “**Old Posture**” are an indication of the quality of internal coordination, not the age of the person, so even young people can suffer from them.

Even though chronological age can't be reversed, **old movement and old posture can be reversed and made young again.**

**Most of the stiffness and tensions you have today are held by your body habitually and subconsciously.**

These tensions usually feel just like your normal state of being, but ‘behind the scenes’ they are chronic contractions resulting from chronically poor internal coordination.

This better state of being can be achieved by teaching your body how to be more relaxed while achieving the same, or better, results: a better yoga posture, a better golf swing, easier time doing yard work, etc. etc. etc.

**It is possible to get rid of them by upgrading your internal coordination, resetting regularly, and refining your movements.**

All chronic contractions get in the way of improving your internal coordination.

You know from your own experience that **the opposite of tense and tight is “relaxed”** not “stretched”. Improving internal coordination takes time and repetition, relaxed exercising, and **practice with the least amount of effort.**

**It may sound amazing, but it actually requires effort to be stiff.** It requires both antagonistic muscles to be working at the same time, but not to the same extent.

Example: a stiff knee requires the quadriceps and hamstrings to be working at the same time.

When these same muscles are well coordinated and their activity is alternating, the knee will bend and straighten with ease, to the limit allowed by the skeletal structure.

Specific RIMEs can greatly improve this, and other, situations and conditions.

**Internal coordination can range from “very poor”** in which there is a lot of effort, little movement, and dissatisfaction with the results, **to “superb”** in which there is no feeling of effort, movement is easy, powerful, and precise, and the results are very satisfying.

**Upgrading your internal coordination can be done at any age.**

**Resetting practice, using RIMEs, is simple and easy, and can also be started at any age.**

RIMEs are selected specifically for you, based on your individual patterns of tensions and your goals.

RIMEs become more effective and yield more benefits with practice.

To find out exactly which RIMEs you should practice, and how to practice each one in the right way, contact Ofer.

One generally beneficial RIME is described on the following page. **Read the instructions every time you are going to do this RIME!**

### **First RIME: Tilting the knees**

**Every RIME has 4 parts:** Starting position, Action, Echoes, Adoption. The action is what you do. The echoes are what happens as a result. **The echoes are much more important than the action.**

**Starting position:** lie on your back with your legs bent and your head on a comfortable pillow.

**Action:** tilt your knees right and left, stopping in the middle every time. Make sure that your movement is deliberate, in a comfortable range (easy to tilt and easy to return to center) and comfortable rhythm, with **no stretching at all anywhere in your body.**

**Echoes:** notice everything else that is happening in addition to the knees tilting and returning. Notice if the feet are rolling on the floor, if your pelvis is rolling, if one side of the back is lifting, if there is movement in the shoulder blades, neck, head, hands, elbows, etc. **Refine your ability to notice!**

**How much you notice is much more important than how many repetitions you do.**

Do this RIME for only a few minutes, then get up and note the changes in your standing and walking.

Repeat twice a day for 2 weeks and **notice the cumulative effect.**

### **Dynamic Posture Analysis and Correction**

Posture, despite what the word implies, is not stationary. It is an active state your body maintains and resets every 1/5 of a second.

**When viewed from your body's internal perspective, posture is a very dynamic activity!**

**A Dynamic Posture Analysis** gives you information about the chronic tensions that persistently prevent your body from moving more easily, being more flexible, and having a much better posture.

The process of correcting movement and posture can be greatly accelerated through **SugiTouch sessions with Ofer** and **Sugi Movement Lessons (SMLs).**

*Contact Ofer  
to schedule a Dynamic Posture Analysis.*