

Staccato Breathing

Staccato Breathing is particularly useful because of its phases of charge, discharge, and relaxation. Also, it has the potential to open blocked energy in every segment of the body

Basic Staccato Breathing

The active (expansion) movement begins with the breathing. The client is asked to lie down...with her feet flat on the floor and knees bent. The client is directed to close her eyes and breathe in short, strong sniffs through the nose, keeping the mouth closed, to the count of five...The client's back is arched, the chest is pushed forward, the shoulders and the base of the pelvis are thrust back into the floor. The curve in the backbone creates a space between the back and the floor...Arched and feeling the stretch in the spine, the client holds her breath for about three seconds before exhaling. This pause allows freshly oxygenated air to be distributed to the blood and the muscles.

During the exhalation stage, the complete expurgation of the nutrient-depleted air is required. The client is told to release the breath through the mouth...until all the air is expelled, while vocalizing a sound, either "uuuhhh" or "hohohoho." Simultaneously, the position is reversed. The shoulders are lifted off the floor and rounded toward the heart, the lower part of the pelvis is tipped up about one inch, the abdomen is

tightened, and the back is flattened on the floor. The body is now in a state of contraction.

In the third phase, the pause, the client's body relaxes...then starts the cycle of breath again.

The following variations are used during the vocalized exhalation: (a) rubbing the top of the head with one hand, and the throat with the other; (b) wrapping both hands around the throat and massaging it; (c) stomping the feet and hitting the mat while saying "No"; (d) hitting and kicking upwards and out with extended arms and legs; (e) rubbing the knuckles into the jaw and masseter muscles; (f) raising the pelvis up and hitting it down while saying, "Never" or "I won't give it to you"; (g) raising the legs straight up toward the ceiling, with the feet pointed toward the face and letting them shake and vibrate; (h) varying the pace or pitch of the breathing, from slower to faster and from louder to softer; (i) massaging the intestines with the fingers, making small circles in the spots that hold tension; and (j) placing the fists under the small of the back and bouncing on them.

These variations take place during the exhalation phase, except for changes in speed and pace of breathing, which take place during the inhalation. Each exercise may be used alone as a specific technique to work with a particular block in the body or combined sequentially to work with several blocks in the body.