

PASTORELLA
Health & Fitness



Natural Motion Warrior

The Power of Letting Go

Stress-reduction and self-mastery, taught
by natural health expert Rich Pastorella

made with

Beacon



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Introduction

Congratulations, you've taken the first step in re-discovering your mental and physical health.

The development and culturing of the human being, both physically and mentally, has improved dramatically in the last decade. Physical training is both more sophisticated and more comprehensive than ever.

The focus now is on the whole human. This being said, there is still one globally important attribute that is often overlooked: ***the ability to let go of excess tension.***

Key Subjects In This Book

Although this attribute is overlooked, the ability to let go of excess tension helps to fix such timeless challenges as: **stress, chronic muscular pain, premature aging, weight loss** and even **maximizing athletic ability.**

Now the most important question: if this ability to let go of stress is so important, can I learn it? Who has been successful in the past at developing this ability? The answer, I'm here to tell you, is yes. You can learn this skill and I'm here to help you do so.

A handwritten signature in black ink, appearing to read 'Rich Pastorella'.

Rich Pastorella

About The Author

Rich Pastorella has been at the forefront of neuromuscular therapy since its beginnings in the early 1980's.

About 20 years ago I was serious martial arts student training in traditional Okinawa Karate.

In order to accomplish my career goals of becoming a professional kickboxer and bodyguard, I often trained twice a day, usually at very high intensities. I was, by all traditional standards, in excellent-to-elite condition. Despite this elite level, however, **I was too intense in what I was doing.**

This intensity led to a life changing event. A neck and throat injury took me from being an accomplished athlete to lying flat on my back. Over the next two years I went from doctor to doctor, including chiropractors, with only minimal relief.

Luckily, because of my martial arts background, I was exposed to the emerging fields of natural and mind-body medicine. This quest led me first to **Paul St. John** and his **Neuro-Somatic Therapy**.

His groundbreaking research demonstrated that chronic muscular pain, the most likely reason an individual would seek a health professional, was really caused by ***chronic, habitual hyper-contraction of the soft tissues of the body.***

That's why I offer neuromuscular therapy. I know it helped me to regain balance in my life, and I want to use that knowledge to help you learn to reduce tension in your life. Read on!

The Mental Component

As I transitioned from Western boxing and wrestling to Eastern martial arts, I quickly began to realize the profound effect that the mind had over the body. Many abilities that I assumed were beyond my capacity, proved to be only mental limitations.

For years I studied them, comparing these modern techniques with the timeless, mental techniques from Oriental martial arts. At first, my interest was only in enhancing my own training. Later, I became interested in applying these techniques in the service of others.

The Tai Chi Master

At this point of my injury I was progressing slowly. The neck pain that I had experienced daily was now managed by weekly neuromuscular therapy visits. My frustration remained, however, because I couldn't return to the level of activity that I had previously enjoyed before the incident.

One day, as I was discussing this fact with a young fellow who used to date my sister, he mentioned a man that he was training with who was very involved in martial arts and mind-body medicine.

At that point in time, I didn't have much regard for Tai Chi as a martial art. In my misinformed opinion, I believed that Tai Chi was an exercise for the elderly. Luckily, I was in a humble enough state to try anything.

At my friend's suggestion I went to visit this man.

His appearance made him look even less likely to be a martial arts master - he never even wore any traditional uniform!

I persevered, however, and found him to be exactly what he was purported to be. He was a legitimate fourth-generation lineage holder in Yang Style tai chi. ***This is almost impossible to find.*** His abilities as pertaining to health and martial arts were in my experience unparalleled.

His primary message tied my prior experience together. It all made sense now.

Release Excess Tension During Motion

For an individual to restore health and balance they had to normalize muscular tone in the body. Because of the speed of our modern society and accumulated trauma, most people are experiencing areas of hyper tone.

To restore balance an individual must learn to ***let go of excess tension during motion.*** This ability to let go could be cultivated or developed and it is the primary goal of all of the internal arts such as Tai Chi.

My master instructed me both physically and verbally. I learned from the best, and I want to share this information with you.

Our Solution

After I had transformed my own health, I soon came to realize that there were many other people who had these same needs. That is when I developed the Pastorella Health & Fitness Center in Hazleton, Pennsylvania.

This facility is dedicated to combining 21st-century fitness technology with ancient healing wisdom to combat the three 21st-century health epidemics.

1. Obesity
2. Chronic Muscular Pain
3. Stress

For the past 20 years we have served our area by making these methods available to the public. Needless to say 20 years ago, many people in a small town were not very receptive to these timeless methods. But by following the tried and true business model of helping one person and having them tell another it soon caught on.

Our next challenge was to extend the scope of our reach. That's why I started our Online Tai Chi classes. This e-book walks you through the first week of the program. We know that if we give you excellent information and if you apply it, then you will get results.

How to Use this E-book

First and foremost, you should remember that before you begin this or any other fitness regimen you should see your family doctor to be sure that you are healthy enough for this activity. Take this e-book to him and show him what you intend to do.

Tai Chi is a very gentle method of physical and mental improvement. To get the most out of this you should take the following steps.

1. See your family doctor
2. Read the e-book cover to cover
3. Reread the first exercise
4. As you perform the first exercise be sure that you are in a proper training zone.
5. Begin slowly and work your way through the weekly training log provided.
6. Once you are comfortable with this program, you can continue by joining our [online Tai Chi classes](#)!



Training Zone

This is one of those terms that is thrown around all the time but nobody seems to be able to define. For our purposes we will use the following parameters:

1. **Pain** - on a scale of one to 10, one being no pain 10 being the worst pain that you've ever experienced, you should never experience more than a two during training.

2. **Technique** - on a scale of 1 to 10. The one being the technique is unrecognizable 10 means that it is the best possible. You should achieve a 7 or higher before moving on to the next level of complexity in the exercise.

3. **Exertion** - on a scale of 1 to 10. 1 being no effort at all 10 being the hardest you've ever experienced work. You should experience a 3 to 5. It should be noted that pain is the primary modifier. For instance, if you can only exert at a level two before you experience pain, then that is only how far you should go. You should never exercise into pain.

4. **Tempo** - to begin it should take you about 3-5 seconds to complete each step of the exercise. As you progress it may change, as your mental focus and ability to stay in the moment improves. Comfort should be your primary guide. Avoid rushing especially when stressed.

Exercise #1: Tai Chi Arm Rise (Level 1)

The Tai Chi arm rise, sometimes called "opening Tai Chi," when executed precisely, is considered to contain all of the elements of the entire Tai Chi form.

It is in this exercise that we are first introduced to the concept of “Sung” or the ability to let go of excess. When you're performing this move, it is important to remember to create the movement by letting the appropriate body part fall through space. Do not lift it or flex it. You are creating momentum purely by letting go.

By letting gravity have its way with your body. As you progress you will find that you develop a much sharper kinesthetic sense. This is the sense that allows you to perceive your movement through the space around you. As this develops, and as your concentration improves you will notice that you become much more precise in performance of these exercises and they become dramatically more effective!



Heaven/ Earth Connection

This is the Chinese way of saying we are looking for efficient postural alignment. To achieve this, imagine a string lifting the crown of the head lightly, while the chin settles to a neutral position. This allows the neck to drop into a comfortably, long and natural position. Do not strain. This is achieving heaven. To achieve earth allow the tailbone to drop under as it points to the ground. This will seem a lot like a pelvic tilt. Your knees should be slightly bent and your feet should be pointing straight ahead.

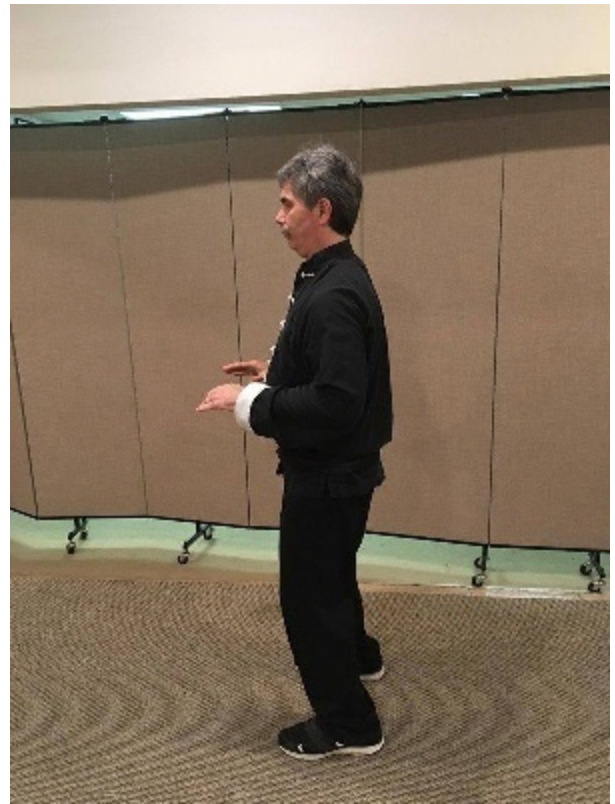


Ward-Off & Press

Step 1- Begin by imagining strings lifting your wrists, your fingers remain weighted downward. The process will end when your wrists are slightly above your shoulders and approximately shoulder width.

Roll-Back

Step 2- We changed the orientation of the photo to demonstrate that the elbows have settled directly below the shoulders where gravity would take them. You should not flex the lats and retract the shoulder blades or pull the elbows behind the shoulders. Move only as far as gravity will take you by letting go. The movement is elbows drop down and back to rest under the shoulders.



Push

Step 3- Again we are working from a side view. Your next step is to consciously relax the biceps and allow the palms to drop directly below the elbows. Gravity creating momentum slowly.

Release

Step 4- In our last step you will relax the forearm extensor muscles and allow the fingers to relax directly below the wrists. This will feel like the fingers got heavy. Your entire arm should be limp now. If you moved your waist they should swing. You are now ready to begin the next repetition.



Exercise #2: Tai-Chi Arm Rise (Level 2)



Natural Stance

Step 1- Begin in the natural stance.
The same position that you ended in
the previous exercise.



Press Back

Step 2- Initiate by leading with the palms as you press, first back and then upward. Do not strain. As you are pressing back open your fingers or spread them, opening your hand. As you press back maintain your posture.



Natural Stance

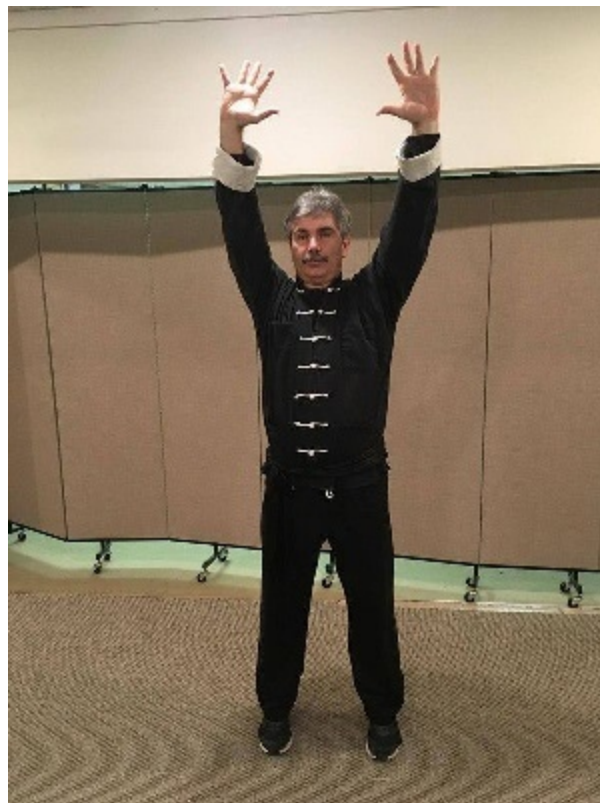
Step 3- By releasing the hands and arms, slowly return to the starting position. Repeat as programmed or desired.

Exercise #3: Tai-Chi Arm Rise (Level 3)

Beginning

Step 1- begin in the natural stance, with your hands reaching slightly upward.





Reaching Phase

Step 2-Maintaining a Heaven and Earth connection, reach upward as far as you comfortably can. At the same time, go up onto the toes. Hold one to two seconds.



Release Phase

Step 3- Slowly and Smoothly return back to the original position. Allow your knees to soften and bend slightly to bring you back to full natural stance.

Exercise #4: Tai-Chi Arm Rise (Level 4)



Starting Position

Step 1 -Begin in the Natural Stance, arms hanging directly onto the shoulders.



Lateral Arm Rise

Step 2- Imagine strings lifting the wrist, fingers weighted, arms lifting to the side, slightly above the shoulder.



Anatomical Resting Position

Step 3- initiate by allowing the fingers to remain in place as the wrist drops downward. Next, allow the whole arm to drop down to your sides until it comes to rest directly under your shoulder in the starting position.

Weekly Training Regimen

Weekly Training Regimen

As with all training regimens, it is important to begin this training gradually. Follow the directions, and make sure to reread parts of the e-book. Each time you combine **review** with **practice**, you will find that you become more precise and effective in your application of these timeless health practices.

That said, don't expect perfection. This is just as bad as doing the exercises mindlessly. Balance is the key. You should use about 50 to 70% of your mental concentration on perfecting the form. Over time your concentration and focus will improve. This is true progress.

Week 1 - Day 1

1. Read the entire e-book
2. Reread Tai Chi Arm Rise Level 1
3. Practice Step One to Step 2 Five Times Allowing Your Palms to Drop to the Starting Position Each Time.
4. Practice Step 2 to Step 3 -Five Times
5. Practice Step Three to Step 4- Five times
6. Practice step 4 to step 5 -five times
7. Practice all the steps in order five times, completing the entire Tai Chi Arm Rise Level 1.

Day 2

1. Level 1 Tai Chi Arm Rise five times. This is the entire movement practiced in step seven of Day one.
2. Re-read the e-book level 2 Tai Chi Arm Rise.
3. Level 2 Tai Chi Arm Rise five times.

Day 3

1. Level 1 Tai Chi Arm Rise five times
2. Level 2 Tai Chi Arm Rise five times
3. Level 1 Tai Chi Arm Rise five time
4. Level 2 Tai Chi Arm Rise five times

Day 4

1. Re read the e-book level 3 Tai Chi Arm Rise
2. Level 1 Tai Chi Arm Rise Five Times
3. Level 3 Tai Chi Arm Rise Five Times
4. Level 2 Tai Chi Arm Rise Five Times
5. Level 3 Tai Chi Arm Rise Five Times
6. Level 1 Tai Chi Arm Rise Five Times

Day 5

1. Reread the e-book Level 4 Tai Chi Arm Rise
2. Level 1 Tai Chi Arm Rise five times
3. Level 4 Tai Chi Arm Rise five times
4. Level 2 Tai Chi Arm Rise five times
5. Level 3 Tai Chi Arm Rise five times
6. Level 4 Tai Chi Arm Rise five times

Day 6

1. Reread the entire e-book
2. Level 1 Tai Chi Arm Rise five times
3. Level 2 Tai Chi Arm Rise five times
4. Level 3 Tai Chi Arm Rise five times
5. Level 4 Tai Chi Arm Rise five times
6. Repeat steps two through five

Day 7

My personal training philosophy is that no program should be executed every day. There should always be one day in seven to rest.

If you liked this Tai Chi training, then here's the second week's training: Go back to Week 1, Day 1 and repeat the same program adding 5 repetitions to each exercise. This will bring the total to 10 repetitions. Follow through on each of the other days doing exactly the same thing. Each day, you'll be doubling the amount of repetitions.

After that, I would suggest to contact us! I would love to hear from you, and continue training with you and mastering your health. Check us out on our website, where you can take advantage of our **online training program** where I can guide you in the process. Thank you!

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Contact Us

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