

# Core Activation

(information from the Edu-K In Depth manual)

Core Activation may come up as part of the learning menu when the hips, shoulders and torso are not moving freely in all directions.

## Education:

With the student standing, push and twist gently on hips, shoulders and torso, noticing their stability.

- Do they have the body awareness to stand firmly against your pressure?
- Is he/she able to be “pushed around” or is this person a “pushover”?
- Can he/she stand firm and “hold his ground”?

## Learning menu:

As you work, you may notice a slack, unstable torso turn into an aware, responding, stabilized torso.

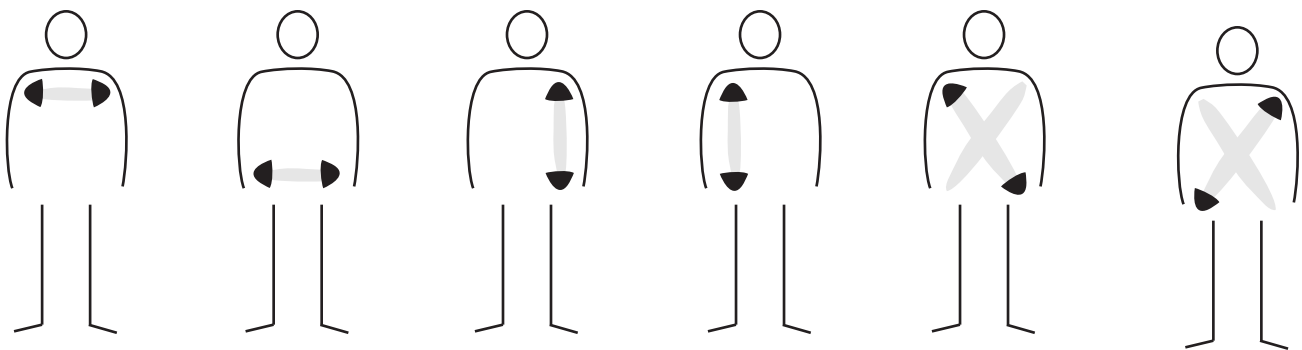
With the student standing, “wake-up” core muscle responsiveness using the following combinations in a rhythmical way:

### Action:

push – push  
pull – pull  
pull – push (advanced)  
push – pull (advanced)

### Combinations:

shoulder – shoulder  
hip – hip  
L shoulder – L hip  
R shoulder – R hip  
R shoulder – L hip  
L shoulder – R hip



As you work, you will notice a slack, unstable torso turn into an aware, responding, stabilized torso. Activate all combinations until this stability and awareness is achieved and the student notices that they feel grounded and secure.