

Equal & Opposite Forces

Can also be thought of as Equal and Opposite Expression. In the Tor Yu and all the moves, there are balanced movements between the arms, the legs, or arms and legs, where the limbs move in opposite directions but with equal force. Your body is staying balanced and centered while multiple stretches in opposite directions are going on.

When you move forward in a Tor yu, your back leg expresses backwards at the same time, and with the same force as arms expressing forward. This helps your spine to stretch lengthwise.

Brush knees are a great example of this principle in action. When you stand up your arms go forward and back simultaneously with equal expression. Then when you move forward, your back leg and arm move outward at the same time, with balanced force.

In the photo Carolyn is doing White Stork Spreads Wings. The hands are expressing in opposite directions, and they are balanced with equal expression.

