

Timing - what is it?

- ✓ Movement is initiated by the shifting of weight through your core
- ✓ Hips and shoulders move and act together
- ✓ Elbows and knees work together
- ✓ Hands and feet work together
- ✓ Every single body part is active during any movement - no bracing, no holding anywhere



Why pay attention to timing

Good timing makes movement **easy** - why would you work harder than you need to?

Immediate improvement of **balance**

Full body **stability** and **mobility** without a feeling of stiffness

Control **DURING** movement - not just when you are standing still.

-> This allows you to **regain balance** quicker after losing it (and we all lose it sometimes)

Good timing can make you feel **springier**, and elastic

(note: to get an athletic edge, you still have to train speed itself, but timing makes a tremendous difference)

Learn more about timing and how to apply it in one of our courses.

www.Qibodywisdom.com/courses/

