**BARTENIEFF FUNDAMENTALS: THE BASIC 6**

**Rocking Preparation**

Purpose:

* To bring awareness and encouragement to movement relationships amongst heels, pelvis, spine, and head
* To induce reciprocal actions of hamstrings vs. iliopsoas-heels connected to pelvic floor & sitz-bones

Action:

Gentle rocking motion (legs bent or straight; heels on floor);

Initiate from the heels (hamstrings) or the core (iliopsoas)

* ankles flex - pelvis rocks back
* ankles extend - pelvis rocks forward

Initiation: from the heels or the core (iliopsoas)

**Thigh Lift (hip flexion)**

Purpose:

* To flex the hip most efficiently with iliopsoas without superficial muscles.
* Encourage deep folding in inguinal area during hip flexion.
* Awareness of subtle pelvic tilt.
* Use hamstrings for grounding in ‘standing’ leg.
* Use of reciprocal crossed-extensor-reflex between hamstrings and ilioposas.
* Use of breath abdominal ‘hollowing’ to promote iliopsoas initiation.

Action:

Pre-Thigh-Lift: On back, legs extended along floor.

* With breath (exhale) stimulating ilioposas, leg flexes till foot is on floor
* On extension, hamstrings push heels away from sitz-bones (ischium)
* Two legs can alternate flex-extend in a crossed-extensor-reflex.

Thigh-lift: On back, legs bent, feet flat on floor

* With breath stimulating ilioposas, leg flexes till foot is off floor
* On extension, hamstrings push heels down into floor (away from ischium)
* Two legs can alternate flex-extend in a crossed-extensor-reflex.

Initiation: from core, breath, encouraging iliopsoas

**Pelvic Forward Shift**

Purpose:

* Mobilise forward & backward transfers of weight.
* Use of hamstrings to shift pelvis forward from the pelvic floor
* Connection between heels and sitz-bones.

Action: On back, legs bent, feet on floor

* Breath stimulating ilioposas, preparation of torso concaving / convexing
* Initiate with exhale, abdominal hollowing (psoas)
* pelvic floor (sitz-bones) up & towards heels (hamstrings)
* Inguinal area opens with hip extension
* Inhale, sitz-bones reach down & towards heels,
* lumbar lengthens, hips flex, Inguinal area folds

**Pelvic Lateral Shift**

Purpose:

* Mobilize lateral transfers of weight without any twisting or lifting the hip
* Use pelvic floor, together with hamstrings, to flex and abduct/adduct at hip.

Action: On back, legs bent, feet on floor

* Initiate with exhale, hollowing, hamstrings lift pelvis into small forward shift
* Initiate from pelvic floor; lateral shift of greater trocanters in a straight line
* Lower pelvis to floor (as in pelvic forward shift)
* Repeat, bringing the pelvis back to centre.
* Repeat other side.

**Body Half**

Purpose:

* Awareness of the vertical mid-line of the body
* Stabilize one half of the body, supporting mobility in the other half.

Action: Lie in ‘big X’ position

* Initiate with exhale, hollowing for core support
* Supporting side lengthens, stabilizes body (without twisting or rocking)
* simultaneously mobile side shrinks - head & elbow towards knee
* Reverse stable & mobile body sides

**Diagonal Knee Reach (“Knee Drop”)**

Purpose:

* Awareness of lower-body twisting against upper-body
* Awareness of pelvic floor and iliopsoas as connecting upper to lower

Action: On back, knees bent, feet flat on floor.

* Weight shifts to edges of feet, both knees reach to the side, pelvis slightly twists
* Opposite shoulder reaches in diagonally opposite direction along floor
* Initiate with exhale (hollowing - psoas) pulling pelvis & knees back to upright
* Reverse to other side.

**Arm Circles & Diagonal Sit-ups**

Purpose:

* Awareness of arm-shoulder-scapula-latissimus connecting to lower body
* Awareness of full 3-dimensional gradated rotation in shoulder joints
* Integration of head-eyes with arm movement
* Narrowing and widening across sternum

Action:

Arm Circle: On back, knees bent, feet flat on floor.

* Arm reaches in a circle, over the head, narrowing, over pelvis, to the side
* ‘Distal steering’ of hand encourages continual gradated rotation throughout
* Track the hand with head-eyes
* Sternum-chest narrows, lifts, widens etc. together with arm circle
* Repeat with other arm

Action: Arm Circle with diagonal sit-up

* On back, knees bent, feet flat on floor.
* Same as arm circle, except full sit-up (slightly twisted torso) as arm circles
* Both arms participate in the circle
* Lower from sit-up on other diagonal, arms leading down diagonal to floor

An alternate version of the last fundamental is the **“X-Roll”** which is more elaborate but also explores the diagonal connection of lower to upper and upper to lower.

**X-Roll**

Purpose:

* Awareness of arm-shoulder-scapula-latissimus connecting to lower body
* Awareness of full 3-dimensional gradated rotation in all joints
* Integration of head-eyes with arm movement
* Narrowing and widening across sternum, through torso and in pelvic halves

Action: Arm initiates rotation and roll throughout body on a contra-lateral pathway

Arm medially or laterally rotates initiating from hand.

* ‘Distal steering’ of hand encourages continual gradated rotation throughout the length of the body along the contralateral path
* The head-eyes track the hand
* Torso throughout shapes to allow for contralateral pathway
* Repeat with other arm

Action: Leg initiates rotation and roll throughout body on a contra-lateral pathway

Leg medially or laterally rotates initiating from hand.

* ‘Distal steering’ of leg encourages continual gradated rotation throughout the length of the body along the contralateral path
* Torso throughout shapes to allow for contralateral pathway
* Repeat with other leg

*References:*

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Hamburg, J. (1990). Movement efficiency coaching. Movement and Dance Magazine of the Laban Guild, 79 (May), 51-53.

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