

ARE YOU SURE THAT'S CROSS-CRAWL?

Time For Another Look!

By

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HYPERTON-X Total Body/Mind Integration

OBJECTIVE: TO BETTER UNDERSTAND, IDENTIFY, AND UTILIZE CROSS-CRAWL.

TO BETTER UNDERSTAND, IDENTIFY, AND UTILIZE HOMO-LATERAL CRAWL.

TO BETTER UNDERSTAND WHY ONE SHOULD TEST STRONG ON BOTH HOMO-LATERAL AND CROSS-CRAWL MOVEMENT, AND THE RELATIONSHIP TO TOTAL BODY/MIND INTEGRATION.

TO BETTER UNDERSTAND HOW THE DIAPHRAGM IS RELATED TO TOTAL BODY/MIND INTEGRATION AND ITS EFFECT ON CROSS-CRAWL HOMOLATERAL INTEGRATION.

TO DEMONSTRATE THE EFFECT OF THE ABOVE ON LEARNING AND PHYSICAL ACTIVITY, I.E., SPORTS, RUNNING, MUSIC, ET AL.

DEMONSTRATION WILL INVOLVE GROUPS OF THREE TO FIVE TAKING TURNS AS EVALUATOR, EVALUATEE, AND OBSERVER.

EVALUATION WILL INCLUDE MUSCLE TESTING USING AN INDICATOR MUSCLE, TESTING IM BEFORE AND AFTER HOMOLATERAL AND CROSS-CRAWL, TESTING AND CLEARING THE DIAPHRAGM OF HYPERTONUS, COMPARISON OF RESULTS RELATED TO H/L AND C/CRAWL BEFORE AND AFTER CLEARING THE DIAPHRAGM. HOMOLATERAL AND CROSS-CRAWL INTEGRATION. OPTIONAL TESTS RELATIVE TO LEARNING ORGANIZATION, TIME PERMITTING.

CROSS-CRAWL OR NOT CROSS-CRAWL? THAT IS THE QUESTION!

In my HYPERTON-X program, one of the most valuable tools in evaluating body/mind integration is homolateral and cross-crawl marching. It, or more accurately they, have also proven beyond value in determining how one is organized, and in enhancing body/mind integration after correction. As I progressed in developing HYPERTON-X I became

increasingly more observant in "reading the body" for signs of disorganization. One way to get an indication regarding organization is to simply ask the individual to MARCH IN PLACE and observe their marching pattern. The first movement made is usually an important organizational clue. For instance, the OBVIOUS INDICATORS for one who is homolaterally dominant include very little if any arm movement, or the arms will move ipsilaterally with the legs, i.e., the left arm and leg move forward at the same time on one half of the march cycle, and the right arm and leg will move forward on the other half of the cycle. As noted, these are the OBVIOUS INDICATORS for homolaterality. It has been my experience that unconsciously the body is quite innovative in masking homolaterality, and that much of what appears to be cross-crawl is in fact a modified homolateral pattern. That is why it is necessary to have the individual march in place, rather than walk, as in walking a great deal of "masking" may take place as the body goes through elaborate accommodations to perform the task required as best it can. REMEMBER, THE BODY ALWAYS WANTS TO BE STRONG, AND WILL GO TO GREAT LENGTHS TO BE SO!

CROSS-CRAWL DEFINED

Pure cross-crawl movement requires the arms to "SWING FREELY" from the shoulder contralaterally with the opposite leg, i.e., right arm and left leg move forward on one half of the cross-crawl cycle, and left arm and right leg move forward on the other half of the cycle. The HEAD should sit squarely on the shoulders with virtually no side to side movement. In other words, the face should remain parallel to the plane towards which it is moving. The UPPER TORSO should be relaxed, free from rigidity, with minimal rotation. The KNEES should rise straight up and should not cross the centerline of the body. This entire movement pattern should be a relaxed, free-flowing movement, free from stress.

FOR CROSS-CRAWL EVALUATION, have the individual MARCH IN PLACE, with the OPPOSITE HAND TOUCHING THE OPPOSITE KNEE. This innovation is very important as it is a more definitive Cross-crawl movement rather than raising the arm over head. This allows too many opportunities for the body to create accommodations that may mask cross-crawl deficiencies. In other words, it harder for the body to "cheat" when the hand/arm is given a precise synchronized task to perform. Observe carefully for the following indicators:

Did the person have to pause and "think" about how to do it, or did he start right in?

Is the movement smooth? Jerky? Uncoordinated? Stressful?

- * Is the head straight on the shoulders, or moving side to side? Cocked forward or to one side?

Are the arms swinging freely from the shoulders, or are the shoulders locked, rocking forward with the arms?

Are the arms hanging straight down, or locked to the body with little or no movement?

Are the arms fairly straight at the elbows, or are the elbows bent, the arms rigidly moving?

Are the arms locked at the side with only the forearms moving forward?

Are the legs moving across the body in an exaggerated manner?

Is the torso relaxed and upright, or leaning or bending forward in an exaggerated manner?

Does the person tire quickly? Feel dis-oreintated? Dizzy? Anxious? Stressed? Other discomforts?

On the back swing, are the arms swinging back freely, or are they "brought" back stiffly?

These are observations to be made in order to determine if one, is in fact, cross-crawling. I am sure you will find as I have that there is a lot of movement that has the APPEARANCE OF CROSS-CRAWL, BUT IN REALITY IS NOT. Consequently, many of the evaluations of the past were not totally accurate in my opinion. Therefore, it is time to do some re-evaluating.

Q. SHOULD WE TEST STRONG ON CROSS-CRAWL AND WEAK ON HOMOLATERAL CRAWL, OR VISA VERSA?

A.....NONE OF THE ABOVE! Based on my experience one SHOULD TEST STRONG ON BOTH HOMOLATERAL AND CROSS-CRAWL ACTIVITIES!

I reached this conclusion after working with some gifted athletes and high academic achievers, all of whom had the same organizational characteristics, testing strong on both activities. This was very enlightening and quite contrary to the accepted belief that one should test strong only on cross-crawl. This caused me to re-think the entire concept, which didn't take very long. The evidence was both compelling and obvious, as was my conclusion! WHY SHOULD WE TEST WEAK ON ANY ACTIVITY? Subsequent results on an ongoing basis have been consistent with this concept in case after case, and has proven to my satisfaction that this is the correct path on which to trod.

Q....HOW MANY CROSS-CRAWL ACTIVITIES DO WE PERFORM? I can only think of two...Walking and Running!

Q....HOW MANY HOMOLATERAL ACTIVITIES DO WE PERFORM?COUNTLESS!

THEREFORE, IT IS MY CONTENTION THAT WE DO NOT HAVE TOTAL BODY/MIND INTEGRATION, AND THEREFORE PROPER MENTAL/PHYSICAL ORGANIZATION AS WE WERE MEANT TO HAVE, UNLESS WE TEST STRONG FOR ALL ACTIVITIES, WHICH INCLUDES BOTH HOMOLATERAL AND CROSS-CRAWL!

THE HOMOLATERAL VS CROSS-CRAWL POSITION.

The popular concept is, as I interpret it, if we test strong on homolateral activity and weak on cross-crawl, we are improperly organized. To correct this we convert to testing strong on cross-crawl and weak on homolateral. Therefore, we are stating that if we test strong in one modality but weak on the other we have disorganization. If we transpose these results, are we not trading one disorganization for another? I believe so!. It has been my experience that if "CORRECTIONS" in organization are to have LASTING RESULTS, the corrections MUST INCLUDE RE-ORGANIZATION THAT INCLUDES TESTING STRONG IN BOTH ACTIVITIES! Without this, total integration is not complete.

EVALUATION AND CORRECTION.

Break into groups of at least three, but no more than five. Take turns as the evaluator, evaluatee, and observer.

1. Select and Indicator Muscle, (IM) such as the deltoid, and be sure it is strong in the clear.
2. Ask the person being evaluated to "MARCH IN PLACE!" SAY NOTHING MORE! Make observations as noted above. TEST IM. Circle result.

Weak Strong

3. Ask the person to "MARCH IN PLACE TOUCHING KNEE ON SAME SIDE OF BODY!" i.e. Right hand to right knee, left hand to left knee. TEST IM.

Weak Strong

4. "MARCH IN PLACE TOUCHING OPPOSITE KNEE!" Left hand to right knee, right hand to left knee. (Cross-crawl) Use list above for observations. TEST IM.

Weak Strong

If cross-crawl did not meet the requirements above, give the person corrective directions, e.g., "Swing the arms freely". "Keep your head from rotating," etc. Demonstrate, or hold the head

in a fixed position from behind. Stand behind and swing their arms for them to give them the feeling. You may have to have them start moving the legs and then you move the arms for them, again from the rear. After you are satisfied that an accurate Cross-crawl was accomplished, TEST IM.

Weak Strong

OPTIONAL EVALUATIONS TIME PERMITTING.

AURICULAR. Cover each ear, one at a time, and test IM.
Circle if Weak.

Left Ear Right Ear

VISUAL INHIBITION. Move eyes and test IM for each position.
Circle if Weak.

Up Down Left Right

READING ALOUD. Test IM while reading in both directions.
Circle if Weak.

Left to Right Right to Left

DIAPHRAGM CORRECTION. **

Have subject lie on back and inhale deeply, using primarily the abdominal muscles. At maximum inspiration, evaluator applies firm pressure with one or both hands on the abdomen, just below the rib cage for five to eight seconds. Repeat three times. RETEST ABOVE RESULTS AND COMPARE. If subject tests weak on either Cross-Crawl or Homolateral, have him rock on sacrum for thirty seconds. However, other hypertonic muscles may be involved. If subject is strong on all tests, proceed to:

HOMOLATERAL-CROSS CRAWL INTEGRATION.

Direct subject to Cross-crawl-march in place. After approximately ten repetitions of pure C-C, say, "CHANGE!" The subject then changes to Homolateral WITHOUT STOPPING! LEGS ARE TO KEEP MOVING as hands make the transition. After approximately ten repetitions "CHANGE" back to C-C. Gradually shorten the number of repetitions to three or four. Then have the subject close the eyes and continue as before for up to one minute. Closing the eyes brings the activity into the forebrain and enhances the integration process. This may be a bit awkward at first, but after a few days the pattern will become very smooth. TEST IM.

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The involvement of the head position in the gait mechanism has been somewhat overlooked. If we picture the face as a flat surface, or plane, this plane wants to maintain a fixed and parallel relationship to the plane of the direction it is moving toward, as if we are moving perpendicular toward a wall. This head-on-body position is maintained through the synergistic relationship between the sternocleido-mastoid and upper trapezius, and is also involved with the visual righting reflexes, and the labyrinthine and tonic neck reflexes, all of which are greatly involved with body/mind integration and organization.

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WHY THE DIAPHRAGM?

I found that the diaphragm to be the muscle most often involved in body/mind integration, as well as the emotions. As I developed my HYPERTON-X priority system using the alarm points, the diaphragm was consistently the priority in almost every case. And if the diaphragm was not THE priority, it was often involved in the balancing process. Consequently, for the sake of illustration of its broad effect and involvement in our over-all well being it is being highlighted here. HENCE THE MAHONY DIAPHRAGM CORRECTION. Perhaps the diaphragm has been given little attention in the AK/TFH community because of its inaccessibility. Ergo, not knowing how to test it, correct it, or deal with it, resulted in it being ignored. Until I developed my HYPERTON-X evaluation and correction there probably was no way to deal with the diaphragm. Also, the Mahony Diaphragm Correction is very effective in correcting psuedo-hiatal hernia in a very non-intrusive and pain free manner.

To better realize the importance of the diaphragm in body/mind integration and the emotions, one need only to take notice of how it is constructed, its innate involvement in our survival, and its role and involvement during trauma and crises.

It literally divides, or connects the upper and lower halves of the body, attached to the front, sides and backbone. IT IS our respiratory system. It is profoundly involved in our emotions; crying, laughing, gasping in fright or for breath! The descending aortic artery to the lower body and material exiting the stomach to the intestines passes through it. All our vital organs, heart, stomach, lungs, kidneys, intestines, etc, are in close proximity. Is it any wonder then that the diaphragm is often found to be vitally involved in our TOTAL BODY/MIND INTEGRATION? And if it is out of balance?..... Work with it and make your own judgements. I have made mine!

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FRANK MAHONY, creator of HYPERTON-X, Total Body/Mind Integration, is also a Touch For Health Instructor. In September, 1982 he became director of the Burbank Office of The Valley Remedial Group founded by Dr. Paul Dennison, creator of Edu-Kinesthetics. Mahony assisted Dennison in E-K workshops in Burbank, San Diego and Berlin, and several of Mahony's innovations regarding Cerebral Spinal Fluid, Mahony Self Correction, and Cross-Crawl are included in E-K curriculum. Mahony serves as a Learning Consultant to the Valley West Chiropractic Group, has his own private practice, and served as an informal advisor to the Santa Monica Puma Energizer Track Club working with several nationally ranked track athletes preparing for the 1984 Olympic Trials. Mahony has been invited to be a guest lecturer at the Cleveland Chiropractic School in Los Angeles relative to his work with children and learning disorders. Frank has conducted HYPERTON-X workshops in GERMANY, HOLLAND, ENGLAND, CANADA, and in California at SANTA MONICA COLLEGE, CHAPMAN COLLEGE-ANAHEIM, BURBANK, PASADENA-TOUCH FOR HEALTH FOUNDATION, AND EL SEGUNDO. ALSO PORTLAND-OREGON, AND BELLINGHAM-WASHINGTON. Future workshops will include GENEVA-SWITZ., SCOTLAND, FINLAND, NEW ZEALAND, AUSTRALIA, and SAN FRANCISCO.

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