

Weekly Training Tips

February 8, 2009

This week, to help you begin to understand a little bit more about how the eyes and your visual system's impact on movement, we're going to suggest a **focusing exercise**. This is a very simple drill to perform, but you will quickly find just how powerful your eyes are and how rapidly they can change your movement patterns.

For the first half of this week, you're going to perform all of your R-Phase and I-Phase drills with a visual fixation on an object that is *within arms distance*. In other words, stand in front of a wall at arm's length, pick a spot on the wall, and keep your eyes focused on that spot as you perform all of your drills. Many of you will find this quite challenging based on your visual system. If it creates any kind of pain or discomfort, stop and perform the drills as usual. However, we want you to begin working and associating the ability to move with *any visual fixation*.

After doing a "near focus" exercise series for the first half of the week, you are now going to move to a "far focus" series. So for the second half of this week, perform all of your R and I-Phase drills while focused on a *distant object*. This is often more easily accomplished if you can practice outside -- weather permitting. I like to have people focus on objects that are at least several hundred yards away to ensure that the proper eye musculature is being exercised.

Give this a try this week and notice the impact of your visual system on your movement and how coordinating the two can make important changes in all of your typical movement patterns.

Keep Moving,

Dr. Cobb

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