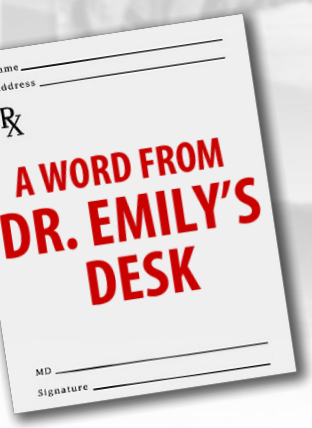
GROW WITH EBFA™

June, 2016

Educational newsletter brought to you by the Evidence Based Fitness Academy Inc.



Hello Health & Fitness Professionals!

Welcome to the June Issue of Grow with EBFA!

In this month's issue we want to take a moment to acknowledge our strong team of EBFA Master Instructors from around the world. We would not be where we are at if it was not for these dedicated professionals!

As we continue to expand our education we are always looking to grow our MI Family. If you are interested in becoming a leader in barefoot education do not hesitate to contact us at education@ebfafitness.com

Dr. Emily

Featured Article

Local Reflexive Stabilization & Movement Efficiency

by Dr Emily Splichal, DPM, MS, CES

Whether we consciously realize it or not we all want to move better, feel stronger and stay pain-free. We all seek the ability to do the activities we love – whether that be going for a long walk with a loved one or competing in an obstacle race.

It is my mission to help professionals and patients-alike achieve what I call movement longevity. Movement longevity is achieved through restoring and ensuring efficient movement patterns coupled with local reflexive stabilization.

What does it mean to be efficient?

To be efficient means to effectively use energy. When we think about bipedal locomotion the energy that we need to get from Point A to Point B is found from the ground we walk on.

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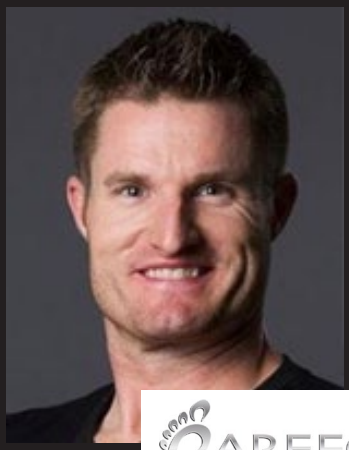
Featured

EBFA Master Instructor



BAREFOOT TRAINING MASTER INSTRUCTOR

Tyler Yearby

Minneapolis, MN

1. How did you first get involved with barefoot training? What attracted you to this training approach?

TIn 2007 I started kettlebell training and most everything was done from a barefoot perspective. If I wanted to produce power, I quickly realized I needed to create stability from the ground up. Not only did it feel better training this way, but I began to realize that it allowed me to gain greater tension. This is a desired product for anyone who trains with kettlebells. Fast forward to 2010. I was hired at the University of Minnesota as a Sport Performance Coach for

Connect with us

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the Golden Gopher football team. We used short foot and other barefoot exercises during our warm-up before the guys put their shoes on and began training. We noticed their ability to produce power and strength increased. At the time, I was just beginning to realize how important fascial tensioning and reflexive stability could be. I have been in love ever since!

2. Why did you want to become an EBFA Master Instructor in Barefoot Education?

I knew I wanted to be a part of the EBFA team, because of the dense amount of research including fascia, local and global stabilizers, and all of the other valuable scientific information that is included in the course. While the information is in depth, it is laid out in a manner that allows you to approach barefoot training with more confidence. That is exactly what it did for me.

3. What is your suggestion to those who are hesitant to start barefoot training out of fear of injury?

To be honest, I never even thought that people would hesitate out of fear of getting injured. However, if there are people who are apprehensive to begin barefoot training, I would suggest that everything we teach at EBFA is geared toward creating faster/reflexive stability, in order to allow the body to be in a more optimal position to create power and reduce injury. In addition, from the ground up training helps foster an environment for creating more efficient movement. Not to mention it is fun!!

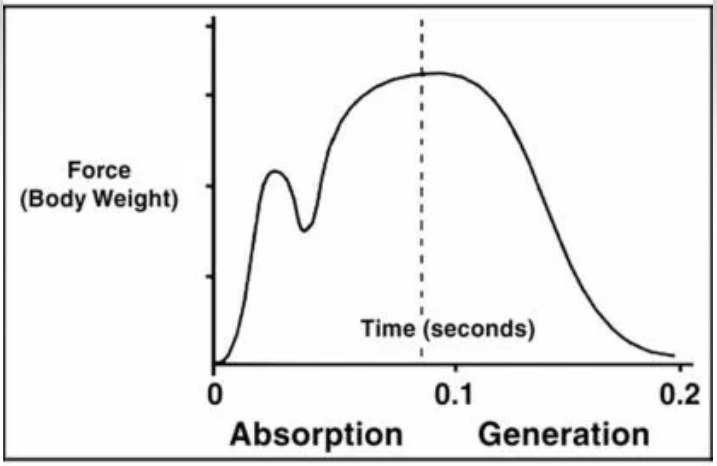
Want to attend a BTS Level 1 with Tyler?

Sat. June 18 - Sun. June 19
Evanston, IL

Sat. Sept 17 - Sun. Sept 18
Hampstead, NC

Register Online www.ebfafitness.com

Bipedal locomotion or walking is simply stated as a series of falls with each foot contact (foot fall) providing the energy needed to take the successive step. As our foot contacts the ground we are encountering 1 – 1.5x our body weight in impact forces. These impact forces are converted from potential energy to elastic energy which provides a recoil effect to bring the swing leg forward.



When we look at the force peak curve of a walking gait cycle what's quite fascinating and perhaps under appreciated is that even though our body brings in 1 – 1.5x our body weight in energy (heel contact) we actually release 2 – 2.5x our body weight when we push off (forefoot propulsion)!

What this means is that our body is somehow is able to double the energy that it is provided with! How is this possible? And why is this even important?

Understanding Fascial Elasticity

The concept I described above is referred to as the catapult effect and truly is the meaning of movement efficiency. To move efficiently does not meant to just take in energy and release it with little loss of energy. It actually means to take in energy and double it!

This ability to double potential energy allows a basketball player to slam-dunk a ball or a triple jumper to jump 50+ feet. This catapult effect lies within our connective tissue – namely our myofascia.

To effectively understand the catapult effect and the loading response of bipedal locomotion one must first understand what is referred to as the Muscle Tuning Theory. This theory was researched and developed by Dr Benno Nigg out of the University of Calgary Canada.

What the Muscle Tuning Theory demonstrates is that

in order to effectively damp the impact forces encountered during initial contact we must have sufficient foot and ankle stiffness. We must contact the ground with enough foot and ankle isometric contractions to allow the rapid loading of impact forces (potential energy) into our connective tissue.

Because our foot and ankle muscles are firing isometrically during the loading response what actually allows the joint movements of deceleration (ankle dorsiflexion, STJ eversion, tibial internal rotation) is the elasticity of our connective tissue (fascia / tendons).

This fascial loading is dependent on the degree of elasticity or rubberband effect in our connective tissue. However simply having fascial elasticity is not enough. In order to effectively load our fascia with potential energy we must first achieve sufficient fascial tension.

Fascial Tension = Stability

If I were to say that to have fascial elasticity we must first have fascial tension – this may seem contradictory. How can our fascia be both elastic and stiff at the same time?

In order to effectively load impact forces (potential energy) we must be STABLE! Let me take it even further with this statement – Stability is the foundation through which power, force and resistance is generated.

In other words, to move efficiently and transfer energy we must first have sufficient stability. In the words of Dr Perry Nickelston I think that deserves a BOOM!

This above statement is what I try to achieve in all of my patients. To help my patients become pain-free I know I must teach them to achieve proper stability. But not only do we need proper stability – we need deep joint stability. And not only do we need deep joint stability – we need fast deep joint stability.

This is what I refer to as Local Reflexive Stabilization. Local – referring to our local stabilizing muscles and reflexive meaning fast or subconscious.

Understanding Local Reflexive Stabilization

The concept of local vs. global stabilizers was first introduced by Dr Vladamir Janda and then later expanded upon by Shirley Sahrmann.

LOCAL STABILISER	GLOBAL STABILISER	GLOBAL MOBILISER
For example: Transversus Abdominus Deep Lumbar Multifidus Psoas Major (Posterior Fascicles)	***For example:*** Oblique Abdominals Spinalis Gluteus Medius	***For example:*** Rectus Abdominus Iliocostalis Piriformis
Function & Characteristics: • ↑ muscle stiffness to control segmental motion • Controls the neutral joint position • Contraction = no / min. length change ∴ does not produce R.O.M. • Activity is independent of direction of movement • Continuous activity throughout movement • Proprioceptive input re: joint position, range and rate of movement	***Function & Characteristics:*** • Generates force to control range of motion • Contraction = eccentric length change ∴ control throughout range especially inner range ('muscle active = joint passive') and hyper-mobile outer range) • Low load deceleration of momentum (especially axial plane: rotation) • Non-continuous activity • Activity is direction dependent	***Function & Characteristics:*** • Generates torque to produce range of movement • Contraction = concentric length change ∴ concentric production of movement (rather than eccentric control) • Concentric acceleration of movement (especially sagittal plane: flexion / extension) • Shock absorption of load • Activity is direction dependent • Non-continuous activity (on: off phasic pattern)

The image above demonstrates some of the biggest differences between local and global stabilizers. What's fascinating is that when we consider the Deep Front Fascial Line we can see it is formed by all the local stabilizers. The foundational concept in EBFA's Barefoot Training Specialist Certification is to train stiffness and reflexive sequencing between the foot and core.

By intelligently tapping into our local stabilization system we will find ourselves with enhanced stability – and therefore better be able to load impact forces during dynamic movements.

Because it is so easy to slide out of local stabilization and into global stabilization the below 3 exercises should be used as a daily reset or activation for the local reflexive stabilization needed for bipedal locomotion.

3 Way to Enhance Local Reflexive Stabilization

Step 1 – Diaphragmatic Breathing

Step 2 – End Range Expiration (with pelvic floor activation if possible)

Step 3 – Diaphragmatic Breathing / End Range Expiration & Short Foot

To learn more about EBFA's education and our Barefoot Training Specialist Certification please visit http://www.ebfafitness.com

As always – stay #barefootstrong!

Congratulations!
EBFA's Newest Master Instructors

Representing Australia, India, Spain and USA

Natalie Wieneroider
Australia

Anuja Luniya
India

Sergio Ballesteros Borondo
Sevilla, Spain

Tyler Yearby
USA

All EBFA MI's are qualified to conduct

Barefoot Training Specialist® Level 1 courses

and play an integral role in the growth of EBFA's Barefoot Education.

If you are interested in learning more about
EBFA's Master Instructor Program, please contact us at
education@ebfafitness.com

Upcoming Workshops

US & Canada

Thurs. June 16, 9am - 5pm
Barefoot Training Specialist® Level 1 - Boston, MA
Waverly Oaks Athletic Club
411 Waverley Oaks Rd (Rte. 60)
Suite 252
Waltham, MA 02452

Sat. June 18, 9am - 5pm
Gymnastics Revolution Seminar - Pennsylvania
Montgomery Sports Performance
Gymnastics Center
110 Christopher Lane
Harleysville, PA 19438

Sat. June 18, 9am - 5pm and
Sun. June 19, 9am - 1pm
Barefoot Training Specialist® Level 1 - Chicago, IL
Precision MutliSport
2114 Jackson Ave
Evanston, IL 60201

Fri. June 24, 9am - 5pm and
Sun. June 26, 9am - 5pm
Perform Better 3-Day Summit - Chicago, IL
Location TBA

Fri. July 15, 9am - 5pm and
Sun. July 17, 9am - 5pm
Perform Better 3-Day Summit - Providence, RI
Location TBA
Providence, RI

Fri. July 22, 1pm - 6pm and
Sat. July 23, 9am - 5pm
Barefoot Training Specialist® Level 2 - Boston, MA
Location TBA
Boston, MA

Fri. July 29, 1pm - 5pm and
Sat. July 30, 9am - 5pm
Barefoot Training Specialist® Level 2 - Seattle, WA
Elite Performance Center
315 1st Ave. N. #112
Seattle, WA

Sat. July 30, 8am - 12 pm and
Sun. July 31, 8:30am - 4:30pm
Barefoot Training Specialist® Level 1 - West Chester, PA
Location TBA
West Chester, PA

Sat. August 6, 8am - 5pm and
Sun. August 7, 8am - 12pm
Barefoot Training Specialist® Level 1 - Charlotte, NC
James J. Harris YMCA
5900 Quail Hollow Rd
Charlotte, NC 28210

International

Sat. June 11, 9am - 5pm and
Sun. June 12, 9am - 5pm
Barefoot Training Specialist® Level 1 - Prague, Czech Republic
Location TBA
Prague, Czech Republic

Sat. June 18, 9 am - 4pm and
Sun. June 19, 9am - 4pm
Barefoot Training Specialist® Level 2 - Bari, Italy
Formazione Movimento
Via Cardinale Agostino Ciasca 2
Bari, Italy

Sat. June 25, 9am - 5pm and
Sun. June 26, 9am - 1pm
Barefoot Training Specialist® Level 1 - Nairobi, Kenya
Oshwal Sports Complex
Wambugu Road
Nairobi, Kenya

Fri. July 22 - Sat. July 23
Barefoot Training Specialist® Level 1 - Mumbai, India
Reebok Studio Bandra
Mumbai, India

Thurs. August 11, 9am - 5pm
Barefoot Training Specialist® Level 1 - London, U.K.
The Chainstore Parkour Academy
Trinity Buoy Wharf, 64 Orchard Pl,
London E14 0JY, United Kingdom

Fri. August 12, 9am - 5pm
Rendezvous XI - Barefoot Edition - London, U.K.
The Chainstore Parkour Academy
Trinity Buoy Wharf, 64 Orchard Pl,
London E14 0JY, United Kingdom

Sat. August 13, 9am - 5pm
Barefoot Training Specialist® Level 1 - Taipei, Taiwan
Location TBA
Taipei, Taiwan

Sun. August 14, 9am - 5pm
Barefoot Training Specialist® Level 2 - Taipei, Taiwan
Location TBA
Taipei, Taiwan

Fri. August 19, 9am - 5pm
BARE® Workout - Singapore
FIT Singapore
Singapore

Sat. August 20, 9am - 5pm
Barefoot Training Specialist® Level 1 - Selangor, Malaysia
FIT Malaysia
No. 2-8, 2nd Flr, Jalan
PJU 8/3, 47820
Petaling Jaya
Selangor, Malaysia

Sun. August 21, 9am - 5pm
Barefoot Training Specialist® Level 2 - Selangor, Malaysia
FIT Malaysia
No. 2-8, 2nd Flr, Jalan
PJU 8/3, 47820
Petaling Jaya
Selangor, Malaysia

Fri. August 26, 9am - 5pm and
Sun. August 28, 9am - 5pm
Go IFEX 2016 - Jakarta, Indonesia
JIExpo Kemayoran
Jakarta, Indonesia

Barefoot Training Summit

Fitness | Performance | Rehab

September 10th - 11th, 2016

Lucille Roberts
50 E. 42nd Street
New York City, NY

Michol Dalcourt
San Diego, CA

Dan Edwardes
London, U.K.

Chris Flores
Westfield, NJ

Stacey Lei Krauss
Denver, CO

Dr Perry Nickelston
Ramsey, NJ

Dr Emily Splichal
New York City, NY

Are you ready to take the concept of "barefoot" beyond running?

EBFA proudly returns to India for the 2nd Annual Barefoot Training Summit! This two day health and fitness conference is dedicated to the power of barefoot training, fascial fitness and from the ground up movement.

Get ready to learn from this all-star line-up of educators who will be focusing on fitness, performance and rehab.

Registration Open!
Earn NASM, ACE & AFAA
www.barefoottrainingsummit.com

Not a subscriber? Sign up now to get free monthly education from EBFA!

Leaders in Barefoot Fitness