

We have built a system that allows our TRIBE Coaches to consistently explain the correct organization of skeletal and muscular positioning. Once these positions are understood and the body is set, then and only then will the body be ready for all types of movement. Below is a model to follow to assist your learning in this step-by-step process.

## Setting the TRIBE Ready Stance

- **Setting Neutral Position** – Begin in the standing position, feet parallel and placed hip distance apart, eyes front, and arms at your side with the palms facing forward. Visualize the ribcage perfectly stacked above the pelvis. Once in this position lightly squeeze your glutes to set and secure. The distance between the rib cage and the pelvis should be equal and should never change. Note that pelvic tilt may need to be adjusted per individual. Click here for details: [vimeo](#).
- **Explain the Limbs** – Once neutral is set through the core explain that the four limbs of the body (arms and legs) are identical in design in the sense that they each have three points of rotation. The arms have shoulders, elbows and wrists while the legs have hips, knees and ankles. When these points are rotated towards the center of the body they are internally rotated, when the three points are rotated away from the center of the body they are externally rotated. The main point of reference when thinking about this rotation is where the shoulder and hip joints meet the shoulder and hip capsules respectively. While setting the neutral position, we asked that the arms are placed at the side of the body with the palms facing forward, this will place the shoulders in the perfect externally rotated position, by applying torque through the feet we will place the hips in this position as well.
- **Explain Torque** – Once the body is in the neutral position; standing, feet parallel, hip distance apart, ribcage positioned in line with the pelvis, glutes tight and shoulders externally rotated we secure the final full position by creating torque. Create tension by twisting your feet outwardly into the floor in a screwing action, keep them parallel and do not let them rotate. Naturally by creating this torque your three points of rotation in the legs will be forced to rotate away from the center of the body placing the hips in the externally rotated position.

Once the body is in this TRIBE Ready Stance, team members will be prepared for movement and have a reference point to refer to. All principals of alignment and joint position apply when standing vertical or lying horizontally (prone or supine). Throughout each session, we should be able to reference back to this and use the terms frequently in order to create the universal language.

