

HOOK-UPS

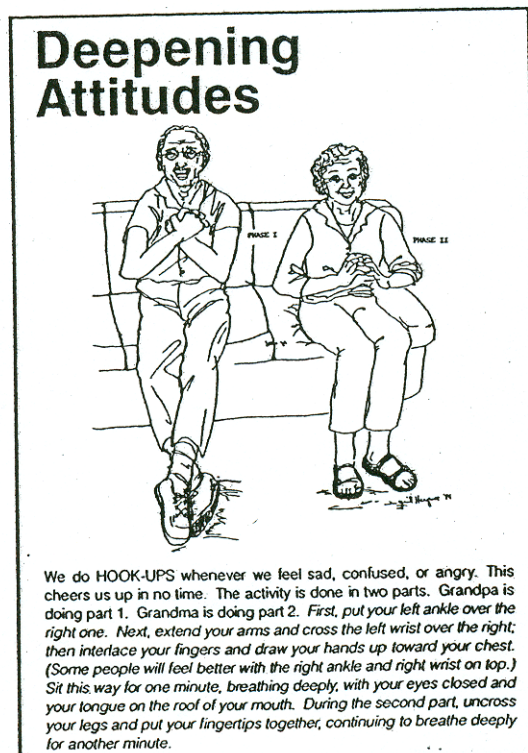
Hook-ups connect the electrical circuits in the body, containing and thus focusing both attention and disorganized energy. The mind and body relax as energy circulates through areas blocked by tension. The figure 8 pattern of the arms and legs (Part One) follows the energy flow lines of the body. The touching of the fingertips (Part Two) balances and connects the two brain hemispheres.

TEACHING TIPS

- Part One: Sitting, the student crosses the left ankle over the right. He extends his arms before him, crossing the left wrist over the right. He then interlaces his fingers and draws his hands up toward his chest. He may now close his eyes, breathe deeply, and relax for about a minute. Optional: He presses his tongue flat against the roof of his mouth on inhalation, and relaxes the tongue on exhalation.
- Part Two: When ready, the student uncrosses his legs. He touches the fingertips of both hands together, continuing to breathe deeply for about another minute.

VARIATIONS

- Hook-ups may also be done while standing.
- Cook's Hook-ups, Part 1: The student sits resting his left ankle on his right knee. He grasps his left ankle with his right hand, putting his left hand around the ball of the left foot (or shoe). He breathes deeply for about a minute, then continues with Part Two, as above.



- For Part One of any of the above versions, some people may prefer to place the right ankle and right wrist on top.

ACTIVATE THE BRAIN FOR

- emotional centering
- grounding
- increased attention (stimulates reticular formation)
- cranial movement

ACADEMIC SKILLS

- clear listening and speaking
- test-taking and similar challenges
- work at the keyboard

BEHAVIORAL/POSTURAL CORRELATES

- improved self-control and sense of boundaries
- improved balance and coordination
- increased comfort in the environment (less hypersensitivity)
- deeper respiration

RELATED MOVEMENTS

Positive Points, p. 32

Cross Crawl, p. 4

Balance Buttons, p. 27

Cross Crawl Sit-ups, p. 13

HISTORY OF THE MOVEMENT

Hook-ups shift electrical energy from the survival centers in the hindbrain to the reasoning centers in the midbrain and neocortex, thus activating hemispheric integration, increasing fine-motor coordination, and enhancing formal reasoning. Developmentally, such integration pathways are usually established in infancy through sucking and cross-motor movement. The tongue pressing into the roof of the mouth stimulates the limbic system for emotional processing in concert with more refined reasoning in the frontal lobes. Excessive energy to the receptive (right or hind) brain can manifest as depression, pain, fatigue, or hyperactivity. This energy gets redirected in Part One to the expressive (left) brain in a figure-8 pattern. Dr. Dennison discovered that this posture could also be used to release emotional stress and alleviate learning difficulties. Wayne Cook, an expert in electromagnetic energy, invented the variation of this posture (see above), from which Hook-ups are adapted, as a way to counterbalance the negative effects of electrical pollution.