The GOATA Methodology

Greatest of all time ACTIONS…

- The blueprint of optimal human movement.
- Founded on an observational study of the most durable humans on the planet.
- Just like the cardiovascular, respiratory, and lymphatic system, the musculoskeletal system has a very specific was designed to move pressure through it.
- Just like those other systems, the leading cause of dysfunction is compression.
- Modern day living waterboards the nervous system with negative inputs and compressive forces.

The Global Laws of GOATA

Columns

Prepare for the Pressure Wave

Foot Control

Inside Ankle Bone High platform at base of Column

Load the Pressure

Column Bows or spirals open (down, back and out) as pressure builds

Transfer the Pressure

Column Corners or spirals closed (up, around and in) to release pressure

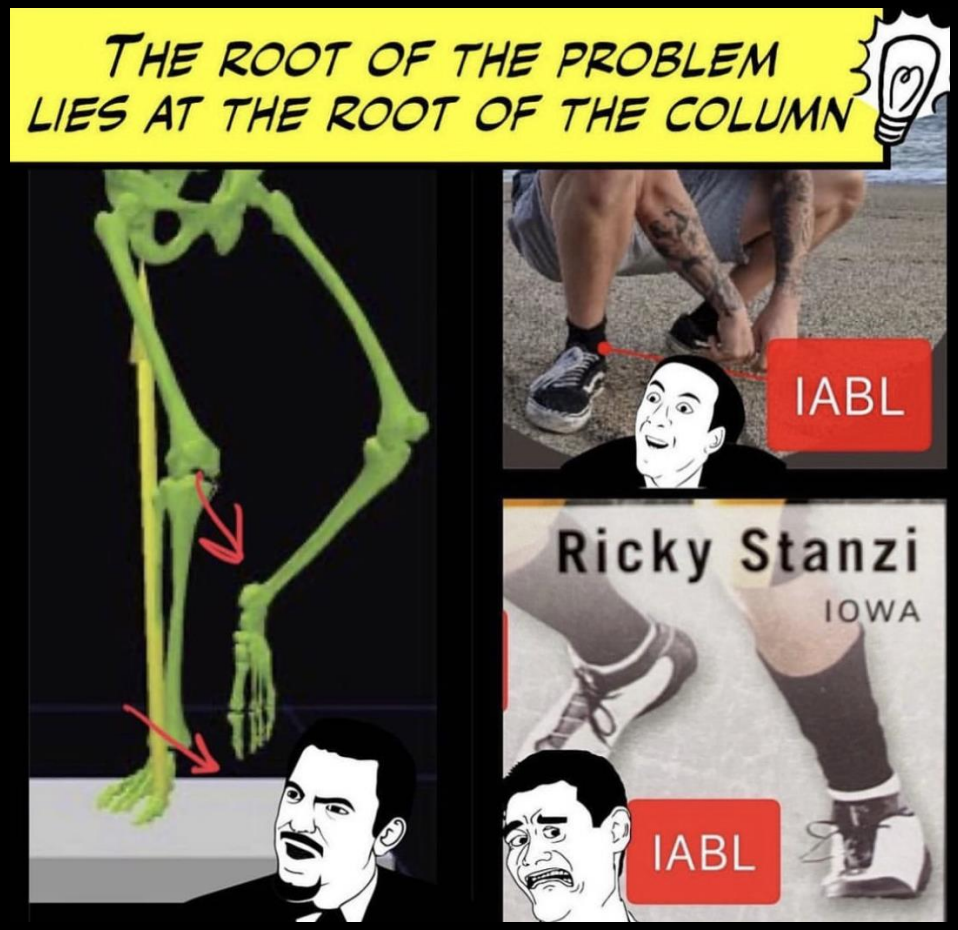
Head Control

Tracking system stays steady over pressurized Column

Back Chain Dominance

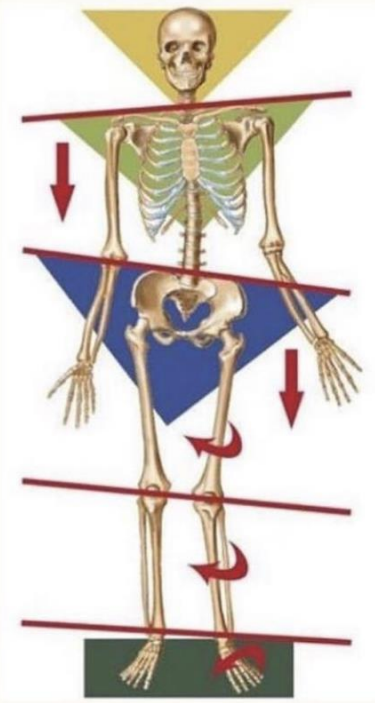
The whole system needs space to properly load and transfer the pressure

Where to start?



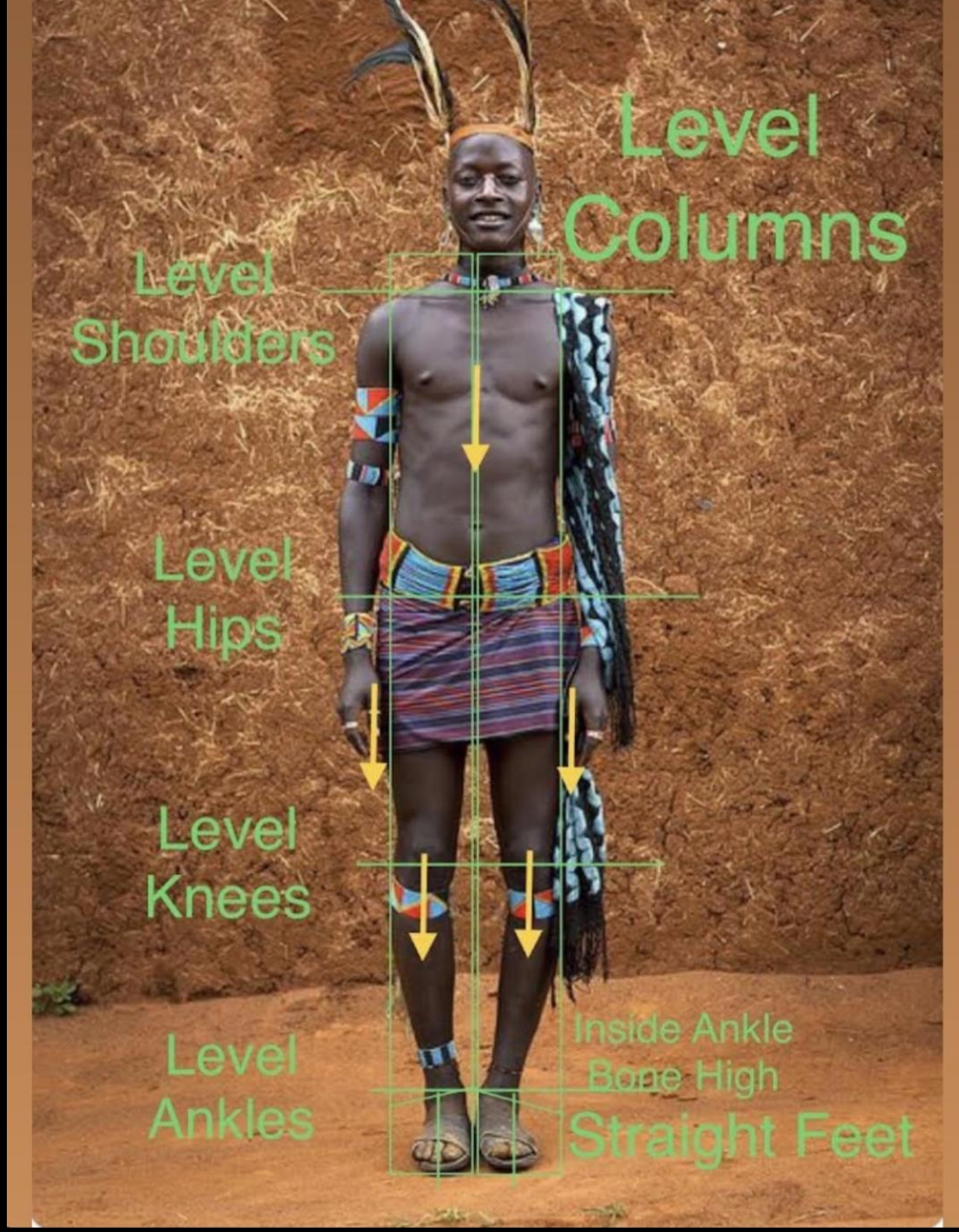
It's common to think of sections of the body acting in isolation.

However, that is far from the truth and everything is influencing other parts of the body in some form.



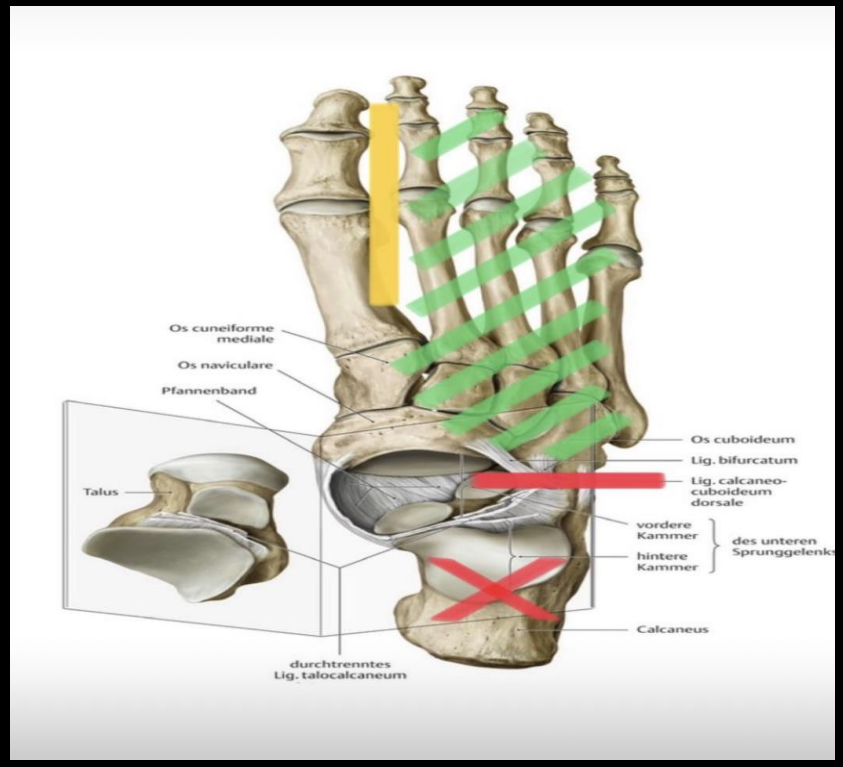
Columns

- The two sides of the body.
- Primarily made up of ball and sockets with a shared coupled motion at the torso.
- Health of column depends on how well those ball and sockets move.
- Level columns = 90-degree angles.
- 2nd toe straight & feet no more than a fist width distance apart.



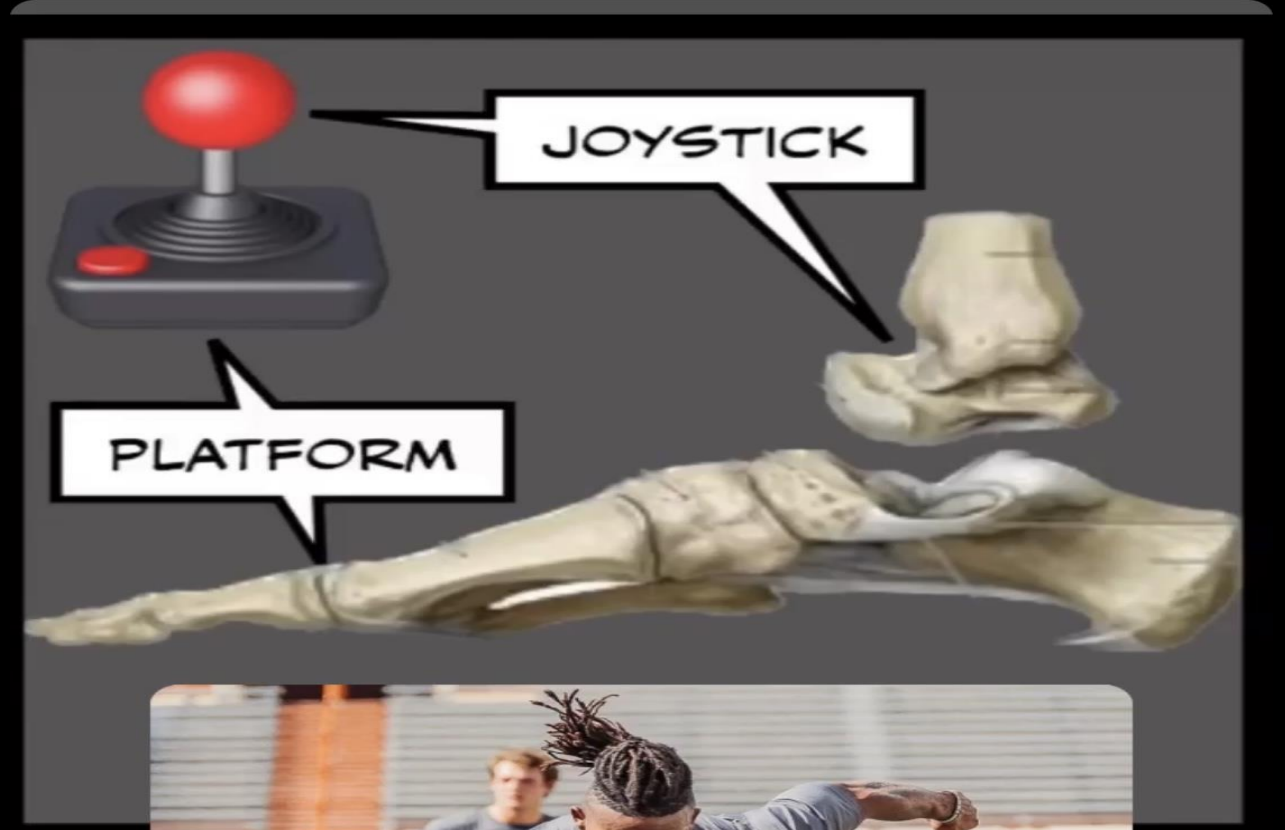
Ankle Gyro

Even if it’s not a true ball and socket, it sure plays like one.



Foot Control IABH

- IABH is the half dome arch structure the foot forms into upon landing.
- No arch is ever designed to collapse.
- This arch allows the shin to play on top of a stable platform like a joystick.
- We are then able to trace a bow / corner pattern from a solid base.
- We are also able to create harmony between the three compartments of foot, shin, thigh.

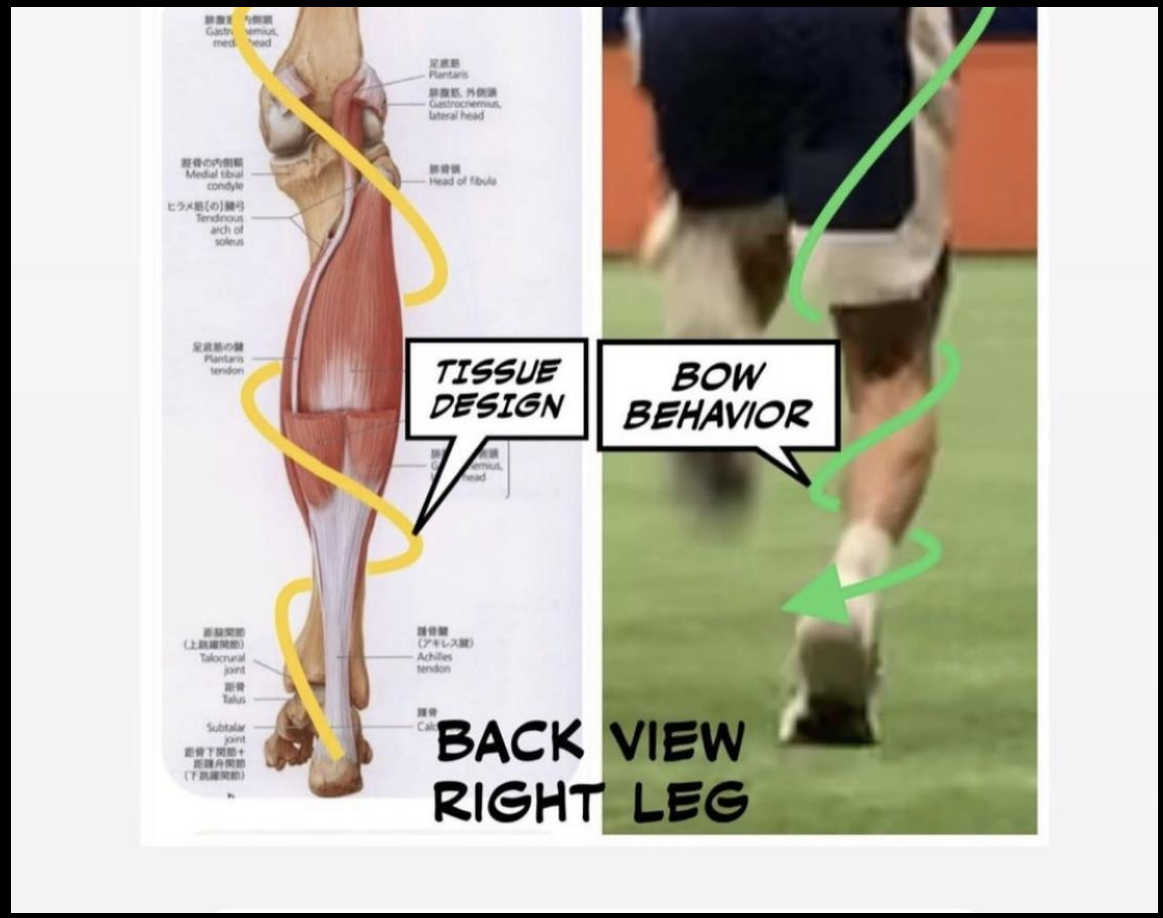


Foot = platform-
stays straight
& holds structure

Ankle/shin bone
= joystick
- rotates and moves
any direction
on top of platform

The Achilles

- The muscles of the leg are sewn on an inward spiral.
- We need to wind them down back and out to maintain integrity.
- This leads to joint security, proper alignment, and it’s how we generate explosive power.

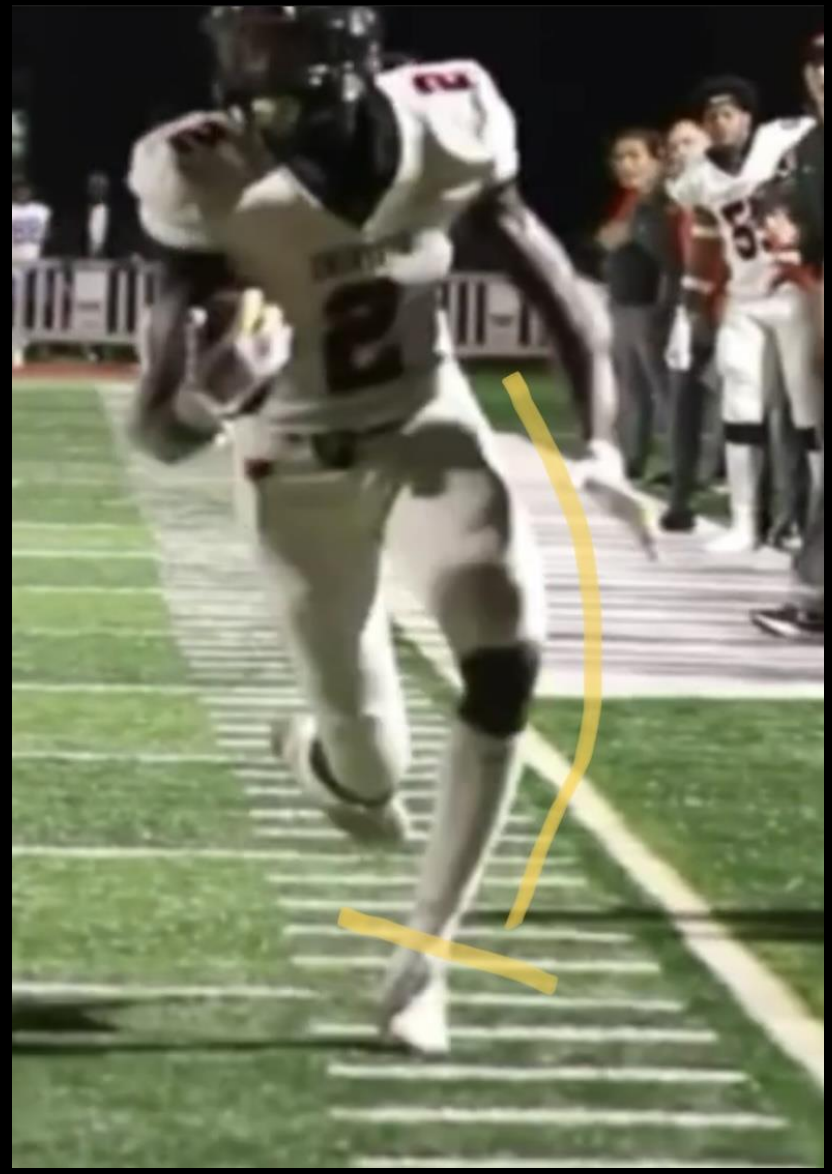


GOATA Feet

- (RED) Heel is like a kick stand at rest.
- (Green) is intended for force application and absorption.
- (Yellow) is intended for balance.

Load the pressure (BOW) / (SQUAT)

- Secure way to load pressure into the system.
- Column spiral turns back, down and out on top of the half dome arch.
- The foot stays straight
- The inner ankle bone climbs high
- The kneecap points out
- Upper and lower limb are on the same cadence

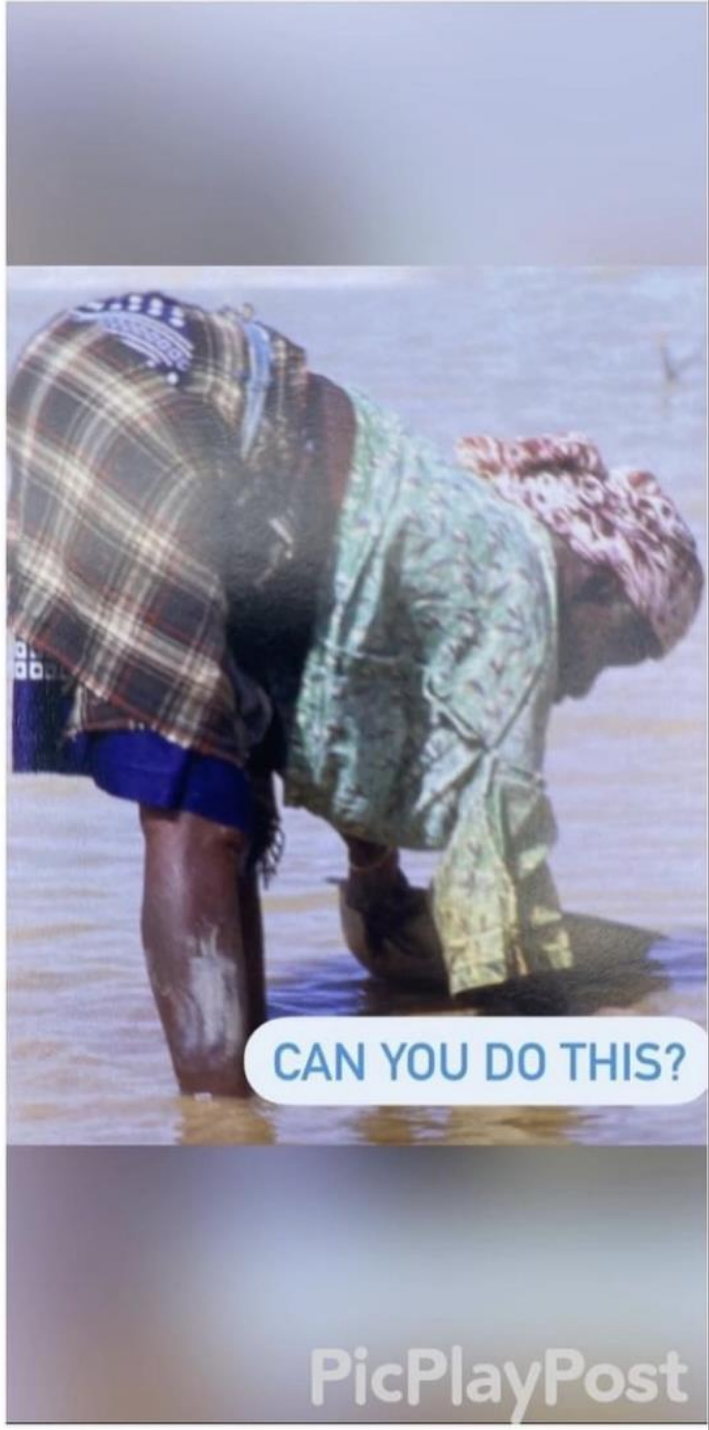


Transfer the pressure (Corner) / (HINGE)

- The transfer of pressure during the forward moving cycle.
- The column will retrace the pattern of the bow by moving up around and in.
- This cornering behavior will transfer the pressure into the other column.
- Heel away is an indicator of a proper corner pattern.

CORNER / HINGE Contd…

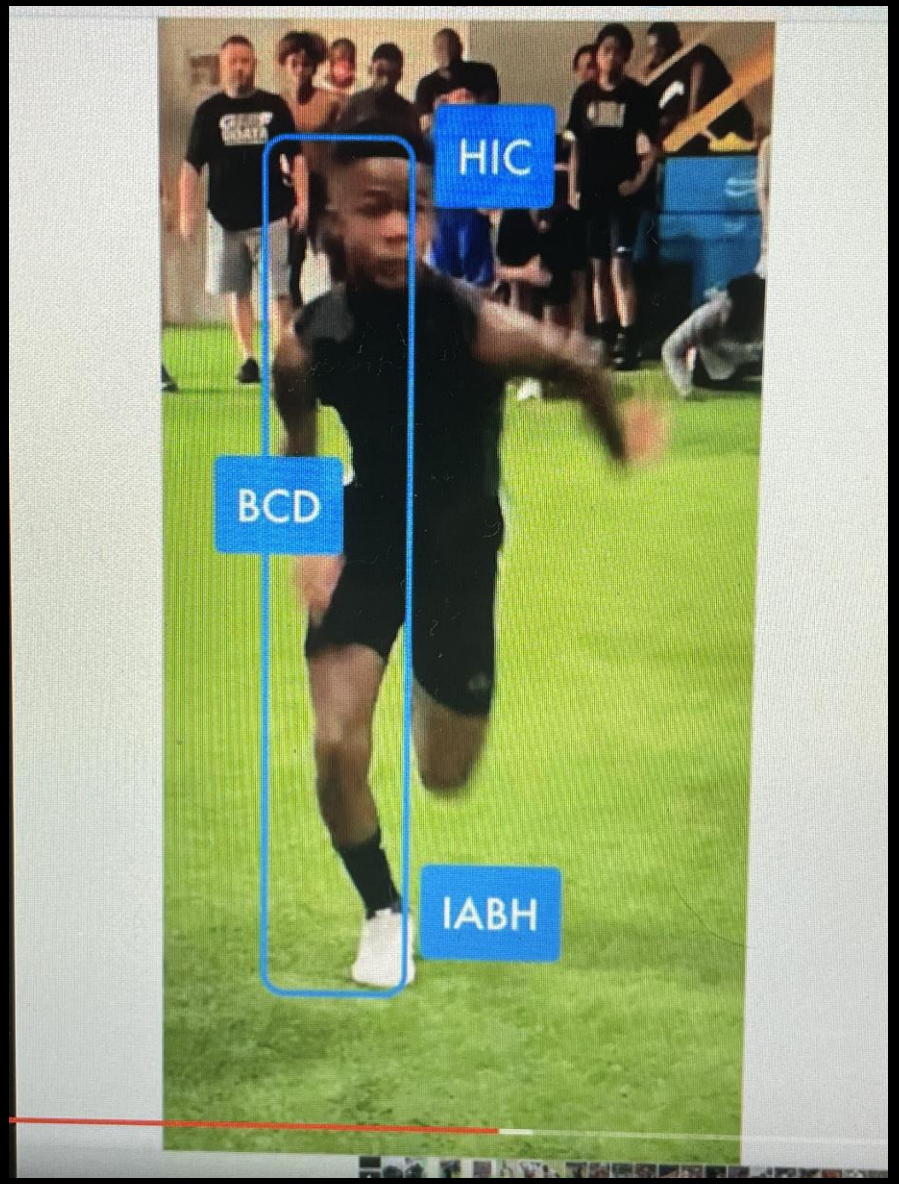
Pelvis rotates anteriorly to make room for the ball & socket joints to move inward.



Cornering in action

Head Control

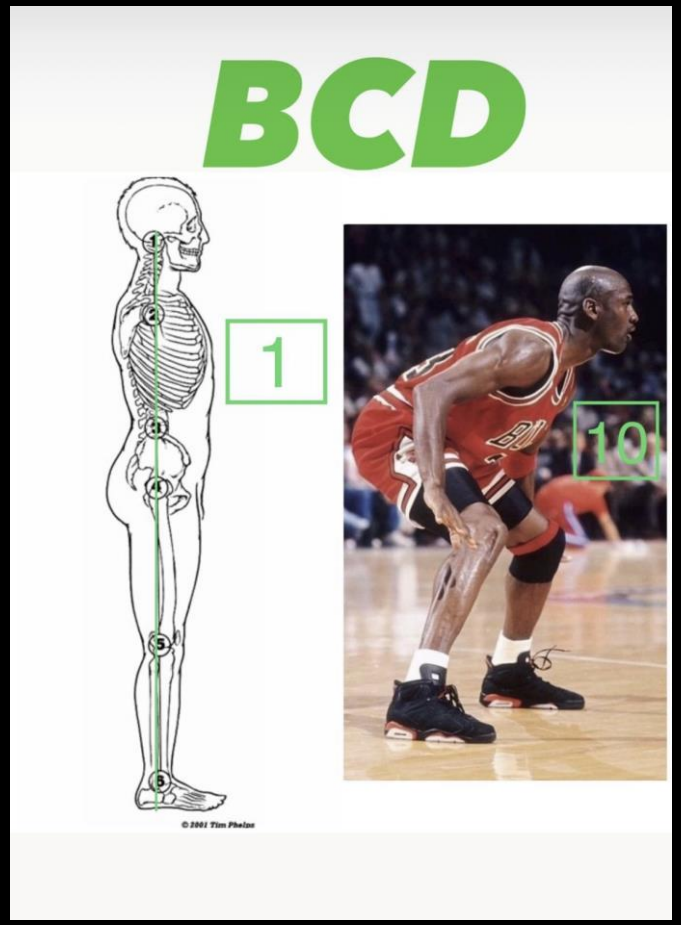
- Cervical spine and skull are the tracking system.
- The head will steady over the loaded column while engaged in movement.
- Keeping the head steady in the column is key to a proper loading and transfer of pressure.
- Where the head goes the pressure flows.

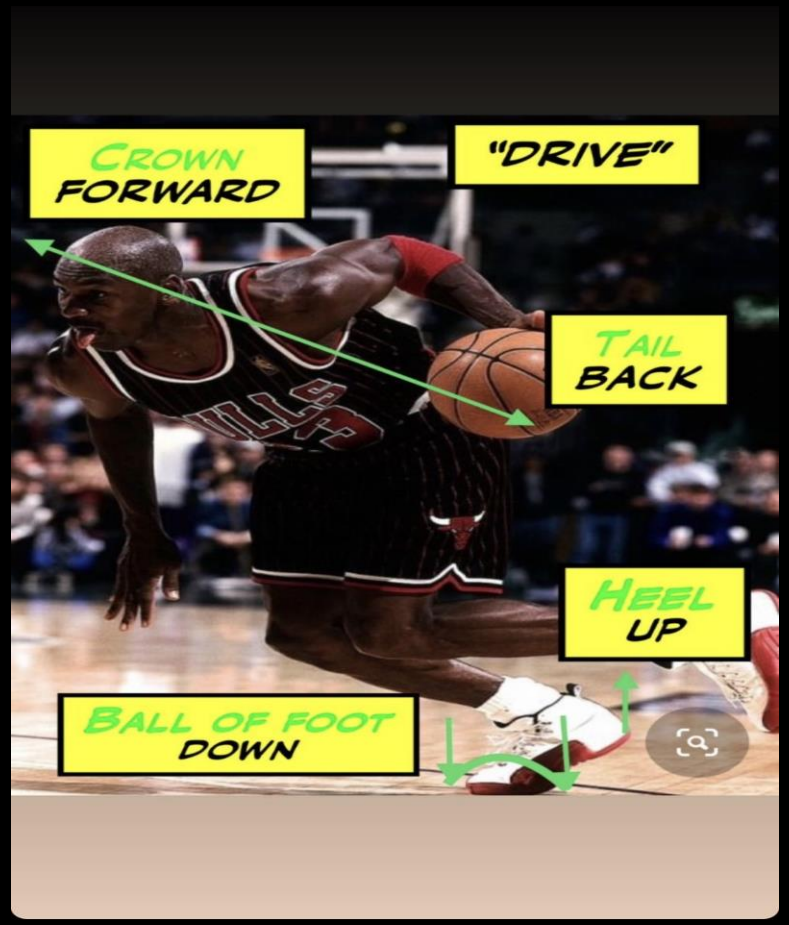


Back Chain Dominance (BCD)

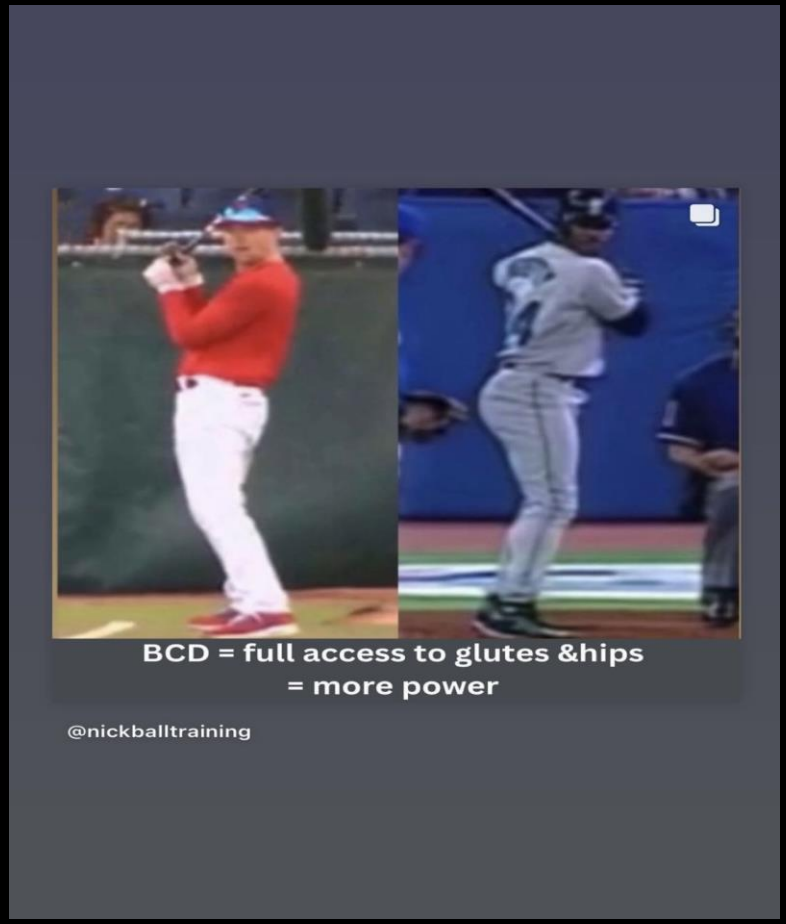
- Tail back crown forward allows the system to reach its most decompressed state.
- This gives the ball and sockets, and coupled motion design of the spine the space it needs for the bow and corner behavior to pop.

BCD in action



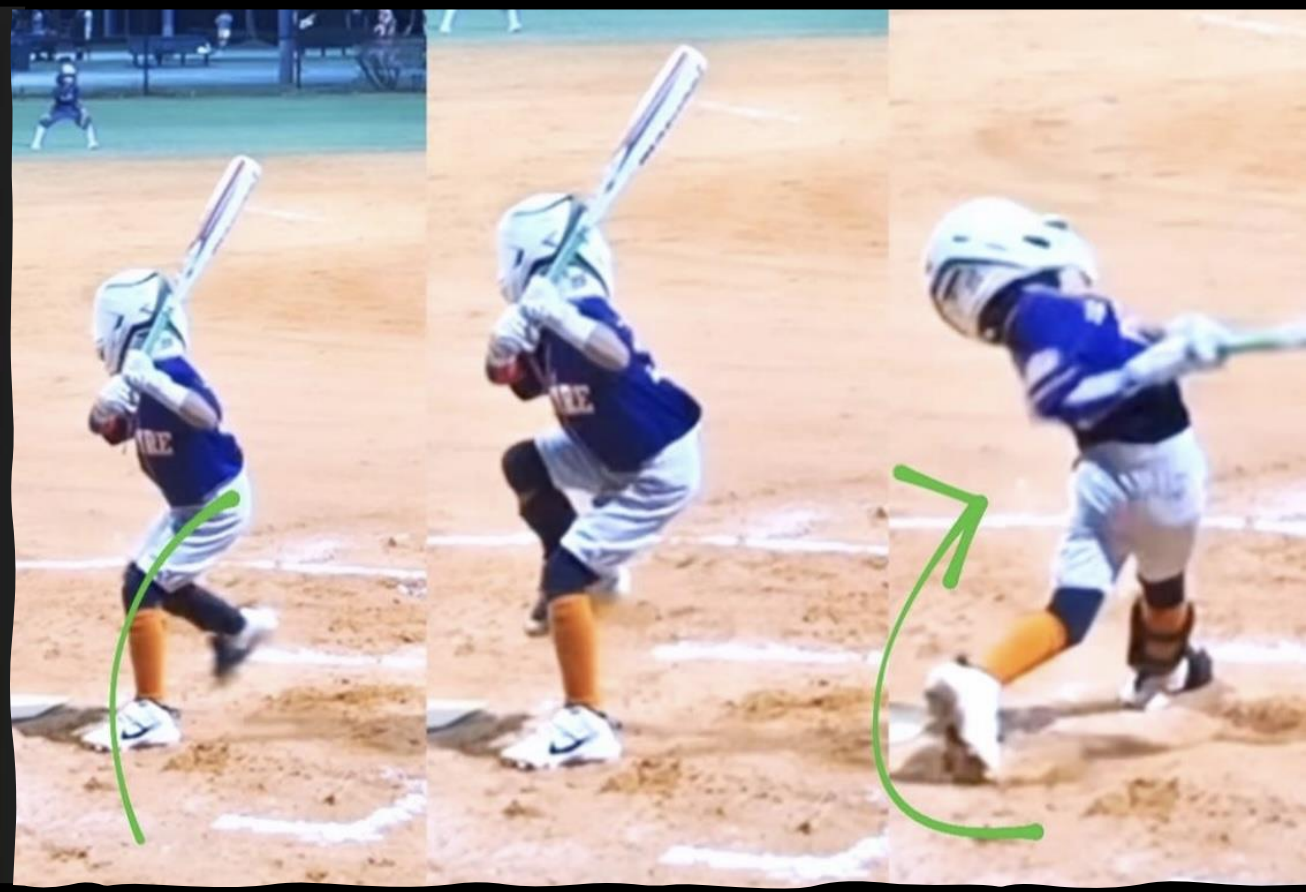


BCD in action

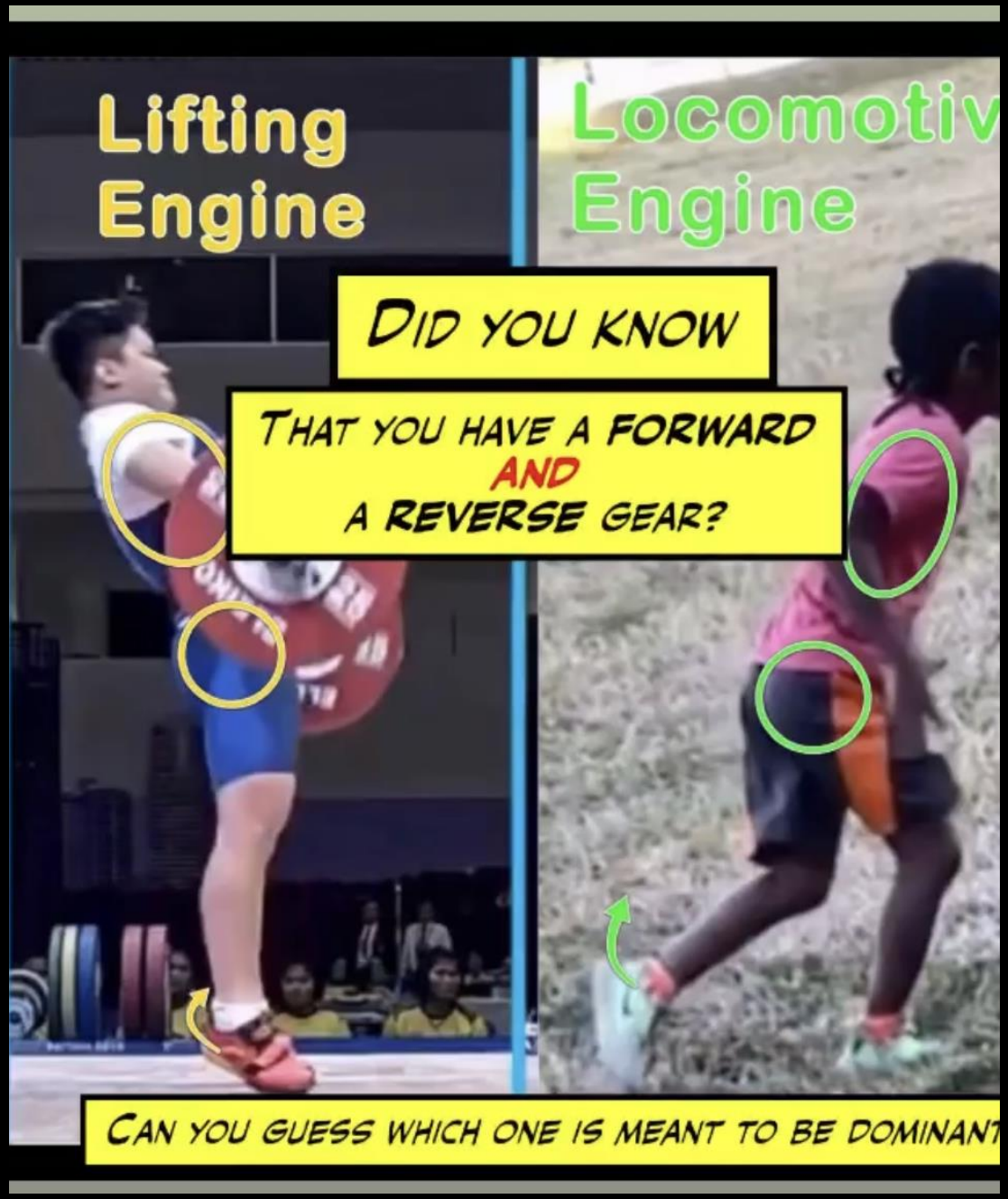


The Finished Product (GOATA 10)


The crawl
Is the walk
Is the run
Is the swing
@heelsawaynj
Lmk when u see it



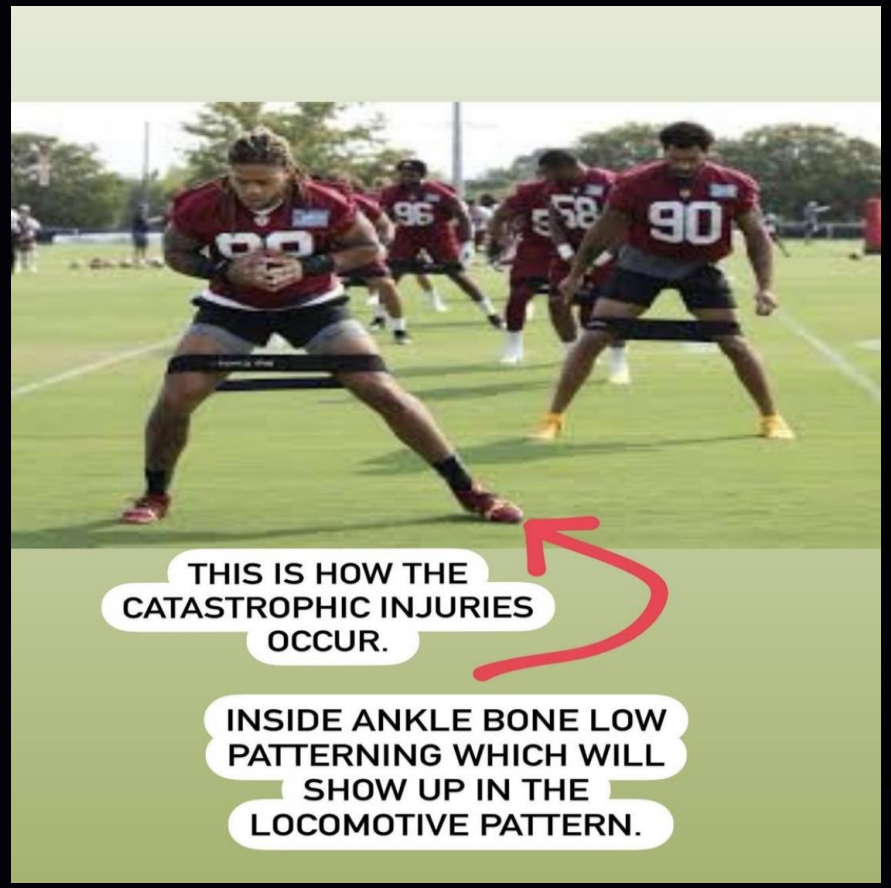
It’s all BOWS & CORNERS



Forward & Reverse Gear

- Tail back, Crown forward is drive gear.
- Crown back, Tail forward is reverse.
- We are designed to be moving forward 99% of the time.

The Pattern of Injury



Why we train this way!

The more time spent training within the global laws, the closer we move to a KNOWN, DESIRED & SECURE outcome.

Consequently, when we step outside the math, we subject ourselves to an adaptation that moves us further away from natures design.