

the “harness”

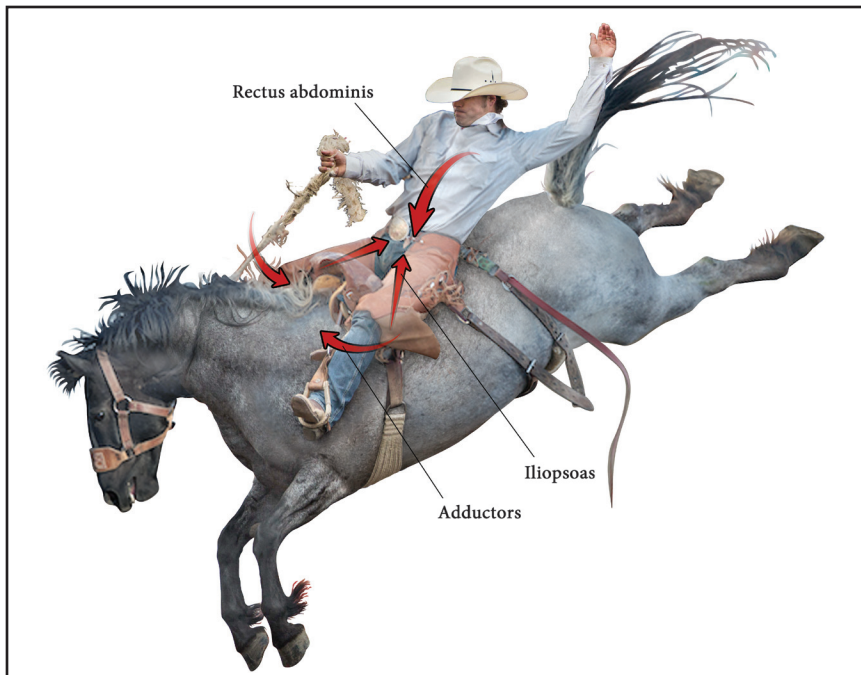


Figure 8-1.

Ready...set...Are you ready to go? This short chapter may be the most important one in the book. It introduces an essential concept for understanding the core. One might say the central concept. Dare we say the “core” concept? Sorry, we are blabbering again.

We have now established the pubic bone as the center of our body’s universe. There is no doubt this is so. That’s the anatomy. It is what it is. Copernicus, da Vinci, Belichick, and Krzyzewski all agree. Now we shall show how the center unites the body. We shall reveal how we control and optimally harmonize our power muscles (Figure 8-1).

The chapter is short, so no excuses... you must read it.