Nia Sharing the Joy

Continuing education to grow your Nia practice

Nia White Belt 52 Moves

Anatomical Analysis

Muscles and Joints

1 Show and Tell Yourself

Step 1: Practice each of the 52 Moves while focusing on the Five Sensations (FAMSS), one at a time. As you move, say the name of all body parts in which you feel each sensation being activated, and then move onto the next sensation.

Step 2: Using an anatomy book from the references on the next page, list the muscles and joints you sense being conditioned in the chart on the following pages. Once you have done this with all five sensations, repeat this process with the next move.

2 Show and Tell Your Students

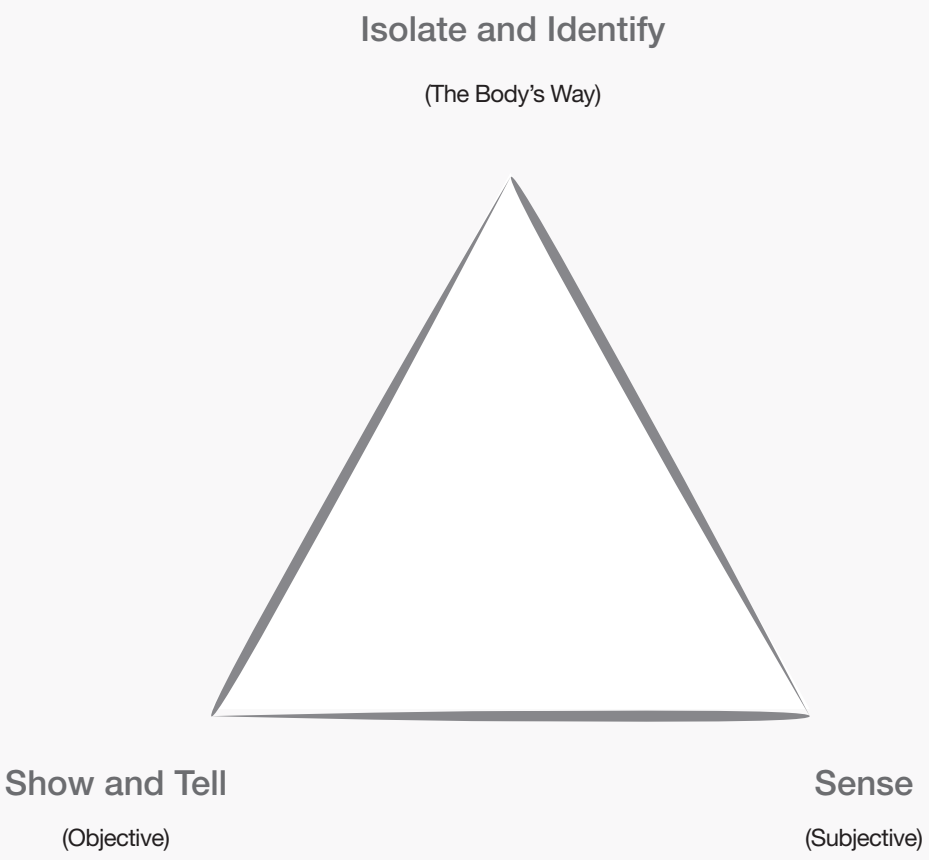
Step 1: Model the move for your students while repeating its name aloud, to communicate the form and objective language of Nia.

Step 2: Next, have your students practice the move and draw their attention to the sensory experience of one sensation at a time, using the Nia language for that sensation. Guide them to connect to the muscles and joints being activated with each sensation by touching and naming those parts of their bodies as they move.

For example: In Creepy Crawlers, bring their attention to the sensation of stability, sensed in their forearm; mobility, sensed in their fingers; and strength and flexibility, sensed in their palms. Now touch and name the muscles and joints being activated by this move.

© Nia Technique, Inc.

Awareness Triad



Debbie's Suggested References:

Blakey, Paul. *The Muscle Book.* Ventnor, Isle of Wight, UK: Bibliotek, 2007. Print.

Calais-Germain, Blandine. *Anatomy of Movement*. Seattle: Eastland, 2007. Print.

Jarmey, Chris. *The Concise Book of Muscles*. Chichester, England: Lotus Pub., 2008. Print.

Kapit, Wynn, and Lawrence M. Elson. *The Anatomy Coloring Book*. San Francisco: Benjamin Cummings, 2002. Print.

© Nia Technique, Inc.

	Main Muscles	Main Joints
Base		
Feet - 8 Moves		
Heel Lead		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Whole Foot		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Ball of the Foot		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Relevé		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Rock Around the Clock		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Squish Walk		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Duck Walk		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Toes In, Out and Parallel		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Stances - 6 Stances		
Closed Stance		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Open Stance		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
A-Stance		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Riding or Sumo Stance		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Bow Stance		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Cat Stance		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Steps - 9 Moves		
Sink and Pivot Table Wipe		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Stepping Back Onto the Ball of Your Foot		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Cross Front		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Cross Behind		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Traveling in Directions		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Lateral Traveling		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Cha Cha Cha		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Slow Clock		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Fast Clock		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Kicks - 4 Moves		
Front Kick		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Side Kick		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Back Kick		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Knee Sweep		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

Core

Pelvis - 2 Moves

Pelvic Circle		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Hip Bumps		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Chest - 4 Moves		
Chest Isolations		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Shimmy		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Undulations		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Spinal Roll		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Head - 1 Move		
Head and Eye Movement		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

Upper Extremities

Blocks - 4 Moves		
Upward Block		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Outward Block		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Inward Block		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Downward Block		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Punches - 4 Moves		
Upward Punches		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Outward Punches		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Across Punches		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Downward Punches		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Elbow Strikes - 3 Moves		
Elbow Strikes Down		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Elbow Strikes Back		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Elbow Strikes Out		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Hands - 7 Moves		
Touching		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Fist		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Pumps		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Strikes		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Chop-Cut		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Web Spaces		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Palm Directions		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Fingers - 8 Moves		
Finger Extensions		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Finger Flicks		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Creepy Crawlers		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Spear Fingers		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.

	Main Muscles	Main Joints
Catching Flies		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Claw Hand		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Power Finger Crossover		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		
Balance Finger		
F - Flexibility		
A - Agility		
M - Mobility		
S - Strength		
S - Stability		

© Nia Technique, Inc.