

A THERAPEUTIC APPROACH USING AUTOMATIC TRAINING EXERCISES AND THEIR EFFECT ON SOME PHYSICAL AND FUNCTIONAL VARIABLES FOR ATHLETES INFECTED WITH THE CORONA VIRUS

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ABSTRACT

The aim of the research: Preparing automatic training exercises related to the therapeutic approach for athletes infected with Corona virus. And to identify the effect of the therapeutic approach using automatic training exercises on some physical and functional variables for athletes infected with the Corona virus. As for the research sample, it consisted of (5) athletes infected with Corona virus in Baghdad, according to the following division: (1) a basketball player from Al-Arabi Club, (1) a volleyball player from Sulaikh Club, (1) a handball player from Al-Zawraa Club, and (2) Two football players, one of them is Al-Shula Club and the other is Al-Karkh Club. And these patients are reviewers of Al-Yarmouk Teaching Hospital and Al-Imamain Al-Kadhimin Teaching Hospital (peace be upon them), and the experimental approach of one group with one design (before - post) was applied, and the curriculum was applied on the Zoom program. The pre-tests were taken, then the field experiment was conducted, then the post-tests were conducted after 12 weeks of the therapeutic approach, and the data were processed by the Spss program. The results were significant, so the researcher concluded these conclusions that the therapeutic approach using automatic training exercises had an effective effect on raising the level of physical variables (strength, explosive power, speed and flexibility). And the automatic training exercises had a clear effect on the improvement of the lungs and pulmonary capacity. The therapeutic program also affected the health of the injured athletes. Immunity and immune proteins were restored to the normal state that protects the body from external influences and viruses.

Keywords: therapeutic approach, automatic training, corona virus

Introduction and research problem:

In late 2019, an epidemic appeared that invaded the entire world, a health environmental disaster that threatened the entire planet, a disease transmitted from animals and birds to humans, which did not exclude a group of people. It affected adults, youth and children, men and women and all countries of the world. It first appeared in China in the city of Wuhan, then spread to All parts of the world, namely (Corona virus), an unprecedented dangerous virus that baffled doctors and the health field as a whole. This virus affected all sectors and stopped them (social, sports, political, economic, tourism), especially in the year 2020. All countries took precautionary measures, including imposing a curfew, due to its rapid spread, its strange nature, and different ways of infection, as it put doctors in front of a great challenge.

And Iraq is one of the countries that have taken the necessary health measures to prevent this dreaded epidemic. Schools, universities and all departments have been suspended, transportation, and aviation have been stopped, and the sports league and all games have been stopped for fear of the transmission of this epidemic, but this epidemic affected young people, the elderly, children and even athletes. This epidemic, and this was due to the closure of sports halls and stadiums, and the cessation of training affected the sports performance and its effectiveness, in addition to the psychological state, thinking about the number of injuries and the number of deaths, although the players have mental and physical health because they are practitioners of sports, but they are the same as all human beings. And they recovered from it, but this disease leaves negative effects on the body of the infected person, affecting the heart, lungs and respiratory system.

There are many studies that have proven that the effects of the Corona virus remain for months, especially for athletes, as physical fatigue, difficulty breathing, imbalance and nervous system imbalance occur, and heart complications may also occur, as exercise has benefits for public health and mental health, especially if physical exercise means health. The body, its agility, flexibility, and strength, as well as the functions of the internal organs of the body, raise the psychological state, and remove tension, disturbances, and negative thoughts. Also, sports raise immunity, and this is a basis for resisting the Corona virus, and automatic training exercises that are energy charging, or self-charging, are one of the types of yoga, as the basis of these exercises is breathing while changing body positions and stability in them. Through these respiratory exercises, it is possible to maintain the vital functions of the body (such as the respiratory circulatory system), hence the importance of research in developing exercises for automatic training to get rid of the remnants of the Corona virus and restore the vital, functional and physical health of the body systems of athletes affected by this epidemic. Several questions were raised to solve the problem of this research, including whether automatic training exercises will restore activity to the vital functions of the internal body systems and affect functional variables. Will automatic training exercises affect the physical variables of players infected with the Corona virus? Entitled (The Effect of the Corona Pandemic on Practicing Sports Physical Activity among Students of the Institute of Science and Technology of Physical and Sports Activities) and a study (Ayoub Hassani: 2022) entitled (The Impact of the Corona Pandemic on the Level of Sports Performance of Volleyball Players) These studies were similar to their use of the Corona virus, but the studies differed in terms of contents if These two studies are descriptive, the first on a sample of students, and the second on healthy volleyball players. As for my study, it is experimental and on a sample of players infected with the virus. As for the study (Mai Muhammad Salman: 2009) entitled (Auto-Trenching exercises and their impact on the development of some functional and psychological variables for five-a-side football players) This study was similar to my study in the type of exercises, and it differed in all the contents of the dependent variables, as its study was experimental. On healthy players, its purpose is to measure the functional and psychological variables of these players. As for my study, it is experimental on players infected with the Corona virus, and measuring its impact on functional and physical variables, and my study is the only experimental study in light of this pandemic in Iraq and the Arab world, I think.

research aims :-

- 1- Preparing automatic training exercises related to the therapeutic approach for athletes infected with the Corona virus
- 2- To identify the effect of the therapeutic approach using automatic training exercises on some of the physical abilities of athletes infected with the Corona virus.
- 3- To identify the effect of the therapeutic approach using automatic training exercises on some functional variables of athletes infected with Corona virus.

research hypothesis:-

- 1- There are significant differences between the pre-post tests in some physical abilities of athletes infected with Corona virus.
- 2- There are significant differences between the pre-post tests in some functional variables of athletes infected with Corona virus.

Research areas:

The human field: - (5) athletes infected with Corona virus in Baghdad, according to the following division: (1) basketball player, (1) volleyball player, (1) handball player, and (2) football players.

Time range: 1/2/2020 to 31/7/2020.

The spatial field: Al-Shula Club, Sulaikh Club, Al-Karkh Club, Al-Zawraa Club, Al-Arabi Club, Al-Yarmouk Teaching Hospital, Al-Imamin Al-Kadhimin Teaching Hospital (peace be upon them), and the Zoom program.

Definition of terms:-

Automatic training exercises: These are exercises for self-charging that are used with physical postures and steady breathing. It is a type of yoga that develops physical fitness, the functional state of the internal body systems, and psychological energy (May: 27: 2009).

Corona virus: It is a virus of a new strain that appeared in China, in the city of Wuhan, and is called (Covid 19).

Research methodology and field procedures:

The experimental method of one group with one design (pre-post) was chosen.

A community and the sample of the research:

Athletes infected with the Corona virus, who are attending (Al-Yarmouk Hospital and the Imamiyin Hospital, peace be upon them), numbering 30 from various sports. As for the research sample, it was only five players who agreed to conduct the experiment on them, as shown in Table (1), and the sample was obtained sequentially and not all at once. Through the nurses working in Yarmouk Hospital and the Imamin Hospital, peace be upon them, the two nurses were following all those who visit the hospital from the athletes infected with the Corona virus, and their names were preserved in response to their desire as precautionary measures, and they provided me with all the data. Through WhatsApp, and you send me the phone number of

the injured person, and after 24 days have passed since his injury, he will be contacted and tests will be conducted through the Zoom program, and then the experiment and exercises will be conducted through the program itself.

Table (1) Shows the sample distribution

N	Game	Club	Injury Date	Start Date	End Date
1	Football	Karkh Sports Club	1/2/2020	25/2/2020	17/5/2020
1	Volley ball	Sulaikh Sports Club	24/2/2020	19/3/2020	11/6/2020
1	handball	Al-Zawraa Sports Club	8/3/2020	2/4/2020	25/6/2020
1	Basketball	Al-Arabi Sports Club	20/3/2020	12/4/2020	5/7/2020
1	Football	Al Shula Sports Club	8/4/2020	3/5/2020	23/7/2020

Tests used:

1- Physical exams :

- Hand grip strength test: measuring general muscle strength (Kazim Jaber: 1999: 335)
- Broad jumping test: measuring the explosive strength of the muscles of the two legs (Al-Hakim: 2004: 173)
- A 30-meter run test from the flying position: measuring the maximum speed (Al-Hakim: 2004: 113)
- Test of flexion of the torso from standing: measuring the extent of flexibility of the torso and thigh (Allawi and Radwan: 341:1982).

2- Functional tests:

- Lung capacity: using a spirometer
- The percentage of oxygen in the blood: by means of the exometer
- White blood cells: It is done by drawing blood
- P.R.C: It is done by drawing blood

Exploratory experience: -

The researcher did not conduct an exploratory experiment due to the difficulty in obtaining the sample, and the other reason is the epidemiological situation and the precautionary health restrictions by the Ministry of Health.

Pre-tests: They were conducted sequentially for each patient according to the date of his injury, so the pre-tests extended from 1/2/2020 to 8/4/2020, as the functional measurements were taken directly at the date of injury, while the physical tests were conducted 24 days after the injury, that is, when the patient recovered. For the period from 24/2/2020 to 2/5/2020.

The main experience:

The main experiment was conducted on each patient separately, according to the time of his infection, and after 24 days of infection, that is, he reaches the stage of recovery to start experimenting and applying automatic training exercises to get rid of the remnants of the Corona virus, because of the importance of these exercises in breathing and performance

- The experiment started from 25/2/2020 until 3/5/2020, according to each player and the time of his injury.

The experiment ended for the period from 17/5/2020 to 23/7/2020.

Therapeutic approach: It is according to the following division

A 10-minute warm-up to prepare the body physically and physiologically.

The main part, which is giving automatic training exercises for a period of (12) weeks, at the rate of (3) units per week, so that the total units become (36) units. (5-7) exercises were used in one unit, with a time ranging from (5 seconds to 1 minute). With (3-10) repetitions, rest from (5-15) seconds, and the time for one unit is (15-20) minutes.

- The final part: - Relaxation exercises were used to return to the normal position of the body.

The total of the therapeutic curriculum in its three parts is (30-35) minutes.

Post exams:

It was conducted according to what was approved in the pre-tests, as it took place during 18/5/2020 - 24/7/2020.

Statistical means:

Data has been processed by Spss.

Presentation and discussion of the results:

Presentation and discussion of the results of the physical tests of the research sample:

Table (2)

It shows the results of the pre-post tests in the physical tests

variants	Meas- uring unit	Rank average		Total ranks		Wilcoxon Value	Sig	Moral significance
		negative	positive	negative	positive			
Right fist strength	kg	0.00	3.00	0.00	15.00	2.032	0.042	Moral
Left fist strength	kg	0.00	3.00	0.00	15.00	2.032	0.042	Moral
Broad jump	m	0.00	3.00	0.00	15.00	2.032	0.042	Moral
Standing trunk flexion test	cm	0.00	3.00	0.00	15.00	2.032	0.042	Moral
ran 30 m	s	3.00	0.00	15.00	0.00	2.023	0.043	Moral

Below the level of significance (0.05) and degrees of freedom (4)

From table (2) it was found that all the physical tests were significant in favor of the post tests, and the researcher attributes this to the automatic training exercises that restored health to the athletes, and thus the high scores of the physical tests and their improvement, as the automatic training exercises helped in improving the physical variables, and this was confirmed by (Hamad: 1998: 82) "Automatic training is one of the exercises that can be used in various sports activities, which are characterized by the use of self-resistance in the sense of using the athlete's body as a resistance to strengthen the muscles." And (Dorgo & Rice: 2009: 293) stressed that "automatic training develops all elements of physical fitness as well as the development of physiological variables." It must take into account the association of exercises used with strength exercises to ensure balanced development of the locomotor and muscular system and

to avoid developing only one side. Adel Abdel-Basir: 1999: 146) confirms (Qasim Hassan Hussein: 1998: 28) that increasing the number of repetitions of steadiness and stretching exercises leads to the development of flexibility, and that insufficient flexibility of the joints leads to poor development of muscular strength, speed, endurance, and agility. (Talha et al.: 1997: 282) that it is possible to develop both muscle strength and flexibility if appropriate exercises are used. The implementation of these exercises by adopting the correct position and the appropriate period of persistence enhances the validity of the results. "The best method for developing flexibility is to perform exercises using strength with continuous performance for a long time to bring about the necessary adaptation of tissues," (Talha et al.: 1997: 258).

Presentation and discussion of the results of the functional tests of the research sample:
table (3)

It shows the results of pre-post tests with functional variables

variants	Rank average		Total ranks		Wilcoxon Value	Sig	Moral significance
	negative	positive	negative	positive			
lung capacity	0.00	3.00	0.00	15.00	2.121	0.034	Moral
The percentage of oxygen in the blood	0.00	3.00	0.00	15.00	2.032	0.042	Moral
White blood cells	3.00	0.00	15.00	0.00	2.032	0.042	Moral
c.r.p	3.00	0.00	15.00	0.00	2.023	0.043	Moral

Below the level of significance (0.05) and degrees of freedom (4)

Table (3) shows that all the functional tests are significant and in favor of the post-test. The researcher attributes the reason to the use of automatic training exercises because they contain deep breathing exercises that help the functional organs to develop rapidly and increase the volume of the lungs and pulmonary capacity, and this is consistent with (Allawi Abu El-Ela: 1989: 294) "Sports training leads to changes in pulmonary volumes, and this leads to a similar change in pulmonary capacity." The researcher also agrees with (Mai Salman: 2009: 91) that automatic training exercises lead to expansion of the rib cage, muscle flexibility, and an increase in the volume of the lungs. In addition to the opening of blood vessels, due to the player's performance of additional work that he had not previously performed, which is automatic training exercises with deep breathing. As for the oxygen in the blood, the researcher attributes that these exercises developed the work of the heart and blood circulation, which led to the arrival of oxygen in high rates to the heart and lungs, and thus improved the percentage of oxygen in the body, and this is consistent with (Kazim Jaber: 2006: 245) that regular training affects the two circulatory systems And respiratory, improving the functional condition of players, and increasing the amount of oxygen consumption to reach its maximum limit. And (May Salman: 2009: 95) confirmed that the automatic training exercises contributed to the development of the function of the cells towards maximum oxygen absorption, which led to a physical response to the players, i.e. the exploitation of the percentage of oxygen to supply energy and then achieve the best performance.

As for p.r.c and white blood cells, the researcher attributes the reason for their moderation and becoming within the normal level to the automatic training exercises used in the therapeutic approach, which have a major role in getting rid of the remnants of the Corona virus, because these exercises use body weight as resistance with stability and deep breathing with the vibrations of the words that come out of The abdominal cavity greatly affected the results, and this is consistent with (Allawi and Abul-Ela: 2000: 173) that practicing physical activity for 30 minutes every day will raise the first line of defense for immunity and thus a clear improvement in health. And several foreign studies confirmed that practicing sports would reduce the chances of death, and the possibility of infection with the virus decreased by 31%.

The researcher agrees with (Shaima Reda: 2009: 91) that exercise raises the level of immunity, especially the first defensive line of immunity, and there is a renewal of immune cells and protein antibodies.

And it agrees with (McKinnon: 1997: 152) that automatic training exercises raise immunity by activating the parasympathetic system and thus activate the stress hormone and release it into the bloodstream and it includes the hormone Adreocorticotropin (ACTH) and the hormone cortisone catecholamine and thus improve white blood cells and this helps to stay healthy

Conclusions and Recommendations:

Conclusions:

- 1- The therapeutic approach using automatic training exercises has effectively affected in raising the level of physical variables (strength, explosive power, speed and flexibility).
- 2- The automatic training exercises had a clear effect on improving the lungs and pulmonary capacity.
- 3- The effect of the therapeutic program on the health of the injured athletes, and the immunity and immune proteins were restored to the normal state that protects the body from external influences and viruses.

Recommendations:

- 1- The necessity of using automatic training for all Corona virus patients has a significant impact on improving health.
- 2- The need to publicize such exercises on the media and health level in order to educate people and urge them to practice these exercises before injury in order to protect them from exposure to injury.
- 3- The need to educate people to practice such exercises during injury and not to be afraid to perform such exercises in order to reach recovery and promote health.
- 4- Conducting studies on different samples and using another method of treatment

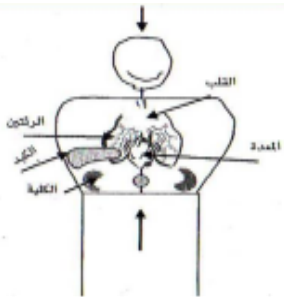
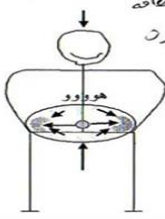
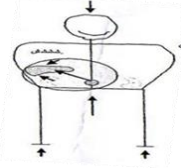
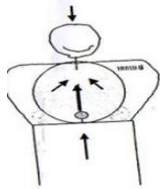
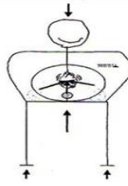
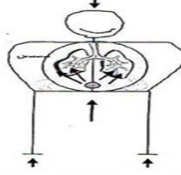
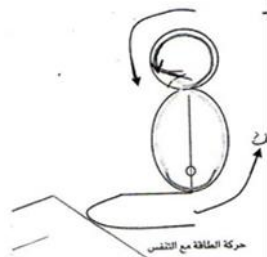
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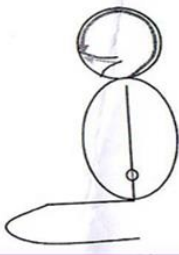
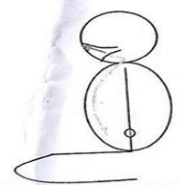
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**Accessory (1)
exercises used**

the exercise	the shape
Learn correct breathing: - When inhaling, the player inflates his stomach to the fullest extent (the inhale is full of air), by lowering the diaphragm downward, and the inhalation begins below the navel. And exhalation is to reduce the stomach inside to the maximum extent in order to expel the largest amount of carbon dioxide	Formless

<p>While you are standing, raise your right arm and left leg, and symmetrically return them to their place, and raise your left arm and right leg. Then breathe deeply. The principle of this exercise depends on the exchange of energy and information between the left and right parts of the brain</p>	<p>Formless</p>
<p>While you are standing, focus on the breathing process and watch how you breathe. Take the inhale and imagine that the upper energy enters your body through the center to crown at the top of the head and the ground energy from the two points of the feet. The total energy gathers at the navel area. During the inhalation, stick your tongue in the throat behind the front teeth, and while exhaling, let go of your tongue He returns to his position, repeat that method with the breath, release the cosmic sound, which is the word (om), pronounced slowly, to take a breath that begins with the letter Oooo, then MMM in a loud voice, and you feel that you are immersed in the cosmic energy, put a smile on your face, and feel that your entire body is smiling</p>	
<p>Take a deep breath and fill the navel area, then as you exhale, the energy goes out towards the kidneys, and it is as cold as the cold of winter, with a black color and a voice. (Woohoo) That sound you can make really loud</p>	
<p>Take a breath and fill in the navel point and then as you exhale the energy comes out towards the liver and it's gentle like spring air with a green color and a sound (shhh) that sound you can make loud or imagine</p>	
<p>Take a breath and fill the point of the navel, then during the exhalation, the energy comes out towards the heart, and it is hot like summer air, red in color, and with a sound (qaaaaaaaaaaaaaaaaa) that sound you can make out loud or imagine it</p>	
<p>Take a breath and fill the point of the navel, then during exhalation the energy comes out towards the stomach and it is somewhat hot, pleasant like the summer air in a yellow color and with a sound (khaaaaaa) that sound you can make out loud or imagine it</p>	
<p>Take a breath and fill the navel point and then as you exhale the energy comes out towards the lungs and it's kinda gentle like the autumn air with a white color and a sound of (oooo) that sound you can make out loud or imagine it</p>	
<p>This exercise helps to get rid of psychological stress by moving the energy in a circular motion between the back and front of the body While you are sitting on the knees, take a deep breath and stick the tongue behind the front teeth (the point of the tongue), then while exhaling visualize that the energy is in front of your face as it goes downward to rise again in a circular motion</p>	

<p>Take an inhale and visualize the energy rising in the spine to reach the area where it connects with the neck (the bottom of the head), then in exhalation the energy circulates in the head and rises from below (the point of connection of the neck with the head) and passes through the top of the head (seventh center) to reach the bottom of the nose (the point of the tongue).</p>	
<p>On inhalation, the energy descends into the lower abdomen, passing in front of centers 5, 4, and 3, to settle in front of center 2</p>	
<p>Lie on your back with your feet close to each other and when you take a deep inhale and when you exhale let the belly be sucked in and the back of the waist falls to the ground and the spine is completely stable on the ground breathe slowly and slowly for a minute or continuous, then bend your legs towards the torso while wrapping your arms so that your knees embrace towards the torso continue Hold this position for a minute or two, breathing slowly and gently.</p>	<p style="text-align: center;">without</p>
<p>Stand straight, raise the hands up and make the backs of the hands together and the fingers pointing upwards when breathing slowly and gently. Make sure that the back of the waist is elongated and does not make the chest stick out.</p>	<p style="text-align: center;">without</p>
<p>Practicing the corpse pose: It is one of the most important poses and must be practiced at the end of every training session. Although it seems simple, it is one of the most difficult poses when practicing, as it is difficult to keep the mind calm and focused, and then achieve true relaxation and stillness. It requires courage and steadfastness. Breathing is calm and gentle, inhalation and exhalation, with a focus on breathing in its entry and exit from the body, whose light rhythm works to overcome muscle tension, thus reducing psychological stress and increasing energy in the body</p>	<p style="text-align: center;">without</p>
<p>While you are sleeping on your back, start breathing from the nose and exhale from the mouth, as if you are moving a candle flame and do not extinguish it while it is about 50 cm away from you. When you reach the harmony of breathing and relaxation of all your muscles, imagine with each breath that this vital force spreading energy penetrates every muscle, every nerve and every cell in your body and that The energy spreads little by little to cover the whole body.</p>	<p style="text-align: center;">without</p>
<p>Sitting on your heels exhale slowly letting the belly suck in deeply, then by relaxing the shoulders so that the head balances easily on the top of the neck and at the end of the exhalation, be still and let the breath in. Keep the body still. Continue to breathe in this way as the spine will expand upwards as you exhale and you will fall Hips and shoulders will relax. And when the breath becomes stable, count for seconds until the inhalation and exhalation become equal, start after four seconds, and you will find that the length of breaths will increase without trouble with training and focus.</p>	<p style="text-align: center;">without</p>

<p>Spaced breathing After inhalation, exhale as in deep breathing, relax and let the hips drop, then begin to inhale passively and pause, then inhale again and pause, then inhale fully, then pause and exhale as in deep breathing, repeat inhalation with pauses, maintaining a balance of length and count pauses</p>	<p>without</p>
<p>Spaced breathing After exhalation, exhale as in deep breathing, then inhale passively, as is the case in deep breathing, and at the end of inhalation stop, exhale a little, then pause, then exhale a little, then pause again, then exhale fully, then inhale passively, repeat Exhale with pauses, keeping the same length and number of pauses.</p>	<p>without</p>
<p>This process is an interruption of the breath, which brings you to the point of balance at the end of the processes of inhalation and exhalation, and then concentration, stability and stillness, and then concentration, stability and stillness. And serenity and not a feeling of tension and suffocation, and the individual abilities will vary to a large extent, the period of self-imprisonment will naturally lengthen with training Method: When practicing this method, the length of the exhalation process must be twice the length of the exhalation process. For example, if we assume that the process of entering the breath takes five seconds and ten seconds of holding the breath, then the process of exhaling the breath must take seconds. Keep your stability and stillness for five seconds, then exhale for ten seconds, and when you feel that you can implement that easily, increase the duration of holding the breath until the ratio reaches To five seconds in the process of introducing the breath and ten. You can then increase the breath hold to 15 seconds or more</p>	<p>without</p>
<p>Put your left hand under the bones of the rib cage, place the right hand on it, the hands are spread out, the elbows are joined to the body, take a deep breath and push the words of your body and your hands towards the other, lock yourself up and tighten with strength, and the longer the better, make yourself while returning the hands to their position.</p>	<p>without</p>
<p>In the case of inhalation, place your right hand with the fingers open on the left side of the waist, and as you exhale, pull your fingers towards the navel with pressure several times. The same movement on the right side of the waist.</p>	<p>without</p>
<p>Work No. 8 in English and form it with air, either through the movements of the hands, head and feet, or with the whole body while taking a deep breath</p>	<p>without</p>
<p>Rubbing the hands one with the other or shaking them together with a symmetrical movement starting from the wrist, in order to activate the blood circulation and the energy current passing through the body, and with the beginning of the movement from the wrist, it will create a harmonious activity (harmonic) for the main parts of the energy channels of the lungs and blood circulation, as well as for the energy channels of the heart and the heart's wallet where it runs Operations to activate ((incitement)) or calm down the energy stream, while taking a deep breath</p>	<p>without</p>