

THE BREATH SPORT TRAINING FOR HEALTH

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Abstract

Since 1993 I have been training of breath sport. Along this time good health always with me as well. Sometime the result of this training also able to help my family (my children mainly) to solve his/her illness. This training held 3 times a week with 2 hours respectively. The Faculty of Medicine in University of Airlangga in Surabaya East Java has the laboratory which able to prove the influence of breath training to our health. This laboratory able to show us that before training and after training of breath sport showed significant different which better health to someone after training with excellence regulation.

Keywords : Breath sport, Training, Health, significant different

1. INTRODUCTION

There are more than a dozen of breathing devices (or respiratory devices) on the market (Ultrabreathe, Powerbreathe, PowerLung, Expand-A-Lung, Frolov breathing device, Samozdrav and others). Learn about their uses, effects on body oxygen levels and how you can get maximum benefits for your sports performance, fitness, and general health.

When you're short of breath, it's hard or uncomfortable for you to take in the oxygen your body needs. You may feel as if you're not getting enough air. Sometimes mild breathing problems are from a stuffy nose or hard exercise. But shortness of breath can also be a sign of a serious disease.

Many conditions can make you feel short of breath. Lung conditions such as asthma, emphysema or pneumonia cause breathing difficulties. So can problems with your trachea or bronchi, which are part of your airway system. Heart disease can make you feel breathless if your heart cannot pump enough blood to supply oxygen to your body. Stress caused by anxiety can also make it hard for you to breathe. If you often have trouble breathing, it is important to find out the cause.

There are more than 100 medical studies (see <http://www.NormalBreathing.com>) that testify that: healthy people breathe little (the norm is 6 L/min), while the sick breathe faster and more air (about 12-15 L/min), while the severely sick breathe even faster and more (terminal cancer, HIV-AIDS, severe heart disease, cystic fibrosis last stage, and so forth).

You can see that each pattern has certain minute ventilation (how many liters of air we breathe in), breathing frequency (number of breaths in 1 minute) and the body oxygen levels (measured as stress-free breath holding time test done after your usual outhale.) Bear on mind that the body oxygen test requires your usual exhalation and no stress at all at the end or after the test (you hold your breath only until the initial discomfort).

You see here, that the slower and easier our breathing, the higher the oxygen content in the body. Why is it so? Sometimes people say that take a deep breath to get more oxygen in the blood. This is a nonsense: the oxygenation of the human blood during tiny normal breathing is about 98-99%. If you breathe more, you cannot get more oxygen! You will only get less CO₂ in the blood. Is this a problem? Yes. CO₂ is a powerful dilator of blood vessels (search the web for CO₂ vasodilation effect) and is essential for oxygen release in tissues (the Bohr law). Hence, oxygen transport depends on CO₂ and less breathing means better oxygenation.

Therefore, in order to get benefits with breathing devices, you should do breathwork that leads to higher CO₂ in the lungs (as during yoga pranayama). For example, add pauses or breath holds for breathing sessions with Ultrabreathe trainer and your breathing will be lighter after the session.

The Objective of this research is to analyse the influence of breath sport of Satria Nusantara.

2. METHOD OF BREATH TRAINING

The method which I have been doing since 21 years ago is The Satria Nusantara Method whose lead by Mr Maryanto from Yogyakarta City. The degree of breath training as following

1. The Pre basic level along 12 days should attend by the trainee.
2. The 13th of training moved to basic degree with quick training of breath.
3. The “Pengendalian” degree with slow moving of training.
4. The gabungan Degree
5. The Top degree.

3. RESULT AND DISCUSSIONS

The twelve day along prebasic training was make me very easy and feel lighter of my body while walking from training center to taxi station everyday. While training the oxygen of our body was used as least as possible, it means that the body use as little as possible the oxygen from the air. Pengendalian degree, Gabungan Degree and top degree give the trainee exelence of health and able to help someone else who is sick.

For this exercise in Satria Nusantara the breathing cycle is divided into three parts, with each part getting a set number of counts:

1. The Inhale (10 counts until 20 counts)
2. The Hold or Retention, before the exhale (10 counts until 20 counts)
3. The Exhale (10 counts until 20 counts)

Try this breathing method a few times to become familiar with it.

Now, let’s look at how we can use this technique while walking, or sitting in the car for example. In this case each count corresponds to one step, for example:

1. Inhale for 3 steps (3 counts)
2. Hold for 3 steps (3 counts)
3. Exhale for 3 steps (3 counts)

To adapt to cycling, each pedal stroke gets one count. For swimming, each stroke gets one count, and so on.

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3.1. Suggestions

- It is important to find a pace and count that you can maintain and that feels natural. As you become more adept with this technique, you will want to try and increase your counts while keeping the same ratio. For example inhale for 4 counts, hold for 4 counts, exhale for 8, or 6, 6, and 12. Experiment and find a combination that works well for you. Slower, deeper breathing will give more energy, endurance, and focus.
- If your mind wanders, or you lose your count, gently bring your mind back to the count. This may take a little practice, but if done regularly, it will become second-nature. The goal is to find the perfect pace for your body and your breath. This will help you to slip into that meditative performance state often referred to as the “zone.”

Dr. Artour Rakhimov is a health educator, the author of books and the educational website <http://www.NormalBreathing.com> with *hundreds* of medical quotes, charts, tables, graphs, references, results of clinical trials, analysis of respiratory techniques, free exercises, manuals, techniques, lifestyle modules and other resources for better cells oxygen content and health.

Breathing & Sports Performance

The human body is a marvel of form and function, capable of feats of speed, endurance, strength, fluid grace, beauty and expression. We’re blessed with a magnificent machine, from the ingenious architecture of the skeleton, through complex muscular, circulatory, respiratory, digestive and nervous systems, as well the body’s innate ability to constantly rejuvenate and rebuild. The harmony and coordination required to ignite billions of cells, fire the synapses and touch points of thousands of nerves and muscle fibers, and continuously pump an adequate supply of blood and energy throughout is simply enormous.

At the core of that harmony and coordination is the breath. It's your touch point to all those functions. By developing an awareness of it, by focusing on it and developing its potential, you can take greater command of your body's abilities. By harnessing the breath, you can take control of your body, your mind, your emotions and inner spirit for any pursuit.

Physical Aspects

While there's no shortcut for sheer hard work, whether you're a world-class athlete or a casual mall walker or jogger, it's all about breathing efficiently. The goal for all endurance training is to build a more extensive cardiovascular system or network. The lung muscles and diaphragm will only achieve a certain strength, but, says famed marathoner Alberto Salazar, "What you're doing is creating a capillary-blood network to service the muscles so that whatever amount of air that you can get in, you can keep as much of that oxygen as possible. The less oxygen you have for whatever reason, the more you have to rely on stored blood sugars, and eventually you run out of that. The better you breathe, the more oxygen you can get in, the less you have to use your glycogen stores. When you get to that point, you are able to go a little faster and a little harder."

The trick is to find a comfortable rate at which to breathe. In any workout, breathing can become haphazard. In the course of his running career, Salazar would find himself in races where "I'd hit a really hard hill or I'd sped up or somebody surged," he says, "and I'd find my breathing really out of sync. You have to relax and get it back to a level where it is natural, where you don't have to think about it again. It's something of an oxymoron: You've got to concentrate on relaxing. It's hard, but that's what athletics is."

Normally in athletics, you focus on trying to take natural, deep breaths, both through your nose and through your mouth concurrently, and exhaling at the appropriate time. If it becomes forceful, where you're straining to blow everything out, he says, "People feel like they're losing control of their breathing and they sort of panic and start gasping. He suggests finding a natural rhythm that perhaps correlates with a cadence, and this can work with most kinds of exercise. "It could be, like in swimming, with a certain amount of strokes, every stroke or every other stroke," he says. "In running, it could be every other stride. You have to find that natural cadence that you have, and stay relaxed within that cadence."

3.2. Mental Aspects

Without understanding the effects the breath has on the mind, on mental clarity, on achieving, you're likely to feel that you're driving with the hand-brake on. Certainly the body must be kept in shape to be able to perform physical functions, but unless the mind is in tune, it can't effectively captain the multifarious functions that need to occur for peak physical performance. But that performance can be taken even a step further. Awareness of your breath is the first place to start. Knowing how to achieve that focused relaxation will keep you from stressing and knotting up.

The mind, as we've all experienced, can be both a powerful ally in achieving our goals, and a major impediment in keeping us from them. Often the mind is ready to quit well before the body hits its limitations, and can easily grow confused, with distracting little "voices" dictating your course of action. Thus, it often needs to be coerced and cajoled into shoving aside or even obliterating your often self-imposed physical limitations, allowing you to go far beyond what you might imagine.

Simply, the single most important effect awareness of your breath brings is focus. If you are focused on even a single breath, you aren't distracted by the regrets of yesterday or the anxiety of an unknown tomorrow. That breath brings you to the here and now. Being conscious of a single breath and staying in the moment is a simple yet valuable perception for easing anxieties about the past and fear of the future, keeps you tuned to whatever task is at hand, and provides a strong bridge between mind and body.

3.3. The Zone

On an even deeper level, breath awareness can also play an active role in helping you find what sport psychologists call the zone. Everybody has had a brush with it, that rare place or moment of mental perfection, physical clarity and performance, when all your cylinders are firing in perfect harmony, when there's absolutely no disconnect between your mind, your body and your emotions. It's when time stops and there is the freedom of complete absorption in the activity at hand. We see examples of it all the time in sports world – the odds-defying last shot, an error-free performance, an impossible comeback.

Finding this rarified zone rarely happens by our sheer force of will. The Zone goes by many names: "peak experience," "flow state," or an "altered state" of human consciousness that cannot generally be intentionally created. It also answers to "runner's high," "exercise high," the "groove," being "unconscious" or "locked in." Athletes are as confused by it as anyone, and find it difficult to describe

when they emerge from it, but usually lay claim to supernatural concentration, religious mysticism, Zen, heightened visualization or biorhythms

The single biggest and most common barrier to finding the Zone, or quashing one while you're in it, is listening to the inner dialogue, the self-talk, the marvelously distracting little voice or cacophony of voices we all possess in our heads. It may be the biggest distraction to Perfect Breathing we know. Until you learn how to quell that noise, you may find yourself filled with doubt, fueled by that chatter. At worst, it is debilitating and can easily keep us from any kind of success. At best, it's a distraction that can keep you from ever finding your Zone or quickly drive you from one.

Work toward eliminating the chatter or replacing it with something useful. Most athletes and performers claim that inside the Zone, it's as if there is no thought, no distraction, no annoying little voices. There's a decided lack of that inner dialogue. And it's a point where breathing can dramatically help. Recall the exercises that help bring your conscious thought back to the breath, such as the Six-Second Breath and Performance Breathing. No yesterday, no tomorrow, only now. Practicing those techniques will set you up for using them when the noise grows too great. It's one more way for you to be in control. Make no mistake, the voices will get loud at times. It's human and it's inevitable. But with breath awareness, you're in control.

3.4. Performance Breathing

Here is an exercise that is well suited for any type of sport or exercise that requires repetitive motion, such as walking, running, hiking, biking, swimming, rowing, etc. The focused breathing helps to maximize your energy intake, while keeping the mind "in the body" and clear of distracting, self-limiting thoughts. Studies with athletes utilizing conscious breathing techniques have shown that performance and efficiency can improve on the order of 10 percent or more. Once you become familiar with this method, it requires little or no concentration, allowing your workout to become more meditative.

Note: A complete full breath is a critical foundation of this technique. Make sure you are comfortable with the Perfect Breath breathing technique before continuing.

3.5. How it works

Don Campbell and Al Lee are the authors of *Perfect Breathing: Transform Your Life One Breath At A Time* (Sterling Publishing/2008) and write, speak, train, and blog tirelessly on the subject. Discover more ways you can improve your health, performance, and wellbeing at www.perfectbreathing.com. Reach them at info@perfectbreathing.com or call 1-888-317-6718 (toll-free).

4. CONCLUSION

The training of breath sport such like Satria Nusantara Group is good for our health and sometimes able to help someone else who has illness.

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