



Variation 2: Empower the thumb

*Resolve a tense thumb that is held up to the inside and curled –
TM 7, 8, 9, 10, 11*

A tensely lifted or overly bent thumb denotes a digit divorced from its function. The thumb just makes matters worse when it lifts to try to help the fingers – it usurps their power.

The thumb *can* help the fingers stand on their own, if it stands on *its* own: *under* the hand. The thumb empowers the fingers by *opposing* them.

- ♦ **Heel slide:** In the basic palm down position, create a basic triangle not by drawing the fingertips toward the heel but by sliding the straight thumb and heel *forward* towards the finger pads which remain glued to the table top (Photo A). It's the basic grasping action with a different internal initiation. As usual, the fingers remain straight.
- ♦ **Hand roll:** Get the straight thumb even farther under the hand by rolling the hand over the thumb to the inside as the thumb is drawing itself under (Photo B).
- ♦ **Thumb pushup:** from position B, 'reverse oppose' the thumb. Push it down into the table top, such that it pushes the hand up into the air. Separate the hand from the standing thumb, spreading the fingers as high as possible (Photo C).
- ♦ **Thumb-finger walking:** Stand on the straight thumb with the fingers tightly curled. Slowly open the fingers high, arching them up, out, and eventually down to stand them on key, creating a finger/thumb arch structure (Series D). Create the arch with all the fingers together, some of them, or any single finger. Stand more and more on the finger(s) until finally the thumb comes off its key to hang closer to the fingers. Rock back onto the thumb to recreate the arch, then stand on the thumb to bring the fingers back up into a fist. Rock like this between the standing finger(s) and standing thumb many times.

Thumb power!

- A) Slide heel forward to form a triangle
- B) Roll the hand onto the thumb
- C) Separate hand from thumb – thumb pushup
- D) Stand on thumb, uncurl fingers, stand on finger