

Amherst Training DVD Table of Contents 1981

DVD	Training Day	AM or PM	Minutes	Amherst Description	1981 VHS Tape
Week 1 1981			Week 1 1981		
1	June 8	AM1	1:33	Talk: Change only in action	1
1	June 8	PM1	1:10	ATM: Flexing of right palm / Flex hand to stand	2
1	June 8	PM2	:30	Talk: Spatial relationships / Orientation in space	2
1	June 9	AM1	1:00	ATM: Flexing of right palm / Press floor to lift knee	3
2	June 9	PM1	1:15	ATM: Prone to standing while flexing right hand	4
2	June 9	PM2	:15	Talk: About the previous movement	4
2	June 10	AM1	1:15	Talk: About anatomy	5
2	June 10	AM2	:33	ATM: Flexing hands and feet together / Flex finger and toes	5
2	June 10	PM1	:58	ATM: Rotating the shoulders	6
2	June 10	PM2	:36	ATM: ON Back flexing torso / Bell crawl	6
3	June 11	AM1	1:05	ATM: Swimming crawl / Bell hand, think toes	7
3	June 11	AM2	:43	ATM: Swimming crawl / Bell hand, think toes (continued)	7
3	June 11	PM1	:50	ATM: Interlacing hand and foot	8
3	June 11	PM2	:32	Talk: Thinking and speaking / Talking is not thinking	8
Week 2 1981			Week 2 1981		
3	June 15	AM1	1:02	Talk: Changing normal behavior / To correct is incorrect, ATM: Interlacing fingers and toes to lift foot	9
4	June 15	PM1	:46	ATM: Standing on all fours/ Preparation for Judo roll	10
4	June 15	PM2	:39	Talk: A funny story (Margaret Mead about babies)	10
4	June 16	AM1	1:00	ATM: Bring right foot to left hand, ATM: Bring right foot to left hand (continued)	11
4	June 16	AM2	:55	Talk: Scoliosis and Habits	11
4	June 16	PM1	:57	Talk: About brain and nervous system	12
4	June 16	PM2	:11	ATM: Bring right foot to left hand / Roll over (continued)	12
5*	June 17	AM1	2:20	ATM: arms crossed, fingers interlaced behind head, Talk: Being straight and perception / Corrections perceived as errors	13
5**	June 17	PM1	1:46	Talk: use of pain; forgetting and becoming skeleton, ATM: holding ankles, 3 ways to roll from lying to sitting	14
5	June 18	AM1	1:43	Talk and FI: Thinking means new means for action, ATM: Three ways to roll from lying to sitting	15
6	June 18	PM1	:46	ATM: Three ways to roll from lying to sitting (continued)	16
6	June 18	PM2	:41	ATM: Three ways to roll from lying to sitting (continued), Talk: Neuroses, schizophrenia and the chemist who saw midgits	16
Week 3 1981			Week 3 1981		
6	June 22	AM1	:51	ATM: Supine: holding behind left knee and straightening leg	17
6	June 22	AM2	:51	Talk: Relationship of FI to other methods	17
6	June 22	PM1	:55	Talk: FI and knowing what to do, ATM: Supine: Holding behind left knee and straightening leg (continued)	18
6	June 22	PM2	:44	ATM: Preparation for head stand – carp jump	18
7	June 23	AM1	1:04	ATM: Preparation for head stand, Talk: Freud and intuition	19
7	June 23	AM2	:57	FI demonstration: Ronnie	19
7	June 23	PM1	:59	Talk: FI as improvisation	20
7	June 23	PM2	:44	Talk: Grades of vitality – Ron Hubbard & Andrew Carnegie	20
7	June 24	AM1	:42	Talk: Fitting reality to oneself: Andrew Carnegie and Yvar Kreuger	21
7	June 24	AM2	1:10	ATM: Preparation for head stand and carp jump (continued)	21
8	June 24	PM1	:38	ATM: Preparation for head stand and carp jump (continued)	22
*DVD says June 18, but this was recorded June 17, 1981. DVD menu says VHS Tape #14, but this is from VHS Tape #13.					
**DVD menu says VHS Tape #13, but content is from VHS Tape #14.					

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8	June 24	PM2	1:08	Talk: Fitting reality to oneself (continued)	22
8	June 25	AM1	1:20	ATM: Body like a wave / Caterpillar wave	23
8	June 25	PM1	:48	Talk: About the brain	24
8	June 25	PM2	:59	ATM: Fast movements, ATM: Exploring eye structure in relationship to the spine	24
Week 4 1981			Week 4 1981		
9	June 29	AM1	1:07	ATM: Preparation for head stand, carp jump review	25
9	June 29	AM2	:52	Talk: Growth is painful	25
9	June 29	PM1	:52	Talk: About FI	26
9	June 29	PM2	1:01	Video: Raissa's FI lesson, using board to reorganize feet	26
9	June 30	AM1	:52	Questions and answers about Raissa	27
9	June 30	AM2	:39	ATM: preparation for head stand, extensions on stomach (continued)	27
10	June 30	PM1	1:27	Video: Elizabeth's FI lesson	28
10	June 30	PM2	:14	ATM: Preparation for head stand, turn the head (continued)	28
10	July 1	AM1	:58	ATM: Prone worm movements	29
10	July 1	AM2	:35	ATM: Preparation for head stand / Falling out of headstand	29
10	July 1	PM1	:49	ATM: Jumping on buttocks	30
10	July 1	PM2	:36	ATM: Preparation for head stand, walk on head (continued)	30
11	July 2	AM1	1:09	FI demonstration and practice: Rolling the head. Talk: About the skeleton; risk is instability (part 1)	31
11	July 2	AM2	:28	ATM: Rolling to side while lengthening the other side	31
11	July 2	PM1	1:08	Talk: About the skeleton (continued)	32
11	July 2	PM2	:31	ATM: Rolling to side while lengthening the other side (continued)	32
Week 5 1981			Week 5 1981		
11	July 6	AM1	2:02	FI demonstration and practice, lifting rolling heads, lifting rotating heels	33
12	July 6	PM1	:57	ATM: Prone – hand in bridge, rotate body	34
12	July 6	PM2	:30	ATM: Arching back to bridge	34
12	July 7	AM1	:47	Talk: Thinking genius	35
12	July 7	AM2	1:00	FI practice: Press on head, Talk: Effects and pressures	35
12	July 7	PM1	1:41	ATM: Bridging on back and walking in shoulders	36
13	July 8	AM1	:58	Talk: Meaning of words	37
13	July 8	AM2	:48	ATM: Bridging on balk and walking on shoulders (continued), Talk: When to stop FI lessons	37
13	July 8	PM1	:56	FI: practice: Moving head from kneeling, 1 leg standing	38
13	July 8	PM2	:48	FI practice: Moving head and pelvis from kneeling, one leg standing	38
13	July 9	AM1	1:00	ATM: Preparation for head stand (continued)	39
13	July 9	AM2	1:00	Talk: Knowledge, story of wolves, sex and society	39
14	July 9	PM1	1:22	FI demonstration & practice: Rolling from hands and feet	40
Week 6 1981			Week 6 1981		
14	July 13	AM1	:50	FI demonstration and practice: Exploring Ilium, Sacrum , Coccyx	41
14	July 13	AM2	:54	ATM: Supine interlacing fingers, Talk: Pain & Movement, interrelationships in the body	41
14	July 13	PM1	1:01	Talk: Pain & movement	42
14	July 13	PM2	:51	ATM: Supine interlacing fingers (continued), talk: Equalizing tonus	42
15	July 14	AM1	1:11	Video: Jonathan H's FI lesson, rolling to sitting to crawling, Talk: About Jonathan's lesson, Video: Kimberly's FI lesson, sitting on Moshe's knee	43
15	July 14	AM2	:41	Talk: About Jonathan's lesson (continued), Video Kimberly's FI lesson (continued), Video Haze FI lesson, dancing at 65 years, Video Jennifer T's FI lesson, rolling on the floor	44
15	July 15	AM1	:30	Talk: student use of trademarks, ATM: Bridging on right side	45
15	July 15	AM2	1:19	Talk: Excitation and inhibition	45

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16	July 15	PM1	1:06	ATM: Back like a bridge	46
16	July 15	PM2	:23	ATM: Beginning of scissoring legs on floor	46
16	July 16	AM1	1:04	Talk: Effect on blood pressure from standing on head, FI demonstration and practice: work with head while kneeling	47
16	July 16	AM2	:49	ATM: Scissoring legs on floor (continued)	47
16	July 16	PM1	:54	ATM: Walking on your stomach (includes telescope eyes)	48
16	July 16	PM2	:26	ATM: Walking on your stomach (includes hopping on buttocks)	48
Week 7 1981			Week 7 1981		
17	July 20	AM1	1:16	ATM: Improving bending the wrist	49
17	July 20	AM2	:23	ATM: Pressure on shoulders	49
17	July 20	PM1	:52	ATM: Lengthening the right side	50
17	July 20	PM2	:40	FI practice: Developing sensitivity within yourself	50
17	July 21	AM1	:57	ATM: Supine rotating around feet, pelvis and neck	51
17	July 21	AM2	:34	FI demonstration and practice: Moving head right and left on stomach	51
18	July 21	PM1	:48	Talk: How to help a baby learn to lift its head	52
18	July 21	PM2	:42	ATM: Crawling like a baby	52
18	July 22	AM1	1:15	Demonstration: How to touch your toes (lengthening the hamstrings), ATM: Holding the ankle and straightening the leg	53
18	July 22	PM1	1:10	ATM: Holding the ankle and straightening the leg (continued), Demonstration: Blackboard and pelvis	54
18	July 22	PM2	:14	ATM: Holding the ankle and straightening the leg (continued)	54
19	July 23	AM1	1:02	Talk: How to see movement	55
19	July 23	AM2	:37	Questions and discussion	55
19	July 23	PM1	:43	Talk: About pain experienced in previous ATM lesson	56
19	July 23	PM2	:34	FI demonstration: Rolling the leg from the great trochanter	56
Week 8 1981			Week 8 1981		
19	July 27	AM1	1:17	Talk: Flutist, Mr. Tel-Oren, ATM: Rolling forward, flip heels to squat. Talk: Parental Love, ATM: Rolling forward, flip heels to squat (continued)	57
20	July 27	PM1	1:44	Talk: Teaching and learning, Video: Rachel's FI	58
20	July 28	AM1	:58	Demonstration: Beginning ATM lessons	59
20	July 28	AM2	:44	ATM: knee to elbow	59
20	July 28	PM1	1:00	ATM: Leg flog to squatting	60
20	July 28	PM2	:21	FI demonstration: squatting	60
21	July 29	AM1	1:10	ATM: Hands slide down thighs	61
21	July 29	AM2	:12	ATM: Hands slide down thighs (continued)	61
21	July 29	PM1	1:28	Video: Elizabeth's lesson, Elizabeth says "No"	62
21	July 30	AM1	1:32	Talk: Gravity and FI	63
22	July 30	PM1	2:04	FI practice: Review of everything learned up to now	64
Week 9 1981			Week 9 1981		
22	August 3	AM1	1:10	ATM: Folding like a cat	64
22	August 3	AM2	:37	Talk: Move without increasing pressure on floor	64
22	August 3	PM1	:49	ATM: Weight shift to dancing	66
22	August 3	PM2	:19	Talk: Improving eyesight	66
23	August 4	AM1	:52	ATM: Flop knees to circle	67
23	August 4	AM2	:30	ATM: Leg tilt, elbow press	67
23	August 4	PM1	:47	ATM: Leg tilt, elbow press (continued)	68
23	August 4	PM2	:29	ATM: Circle crossover in bridge	68
24	August 5	AM2	:12	ATM: Walk on heels	69
24	August 5	PM1	1:06	ATML Irradiating the knee	70
24	August 5	PM2	:24	Talk: Conclusion, thank you, farewell	70