

SHOE FABRICATION TECHNIQUES

CHAPTER 4

CLOSING





California Laborers' Palace

Location: State Route 16 between Brooks and Guinda, California

California High Rise





As I understand, Catherine the Great of Russia had German ancestry, but she married into the Russian Empire. Russia needed food (grains) and Russia wanted a buffer from the Mongolian raiders.

Germany had been in turmoil for years and years. Many German people wanted a more peaceful life. Therefore, Catherine advertised in Germany about free land, no taxation and no conscription for new settlers in Russia.

A wide cross section of Germans migrated to the Volga river area of Russia to establish German (speaking and religious) colonies according to the offerings of Catherine. Life was hard and brutal. But, the colonies succeeded as a closed society because grain was a highly sellable commodity world wide.

About the late 1800's mechanization of the worlds grain crops and a different set of Russian leadership began to make life harder for the Volga region colonists to survive. They started looking for the next possibilities of migration to better conditions. They sent out scouts and slowly started to disperse for North and South America and elsewhere.

Russia apparently no longer wanted or needed the Volga colonists who did not give total and complete allegiance to Russia by speaking Russian, paying taxes and volunteering for the Russian Army. Russia started taxation and subscription. My grandfather served 6 years in the Russian Army and marched twice across Russia. He deserted and escaped with my grandmother. They arrived at Ellis Island, New York in 1906. They traveled westward to California. They wanted a better life. They worked hard. They were proud to become American citizens.

The Volga German colonists had not mingled with Germany since they left, so they still spoke 17th century German. Modern Germans did not understand their language. Germany of WWII did not relate to the Volga German colonists. And, Russia under "Uncle Joe" Stalin didn't have a need for the Volga German colonists either. He and the Russians wanted revenge against all Germans. So, Russia confiscated the food and planting seeds of the 600,000 Volga German colonists. They were starved to extinction. Then Russia built big locks in the Volga river and submerged the whole area. The water had its chilling effect of washing away another atrocity from recorded world history.

Those who left the old country like my grandmother and grandfather were lucky!

If each of us looks into the past, maybe we can learn a lot about our origins and the civilization in which we live.

Maybe we should not take too much in life for granted.

Events may come around someday to us too.

Maybe we can't change the events, but we can be thankful of where we are today.

We should to be concerned about the future of Humanity.

Book 1 of 5 SHOE FABRICATION TECHNIQUES

Becoming an artisan of custom made molded footwear for the feet has allowed me to observe a lot of human physical degeneration. One part of the puzzle is eloquently described and portrayed by Weston A. Price in his classic book "Nutrition and physical degeneration". But, there is another part of the puzzle which is, also, so simple.

We don't really use our physical bodies very well. And generally, we don't really address how we should appropriately use our bodies on a daily basis. One of my conclusions is that our merchandising society has based physical conditioning on muscles and contraptions. So we linearize the activities of physical development, improvement, body conditioning and maintenance.

Two pages of the "Anatomy Coloring Book", 2nd Edition, page 33 and 34 are about the Articular System. Learning about the Articular System makes me a believer in the necessity of using and maintaining ALL the joints in the body to their maximum (fullest) potential in order to achieve our best physical potential.

Therefore, by better usage of our joints, I think we can significantly reduce a lot of physical degeneration with minimal effort and cost.

I Don't have answers. I have thoughts.

Perhaps we should view joints as architectural surfaces of curves from which multiple linear points of directions radiate in innumerable possibilities of ranges of motion. We need to periodically move our joints in every possible direction and range of motion in order to keep them working properly. Then our bodies can function adequately as nature intended.

Joints that are not moved adequately don't function properly. They need movement in order to repair and heal themselves. Disuse and misuse of the body is not beneficial to one's life.

Therefore, it is plain to see that a few back and forth exercises are not adequate for proper physical development, conditioning and maintenance. Our emphasis needs to be on the total body development, conditioning and maintenance from birth to death. I think Bonnie Prudden had a lot figured out in this regard. This emphasis is best achieved by studying the joints and total movement possibilities.

There are 360 different degrees of possible direction in a circle of one plane of movement.

There are 360 X 360 different degrees of possible direction in circles of two planes of movement.

There are 360 X 360 X 360 different degrees of possible direction in circles of three planes of movement.

That is why games like soccer, basketball and handball can contribute to good overall body usage for those who participate. Diversity of movement and direction of all the joints is an essential key. Bench sitters and spectators don't get the same benefit. Those people need to learn that active participation is necessary for their own good.

Well rounded physical movement is hard to describe without motion pictures, but in this case I will rely on the nomenclature of joint movements to explain my basic ideas.

The practice of physical movement on a daily basis is really the only way to achieve results. I have found the following to be a helpful starting point to achieving better joint and body function. Anyone can develop their own patterns, styles and routines. Just base them on proper body anatomy and emphasize the articular system.

Move only in accordance with a comfortable range of motion. Nothing needs to be overdone. Doing two to three repetitions of many different movements will get a good overall body response and enhance neurological awareness, coordination and posture.

Start by breathing in and out easily. Then take a few seconds to get into a relaxed mindset to think of good posture, good stability and good movement patterns.

Now, proceed with the movement patterns of this Range of Motion Wake Up Routine. Please note that the return movements are not listed. Depending on your body position, you can sometimes do both right (R) and left (L) sides at the same time, sometimes you can do R + L sides independently and sometimes you can do R + L sides alternately. Your goals are: to enhance joint mobility, to be biomechanically correct, and to be physiologically efficient.

THORACIC EXTENSION (chest forward and upward then return to neutral)

SHOULDER EXTENSION WITH ELBOW FLEXION AND PALMS VERTICAL (alternate R + L)

HIP FLEXION (R + L — leg straight)

HIP FLEXION WITH KNEE FLEXION (alternate R + L)

HIP FLEXION AND CONTRALATERAL SHOULDER EXTENSION (alternate as in walking with palms vertical)

HIP EXTENSION (R + L — leg straight)

HIP EXTENSION WITH KNEE FLEXION (R + L)

HIP DIAGONAL 45 FLEXION/ABDUCTION (ANTERIORLATERAL) (R + L — leg straight)

HIP DIAGONAL 45 EXTENSION/ABDUCTION (POSTERIORLATERAL) (R + L — leg straight)

HIP DIAGONAL 45 FLEXION/ADDUCTION (ANTERIORMEDIAL) (R + L — leg straight)

HIP DIAGONAL 45 EXTENSION/ADDUCTION (POSTERIORMEDIAL) (R + L — leg straight)

HIP ABDUCTION (R + L — leg straight)

HIP ADDUCTION (R + L — leg straight)

HIP CIRCUMDUCTION (R + L — leg straight)

HIP CIRCUMDUCTION WITH HIP AND KNEE FLEXED 90 (R + L)

HIP AND KNEE FLEXION ANTERIORLATERAL (R + L)

HIP AND KNEE FLEXION ANTERIORMEDIAL (R + L)

EXTERNAL HIP ROTATION WITH KNEE AND HIP FLEXED 90 (R + L)

INTERNAL HIP ROTATION WITH KNEE AND HIP FLEXED 90 (R + L)

EXTERNAL HIP ROTATION WITH KNEE FLEXED 90 (R + L)

INTERNAL HIP ROTATION WITH KNEE FLEXED 90 (R + L)

Routine continued on next page.

EXTERNAL ROTATION OF KNEE, HIP AND KNEE FLEXED 90 (R + L)

INTERNAL ROTATION OF KNEE, HIP AND KNEE FLEXED 90 (R + L)

HIP RAISES (alternate R + L)

HIP LATERAL SHIFT (alternate R + L — standing on both feet and standing on one leg)

LATERAL HIP ROTATION ON STANDING LEG (R + L — non rotating hip flexed slightly, leg straight)

MEDIAL HIP ROTATION ON STANDING LEG (R + L — non rotating hip flexed slightly, leg straight)

DORSIFLEXION OF FEET ON 5/13 SLANTING BOARD (leg straight and with flexed knees)

KNEE EXTENSION AND FLEXION WHILE HIP FLEXED 90 (R + L)

KNEE EXTENSION AND FLEXION WHILE HIP EXTENDED (R + L)

PLANTAR FLEXION AND DORSIFLEXION OF FEET (both and alternating — neutral, lateral and medial — standing on stool, bottom stair or on floor)

PLANTAR FLEXION AND DORSIFLEXION, OUTWARD AND INWARD CIRCULATION OF FEET, SUPINATION AND PRONATION, LATERAL AND MEDIAL TOE SPLAYING, TOE FLEXION AND EXTENSION (R + L while recumbent or supine)

LUMBAR STRETCH (trunk erectors — JANDA/SCHMID — supine with hips and knees flexed)

TRUNK FLEXION (JANDA/SCHMID curl up — correctly inhibit iliopsoas — eliminate paradox)

HIP ADDUCTION WITH SPINAL ELONGATION (seated)

TORSO LATERAL FLEXION WITH CONTRALATERAL ARM REACHING MEDIAL AND ELONGATING SUPERIOR AND TOWARD FLEXION (alternate R + L)

TORSO POSTERIOR ROTATION WITH CONTRALATERAL ARM HORIZONTAL AND REACHING MEDIAL AND ANTERIO TOWARD ROTATION (alternate R + L)

TORSO LATERAL FLEXION WITH ARMS DOWN (alternate R + L)

TORSO ROTATIO WITH ARMS LATERAL (alternate R + L)

SHOULDER ABDUCTION (both — avoid impingement)

SHOULDER FLEXION (both)

SHOULDER FLEXION WITH ABDUCTION (ANTERIO LATERAL) (both)

SHOULDER HORIZONTAL ABDUCTION AND ADDUCTION (both)

SHOULDER DIAGONALS (SUPERIOLATERALLY, INFEROLATERALLY, SUPERIOMEDIALY, INFEROMEDIALY) (both R =L)

SHOULDER CIRCUMDUCTION (both)

SHOULDER GIRDLE ELEVATION (both)

SHOULDER GIRDLE ABDUCTION AND ADDUCTION (both)

SHOULDER ROTATION MEDIAL AND LATERAL (both) (HORIZONTAL/45/VERTICAL)

ELBOW FLEXION AND EXTENTION (both)

FOREARM SUPINATION, PRONATION (both)

FOREARM CIRCULATION (both)

WRIST FLEXION, EXTENTION, ABDUCTION, ADDUCTION AND CIRCUMDUCTION (both)

THUMB CIRCUMDUCTION (both)

FINGER EXTENTION/ABDUCTION AND FLEXION/ADDUCTION (all)

NECK LATERAL FLEXION

NECK FLEXION AND EXTENSION

NECK ROTATION

Only do the neck slowly and lightly. Imagine your neck getting taller and straighter with your head being held higher. Study the importance of the cervico-dorsal juncture to thorax. Learn how to keep it correct during all movements. Think about perfect posture!

The idea is to pick a wide spectrum of body movements and move the whole body. Every one needs joint activity in all directions of motion.

Think about the body from a joint usage perspective.

You can design your own program.

THE RELIGION OF GOD IS LIFE AND BIOLOGY

YOUR BODY IS YOUR TEMPLE

YOUR ONLY POSSESSION IS YOUR MIND AND YOUR BODY