

# TACSI Exercises for the Rigid Character Type

## Temporomandibular Activated Cranial Sacral Integration

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These exercises were created using the considerations of the body energy and communication aspects of the Rigid Character body type. Addressing the structural and energy holding patterns of the Rigid Defense System helps to release energy blockage and potentiate the full, homogenous flow of life in the body. For more information, please visit <http://JawStretch.com>

**These should be done gently and consciously, as the power is in the Intention and the Attention.**

### OVERVIEW

The exercises for the Rigid Character Structure are created to release the energy blockage at the top three thoracic vertebrae and ribs circling to the front of the body and including the medial clavicles where they join the sternum. There is also an outer fringe of the energy obstruction on the lateral shoulders in the deltoid muscles. This blockage forms a type of cap on the chest which stops the movement of energy throughout the 4<sup>th</sup> chakra. It is as if a pair of large, strong hands from behind grip the upper body in a restraining hold. All exercises are performed with the jaw open 100% without straining.

### WINDMILL

The primary purpose of this exercise is to free the shoulder joint. This is easier if the torso is relaxed and assists the arm circling.

- 1. Standing comfortably, feet shoulder width apart, knees slightly bent**
- 2. The arms are loose and caused to circle backward alternately in windmill fashion.**
- 3. Hands hang loose and arms are not stiff, Jaw fully stretched.**
- 4. Create a circle from bottom up, front to back, round and round.**

**Circle both 12 times.**

### VERTICAL SPLIT

This exercise assists in opening the chest and 4<sup>th</sup> Chakra.

- 1. Standing feet shoulder width apart, knees slightly bent.**
- 2. Keeping your spine straight and vertical throughout**
- 3. Extend your right arm to the ceiling, extend your left arm to ground**
- 4. Stretch jaw fully, open chest, with the arms straight up and straight down,**
- 5. Pull arms away from each other with as much stretching as you can safely tolerate.**
- 6. Continue stretch for 5 seconds**
- 7. Switch arms and stretch again.**

**Complete 4 full movements holding and stretching for 5 seconds.**

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### SHOULDER ROLLS

This further loosens the restrictive rigid cap on the torso and frees the shoulder. This can also be done to take a quick break and stretch while sitting at your desk.

1. **Standing feet shoulder width apart, knees slightly bent, hands hang loosely at sides.**
2. **Hands are turned so that palms face fully forward thus rolling the shoulder outward and back.**
3. **Head is tilted fully back, Jaw fully stretched.**
4. **Palms are then turned inward till rotated and facing backward thus rolling the shoulder joints inward and forward while pulling the head forward, face down.**
5. **Force is applied through the wrists and hands allowing the shoulders to roll as freely as possible to their fullest rotation.**

This action is repeated at least 15 times.

### COUNTER PUSH-UPS

This exercise further releases the rigid body cap.

1. **Position the body near a counter, generally kitchen height, so that you may lean forward with hands on the counter edge in pushup position.**
2. **With body straight and rigid perform 10 counter push-ups with the Jaw fully open.**
3. **Based on your strength, pushup may be done on wall or chair arms or on the floor.**
4. **You may add an expiratory growl from deep in the body throughout each pushup.**

Perform 10 repetitions.

Caution: Be forceful but GENTLE. No need to jam the spine or hurt yourself to succeed.

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