

## Basic Squat ( xhosa = Ukucopa )

Do this, briefly, many times a day.

- \* Do not force yourself into painful or scary positions.  
If a position becomes painful , please "back off" from the pain immediately .  
Do not do these positions 'Hard' or 'Fast'. Do them slowly, mindfully.  
These positions are to be done slowly and gently in order to teach your body to relax, soften and release tension. This should reduce pain and allow you to be more energetic.
  
- \* Stand with feet shoulder width apart  
Heels may be supported on ground or on books, bricks or something firm.  
Leave some clear space or cushioning behind you, in case you fall over backwards.
  
- \* Squat down and keep some pressure on your heels.  
( Please do NOT squat onto your toes; which can cause damage to feet, ankles, and knees and various tendons. )  
Hold onto something sturdy if necessary. Use the door frame or edge of bath or a rope around a fixed object.  
Put a book or plank under your heels if there seems to be too much stiffness in your limbs.  
Your heels may be as close as two fist widths or as far apart as shoulder width. Your feet may point straight ahead or outwards halfway. Ideally; shoulder width apart and pointing straight ahead.
  
- \* At first: Squat and Stand Up immediately.  
Later : Squat and Stay for a few seconds, or take an in-breath and an out-breath, then stand up.  
Increase the Stay Down time gradually until you can comfortably stay for 1 minute; then increase to 5 minutes.
  
- \* Variations  
While down; stretch and turn your body in various ways.
  - 1 Sway gently forward and back  
Sway from side to side.  
Twist your upper body gently  
When you do not have to hold onto a support then do the above until comfortable.
  
  - 2 Clasp hands together and stretch away, forwards, and to left and and to right. and upwards and downwards.  
Also with head dropped down forward and with head curled back.
  
  - 3 Clasp hands in front of your chest and
    - i Try to pull hands apart.
    - ii Try to push hands together.
  
  - 4 Clasp hands to elbows, behind head :
    - i Push hands together
    - ii Pull hands apart
  
  - 5 Clasp hands to elbows, in front of chest
    - i Knees push in against elbows. Resist.
    - ii Knees inside elbows and push out. Resist.

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