

Ido Portal Teaches Dr. Andrew Huberman the Fundamentals of Movement | Huberman Lab Clips

<https://silosolo.com/893865>

Summary

The video is about the host's experience of hosting Ido Portal, who is considered an expert in movement and the creator of movement culture. The host learned patterns of movement that utilize the nervous system and can be applied to daily life. They engaged in various movement practices, including deliberate ways to move, dynamic movements, and drills with changing rules. Two important strategies for changing rules mid-movement were clearing the mind before generating movements and trying to forget the rules once learned.

Silo sample questions

- Who is Ido Portal?
- What is movement culture?
- What did the host learn from Ido Portal?
- What were some of the movement practices they did?
- What were the two things that helped with changing rules mid-movement?

Topics

Ido Portal

Movement culture

Patterns of movement

Dynamic movements

Changing rules mid-movement

Key Takeaways

- Ido Portal is credited with being the world expert in all things movement and the person who coined the term movement culture.
- Movement culture is the gathering in and around movement practices that span from sport to martial arts to dance and gymnastics.
- The host learned patterns of movement that utilize all aspects of the nervous system and can be incorporated into daily life.
- They started with deliberate ways to move out of a motionless state, incorporated facial and eye movements, set ground rules for movement, performed dynamic movements involving coordination of feet and hands, and engaged in drills that involved changing rules mid-movement.
- The two things that helped were clearing the mind before generating movements and trying to forget the rule as soon as it was learned.

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