

Why Breathing is important

While taking a martial arts class recently, and trying to get the class to focus on putting a real effort into their training and not just cruise along saving their energy for later. I noticed a lot of people were struggling through the basics, panting out of breath. Even those who I felt were actually fitter than myself (yes something I need to work on!!!).

Then I realised they did not understand why we teach certain forms of breathing exercises, and the first one and most basic Nagore San Ichi (I need to check the spelling, my Japanese spelling is not the best), which is basically deep slow controlled breaths, ensuring the whole of the lungs is utilised on the inhale and all of the air is exhaled.

When you have been working hard and your body is screaming for oxygen, if you sit there and pant rapidly your recover time will be extended, but if you control your breathing and utilise all of your lung capacity for getting oxygen into the body and Carbon Dioxide out, the recovery period will be must shorter. Your lungs will scream at you wanting you to pant rapidly and shallow, but this is mostly caused by the carbon dioxide in your lungs, if you discipline yourself to take only deep breaths and use ALL of your lungs the burning feeling will diminish much faster as you are getting more CO2 out of your lungs quicker.