

FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



WHAT'S IN OUR LATEST ISSUE:

INTRODUCTION

Welcome to the latest edition of the NeuroVisual Training (NVT) Newsletter! Discover how NVT techniques can elevate dance performance to new heights.

In "The Dance of NeuroVisual Training," we explore the vital role of NVT in enhancing balance, coordination, and spatial awareness for dancers. Through targeted exercises focusing on eye discipline, ocular motor strength, and brain processing, dancers can achieve mastery in their craft, executing routines with precision and grace.

Our guide offers practical methods to integrate NVT principles into dance training regimens, including gaze stabilization, habituation, saccades, and peripheral vision training. These techniques enhance situational awareness, mitigate spin-induced dizziness, and elevate performances to mesmerize audiences.

Join us in celebrating the fusion of science and artistry as we unlock the full potential of NeuroVisual Training in dance. Happy dancing and may your passion for the art continue to inspire and uplift!

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The Dance of NeuroVisual Training

In the world of dance, where grace and athleticism converge, achieving excellence is a constant pursuit. Amidst the dazzling performances and elegant costumes, dancers must possess not only physical prowess but also finely tuned NeuroVisual skills. While strength, flexibility, and technique are commonly emphasized in dance training, the significance of NeuroVisual training (NVT) for enhancing balance, spatial awareness, and coordination often goes unnoticed. Yet it can play a pivotal role in unleashing a dancer's full potential.

Dancers rely on consistent balance, requiring exceptional situational awareness both of their own position on stage and the movements of their fellow dancers or partner. They must factor in the speed and trajectory of their teammate's movements, all while seamlessly executing the routine. This demands constant engagement of the brain, body, and eyes throughout the dance performance, making NeuroVisual training invaluable in enhancing dancers' overall performance.

NVT revolves around three key pillars: Eye Discipline, Ocular Motor Strength, and Brain Processing.

Eye Discipline involves the ability to maintain focus amidst distractions, crucial for precise movement execution during performances. It allows dancers to keep their eyes where they want them, enhancing their awareness of surroundings and ensuring seamless transitions between steps.

Ocular Motor Strength entails strengthening the eye muscles to swiftly direct attention where needed, enhancing overall performance and control. By exercising these muscles, dancers develop endurance, allowing them to sustain focus throughout intricate routines and challenging choreography.

Brain Processing focuses on improving cognitive agility, allowing dancers to process information swiftly and make split-second decisions with clarity. This mental acuity is essential for adapting to changing cues on stage, adjusting to unexpected situations, and expressing emotions through movement with precision.

Now, let's delve deeper into the significance of balance and coordination in dance, and how NVT can effectively enhance these critical aspects of performance. A proficient dancer relies on NVT-based skills, utilizing the three pillars to achieve mastery.

Balance is the foundation of every dance movement, providing stability and poise as dancers execute spins, jumps, and intricate footwork. It requires a finely tuned interplay between sensory input, proprioception, and motor control. Through NVT exercises targeting eye-hand coordination and spatial awareness, dancers can improve their balance and stability, enabling them to move with grace and confidence across the stage.

Coordination, meanwhile, is the seamless integration of multiple movements, muscles, and body parts to execute choreography with precision. It requires synchronization between the visual, auditory, and proprioceptive systems, as well as precise timing and spatial awareness. NVT can train dancers to better coordinate their movements by enhancing their ability to track visual cues, anticipate changes in tempo and rhythm, and execute precise movements with fluidity and grace.

By incorporating NVT into their training regimen, dancers can refine their balance and coordination, unlocking new levels of artistry and expression. Whether it's mastering intricate partnering sequences, executing challenging turns with ease, or seamlessly transitioning between different dance styles, NVT provides dancers with the tools they need to push their boundaries and elevate their performance to new heights. NVT-based training to improve peripheral vision can enhance a dancer's awareness of their surroundings and precise location on the dance floor. This heightened awareness is critical for ensuring they are in the right spot at the right time, a key factor in executing successful dance routines.

In essence, NeuroVisual training is not just about sharpening the eyes and the mind—it's about unlocking the full capacity of the dancer's body, enabling them to move with technicality, grace, and confidence. As dancers harness the power of NVT, they tap into a deeper understanding of their own movement capabilities, allowing them to create moments of magic on stage that captivate audiences and leave a lasting impression.

How To: Spotting When Doing Dance Turns

There are many disciplines where a turn, circle and / or pirouette is part of the activity. Ballet and similar dance disciplines can require multiple circles during a dance routine. When doing the turns the dancer has to maintain situational awareness, maintain balance, and often hit a mark at the conclusion of the routine. That means knowing with great detail where they are in the turn and on the dancefloor. To achieve this level of competence, dancers are taught to spot a location and keep their head and eyes on that spot. When doing this it often appears that the head and eyes are stationary while the body is spinning. The head is fixed and then the head quickly whips around to the same spot again while the body turns. A skilled dancer doing multiple turns is a wonder to watch while acknowledging the training going into that activity. In this How To we will very briefly deposit some NeuroVisual Training (NVT) methods that could help a dancer be better at spotting.

Stabilization, Habituation, Saccades and Peripheral vision. These can be done in isolation and / or in combination to aid the dancer while spotting. We acknowledge that essentially all of these activities can be engaged in horizontal and vertical planes, but that dancers generally do the spotting in the horizontal plane. So, we'll focus on horizontal training.

Gaze stabilization has been discussed in V118, is when a person stares at a fixed object and shakes their head. The goal is to keep their eyes on the object as their head moves.

This activity is a means of practicing finding and keeping a spot while dancing.

Habituation is when a person is walking or moving and shaking their head. When spinning or turning the dancers' body is moving while the head appears motionless. However, the neck muscles fixing the head are working vigorously while the body is spinning, similar to the head turning during habituation.

Gaze stabilization in combination with habituation is when a person is shaking their head, while walking or moving and keeping their eyes on a fixed object. Habituation in combination with Gaze stabilization training will aid in the dancer being able to spot while training head movement and controlling the eyes all at the same time.

Saccades have been discussed in numerous issues V119, V212, and V218. Horizontal saccades can be done while standing and scanning left and right, with only the eyes moving. They can also be done with the head moving left and right. Horizontal saccades can also be done while walking or moving. Saccades are a critical activity for quick and precise eye movement. For a dancer to be able to spin quickly and smoothly the eyes need to saccade quickly and effectively.

Peripheral vision training has been discussed in V812. Peripheral vision is critical for being aware of where you are and what is around you. Pinhole peripheral vision sheets (V412) and confrontation of visual field training are a great way to improve peripheral vision and keep the dancer safe, effective and on the mark during turns.

We recommend that all activities be done left and right and to use as much of the peripheral vision and ocular motor ability when training for dance related turns. Many dancers may have a strong preference concerning which direction they turn. That preference does not change the need for the eyes to move quickly and effectively in both directions when spotting. Thus, all aspects of the training above should be performed in both directions.

Another benefit of improved spotting for dance related turns is that the vestibular system may become less perturbed by the turns. The visual system can reinforce that vestibular spatial system and prevent or mitigate spin induced dizziness.

When doing NVT for dance related spotting training the ability to progress the afore mentioned activities to increase speed, incorporate rhythmic stabilization, add distractions, and dance specific activities makes the ability of these drills more and more relevant for the dancer.

Announcements

Neurobiks Class is now offered at a new time! We are now offering classes from 11AM-12PM, Monday - Friday @ CrossFit Cincinnati in Blue Ash! Sign up for your free trial today: neurobiks@inneuractive.com!

Good luck to Franky W. on his pro-day today! He's been NVT and HHF trained for this. Want to learn what he has been doing? Email clarkif@gmail.com

We encourage our Friends of NeuroVisual Training community to engage with these enriching resources. Your commitment to staying updated fuels the advancement of our field, and for that, we are sincerely appreciative.

Disclaimer: Nothing in this communication should be construed as a practice of medicine, an endorsement, or political action. The opinions are the opinions of the authors.