FLIPYFLUX
AS A THERAPEUTIC TOOL

FLIPY FLUX

www.flipyflux.com

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INTRODUCTION

This guide aims to give as clear and concise explanation as possible as to what FlipyFlux is, and to show, through practical exercises, how it serves as a support for the development of various physical and mental skills. It has been compiled not only from our experience but from that of many professionals who are using it in their workplace. Its scope of benefits range from the development of psychomotor skills in Primary School, to the rehabilitation exercises in geriatric and disabled centers, encompassing all kinds of physical education and philosophy.

FlipyFlux is much more than a toy; it is magic, science, health, fun, dance and a never ending mystery. Formally speaking, it is the exact materialization of a four dimensional figure that exists on the Earth, called a Toroid. Further explanation on this section can be found on our web site (www.flipyflux.com). We find Toroids in nature and within scientific theory of many curious and mysterious phenomena, of which FlipyFlux can help us understand, as we will see further ahead.

FlipyFlux is however, primarily movement. It harmoniously rolls over the body, while exerting a gentle massage. Its effect is almost hypnotic, whilst dazzling to the young and old. It leads to broad, rounded, and symmetric movements with numerous benefits of psychomotor skills, which we will detail further on.

FlipyFlux is intrinsically linked to play and the enjoyment. It is essentially a therapeutic tool, in the form of a toy. In this way, FlipyFlux converts work on a psychomotor level with children, to a fun practice; therapy into play, and the development of movement into an intuitive creative dance for all to enjoy.

Game and psychomotricity

Sedentary lifestyle is becoming a habit, this generates an infinite number of all sorts of problems in children as well as adults. The study of psychomotor skills focuses on the benefits that movement has upon us. Through motor skills development, we indirectly develop our cognitive and emotional abilities.

FlipyFlux is movement, and that makes it an optimal tool in developing psychomotor skills within a preventive approach as well as being therapeutic.

Apart from being movement, FlipyFlux is play. Through play, we can create areas where the possibilities of expression are more open, both in children and in adults, facilitating the development of motorskills: cognitive, emotional and social. The combination of movement and creativity in an environment of play, allows us to develop skills and overcome difficulties.

Game and abstract thinking

Abstract thinking allows us to reach the essence. In everyday life, this translates into extracting the main idea of a text, or finding the root of a problem amongst other things. This ability means that we can find the relationship between apparently disparate situations, make connections between them and enabling a resolution. In this sense, abstract thinking is a valuable tool for self-knowledge and the resolution of problems in our day to day life.

As adolescents arrive at the stage of secondary education, abstract thinking is reflected in many of the skills required in the curriculum. However, not all adolescents have developed the level of abstract thinking that is required.

Imagination is the readiness to abstract thinking and FlipyFlux is imagination. It is everything and nothing at the same time.

On the other hand, its origin as a reflection of the fourth dimension, allows us to explore abstract concepts from a concrete base. This is a valuable attribute which facilitates ideas of imagination into abstract thought. In this sense, through play and handling, FlipyFlux helps us to develop the capacity of abstract thought.

OBJETIVE

The main objective of Flipyflux is to develop the body and the mind of each individual, regardless of their limitations.

When we talk about physical development, we do so within the context of Educational Kinesiology, for which a good physical development goes beyond simple muscular development, and has a direct correlation with brain functions and the integral growth of the individual. In this way, sensorial stimuli are also part of the development, since the information gathered by the senses, is transformed into electrical signals that stimulate and develop the brain, both in infants, children or adults.

Playing with Flipyflux provides, among other things:

- Reduction of stress.
- Coordination, balance and strength.
- Self-control and self-discipline.
- Bilateral coordination of the cerebral hemispheres and the right and left parts of the body.
- Centrality, i.e. coordination of high and low parts of the brain and the body.
- Decrease in anxiety.
- Better relationship with the body and acceptance of it (especially for girls and young women).
- Development of the five external and internal senses.
- Development of intuition and imagination.

METHODOLOGY

The enjoyment of Flipyflux comes from feeling its movement and letting yourself flow with it, understanding its shape, letting yourself be surprised by its magic, and much more.

Simply by playing with FlipyFlux freely between one or more children or adults, brings numerous benefits. There is no frustration with Flipyflux, on the contrary, there is interest to try it out, explore, discover, and try again, all arising from an inner impulse. Through playing there is pure creation without requirements, regardless of whether it falls or if we are pulling it through the air, everything is valid and there are no premises to follow. In this context naturally, showing a clear evolution in the development of imagination and motor skills.

Another way to benefit from the use of FlipyFlux is through the play being directed by a teacher or companion. An important quality of this toy is that fun and enjoyment form a part of it. You can propose to make a choreography, use the hand movements to tell a story, or invent a game. These activities have a sense for a companionship, as in a game, movements that are proposed will have a specific purpose according to the group and their circumstances.

In the next section there is a list of exercises and their benefits. Similarly, we will suggest some activities that show their use as a cognitive tool.

PRACTICAL EXERCISES

Kinesiology has three blocks of action: Bilateral coordination or hemispheric integration, focus and concentration.

It is specifically important for bilateral coordination, which consists of the preference of the use of one hand that manifests in the majority of human beings. Its development implies a differentiation between the left and right side, and is especially important for the learning of literacy and the full maturity of language. The teaching of the p, d, b, q, requires the domain of bilateral coordination; if the child has no awareness of his right or left side then they cannot project outside their unilateral boundaries, which makes the differentiation and identification of these letters very complicated. Let us also consider that reading and writing are processes that are met from left to right. The same thing happens with mathematics, where it joins and is subtracted from right to left, and 13, is not the same as 31.

Obtaining bilateral coordination with Flipyflux, helps children to then find their way with respect to other objects and situations.

The best way to attain bilateral coordination is through movement and exercises that help connect the right and left. The characteristics of FlipyFlux allow you to carry out this type of exercise whilst you are playing with it. In the following section, we offer an idea of some movements and their benefits at the psychomotor level. They are intended to serve as a guide to help you discover the intrinsic potential of this tool. The benefits of each movement are displayed in Appendix A.

SECTION I
Movements for one person with a FlipyFlux

1. The eight

Description

We introduce Flipyflux onto one arm, lifting the hand into the air, allowing the FlipyFlux to roll up to the shoulder. Then we lower the arm, and bring both hands together, FlipyFlux will roll onto the other arm.
Repeating this action we allow the FlipyFlux to flow from one side of the body to the other.

Variations:

a. Repeat the same movements, bringing the hands together behind your back.

2. The simple circle

Description

We introduce Flipyflux onto one arm, lifting the hand into the air, allowing the flipyflux to roll up to the shoulder. Bring both hands together above the head, forming an arch with your arms and without separating them. Then bow down until FlipyFlux passes to the other arm, following the movement back up the arch. Repeat from one side to the other.
If we place the front and back of the hands together the movement is more flat. Whereas, if we place them palm on palm, we do tend to make a wave to movement as we pass the flipyflux from one arm the other.

Variations:

a. We can accompany the movement with the body. Lowering the trunk as we lower the arms, and raising it as the arms go up. In fact it may be accompanied with the whole body movement by tilting the weight to one side or the other.

b. Repeat the same movements, bringing the hands together behind your back.

3. The circle under the opposite leg

Description

We introduce FlipyFlux onto one arm, lifting the hand into the air, allowing the FlipyFlux to roll up to the shoulder. On this occasion, lowering the arm and bringing both hands together to pass the FlipyFlux under the opposite leg.

Variations

a. With the leg bent or stretched.
b. Hopping on one leg.

4. Hands tied: Ole

Description

We introduce FlipyFlux onto one arm, lifting the hand into the air, allowing the FlipyFlux to roll up to the shoulder. Lower the arm allowing the FlipyFlux to roll down, then just before it reaches the wrist, open up the hand to prevent it coming off and introduce the other hand in the same way.
We can allow it to roll along the forearms or allow the FlipyFlux to hold our wrists together as we rotate them backwards and forwards.
Then you can remove the first hand and continue the movement back up the arm to the shoulder and so on.

SECTION II
Movements for one person with two FlipyFlux

1. I can fly

Description

Introduce two FlipyFlux, one onto each arm, lifting the hand into the air, allowing the flipyflux to roll up to the shoulder. From there, move your arms in a circular motion forwards, allowing the FlipyFlux to roll from the shoulders to the wrists and back again. Continue this movement as if you were flying.

Variations

a. As above but making a backwards circular motion.
b. Moving the FlipyFlux in unison or alternatively.
c. Alternating circular actions with opposing arms

2. The simple circle with two FlipyFlux

Description

Introduce two FlipyFlux onto one arm, lifting the hand into the air, allowing the FlipyFlux to roll up to the shoulder. Lower the arm to allow both to roll down your arm, join hands and allow one to roll onto the other arm, raise your hands bringing the FlipyFlux up to opposite shoulders, lower the arms together allowing them to pass back to the first arm and continue this movement between the two arms.

3. Movements retaining at the shoulder

Description

These variations can be added to any of the movements presented in this second section. It consists of leaving the FlipyFlux to stand still at some point on the shoulder or elbow, with the option of leaving the head lying to the side also.

SECTION III
Movements for two people with a FlipyFlux

1. Coordinating with another person

Description

It's essentially creating choreographic sequences with some or all of the movements presented so far, whilst moving FLipyflux from one person to another. You can play in various ways; copying the movements of your partner, using improvisation, focusing on how to use coordination with the right moment to change direction/leadership or through communication and agreement in which moves you are going to do.

2. Joint rotation

Description

One person starts by placing a Flipflux on their wrists, then taking the other persons hand, they begin to lift their arm allowing the Flipyflux to roll up their arm, at the same time the other person is lifting their arm and rotating their body under the arch of both arms. As the pair untwist, the arms naturally lower and the Flipyflux rolls down and onto the hand of the other person.

They can then repeat the process from one person's arm to the other and so on.

Variations

a. Both persons rotate together. First one turns and then the other. They can rotate inwards or outwards.
b. The same hand, or opposing hands can be used.

SECTION IV
Two people and two Flipys

1. Basic Exercises

Description

Two people, each with a FlipyFlux, use movement and exchange to interact with each other.
Each person can make free movement, looking to coordinate the time of exchange or you can also play at following each other's moves. The idea here is that as a pair you open your imagination and bring forth suggestions and inventions.

Si se realiza este ejercicio en forma de espejo, en el supuesto momento que FlipyFlux cambia de persona, estos simplemente se chocarían y volverían a la misma persona.

En general se trata de propuestas abiertas a la imaginación, en las que los propios participantes harán sus invenciones y sugerencias.

2. Twisting

Description

Two people, each with a FlipyFlux. Join hands with one Flipyflux on each side. As a pair begin to raise one union of hands and twist underneath, allow the Flipyflux to move up and down between the pair as they move together.

SECTION V
With an open hullahop

1. Circle with ring

Description

Introduce the FlipyFlux on one arm and take hold of the ring, and hold each end with one hand. Performing a movement similar to the simple circle. In this way, FlipyFlux will pass from one arm to the other through the hoop.

Variations

a. Once the arms are up, you can cross your arms and let it travel through the hoop again.
b. Follow the above steps, then uncross the arms and cross them in the other direction. The Flipyflux should be rolling along your arms and the hoop whilst making a figure 8 in the air.
c. Repeat the above actions whilst moving the arms and hoop over the head towards the back.

Again, one of the challenges is to imagine, play, and experiment with movement, rotations and the limits that appear, whilst combining the circular element.

2. Skipping

Description

Introduce the FlipyFlux onto one arm and take the hoop, while holding each end with one hand, raise the arms and then lower them. At this time, pass the legs through the hoop, as if you were skipping and as you bring the hoop back overyour head, you cross your arms and allow the flipyflux to pass to your other arm before stepping through again.

3. The Wave

Description

Introduce the FlipyFlux onto one arm and take each end of the hoop with your hands. Raise arms and as you lower them, follow the movement of the flipyflux and allow your body to rotate 180 ° in the same direction. Repeat, rotating to the other side. You will feel how your body follows a wave movement.

SECTION VI
Group exercises

In this section, the possibilities are numerous...
By way of example, an exercise could be the following. Form a circle with a group of people, the first person starts with a flipyflux on their left arm and follows the movements of “The eight” and then passes the flipyflux onto the persons arm who is to their right. This passing of the flipyflux continues around the circle, new movements can be added when the flipyflux returns to the first person, for example; turning around whilst doing the eight, turning around sitting down, passing in the other direction or even adding moreflipyflux’s. What happens as the flipyflux is passed around, how does the group work together?

We encourage practicing group exercises, since involvement and the dedication by the participants, the results are surprising. The participants get the feeling of belonging to a whole, a gear that are part, in which all are connected and what happens in each one affects the whole. It is feeling creates a satisfaction that goes beyond the physical and cognitive, and makes you want to continue trying, so complex coordination and concentration exercises end up performing. A pleasant feeling of satisfaction is reached by the achievement reached and all have been one only.

FlipyFlux is a cooperative game of corporal expression and brings about moments of conflict and resolution. Playing with it, leads to body contact, relaxation and creative visualization and helps develop self-esteem, tolerance, respect for and the assessment of peoples differences. It helps people to understand more about themselves and others.

Apply changes to all or many of the exercises

1. Perform the exercises with the eyes closed to increase kinesthetic senses.

2. Accompany the movement of FlipyFlux with your eyes, without moving the head or following the movement of the head from one side to another. This helps to increase peripheral vision and ocular movement. Both of which are vitally important for correct optometric development.

3. Rotating the body towards the right, stepping back with the right leg whilst the flipyflux rolls along the right arm and repeat on the left side or making 360 degree turns one way or another.

4. As above, but this time whilst rotating the body in one direction, step back with the opposite leg.
In this way we strengthen the bilateral coordination.

5. Take side steps in the same direction and you are Rolling the FlipyFlux.

We recommend following the movement with voice; repetitions, sounds, songs, or short poems tohelp visualise and internalise the movement, as well as using rythym and melody to combine coordination.
An example would be to accompany the circle movement with a “shhhhhhhhhhh” or say “round I go” as the Flipy moves.
The here presented are only some ideas, hoping to show the possibilities of this tool, and serve as inspiration for their implementation.

In addition to the ring, other types of elements, either in which FlipyFlux slip can be used:
a rope, a tube, a macaroni of pool...
Crea! It expresses! He invents! Imagine! Move it! Melt you!
Here we present you with some ideas, hoping to show you some of the possibilities with this tool and be of inspiration for its implementation.
In addition to the hoop, alternatives may be used, such as a rope or a tube.

Be creative! Expressive! Inventive!
Let it move and melt you!

THOUGHT AND ABSTRACTION

As we have already mentioned, imagination is preparation for abstract thought. Just as there are benefits through the practise of structured movement, these qualities and benefits can be found just as easily in free play.

In free play, imagination arises by itself. Once you start to integrate the tool, you can see how ideas start and then multiply by themselves. From a more intuitive perspective, the form of the flipyflux and its properties, make that simply from exploring it, the mind is opened to new possibilities and dimensions.

If you wish to use FlipyFlux to talk about science or philosophy, we propose below some activities that are intended to serve as inspiration and facilitate parents, carers and teachers, to envision its potential in this regard. One of its great virtues is that it gives us the possibility of going from the more concrete to the more abstract, and by analogy, this is how we order the series of activities that we propose.

TOROIDS IN NATURE

What similarities are there between an Apple and a Toroid? By cutting an Apple in half, we can clearly see the key parts of the Toroid. The two vortices, correspond to the upper and lower parts of the Apple, the surrounding area, which would be the skin, and the Center.

The center of the Toroid is a particularly magical and important point, it is the place where contraction passes to expansion, and from which arises the movement and forms the center of creation. In the apple you can see how this center corresponds to the place where you create the seeds, which are also life in power and creation.

TOROIDS IN THE AIR

Smoke rings can be seen as volcanoes erupt.
Even dolphins create toroids through blowing air in the water as they play. (Watch the video in biography.)

1

2

TORNADOS

Another example of Toroids, is in nature. The movement of air inside a tornado, follows a dynamic toroidal shape.

GALAXIES AND WORMHOLES

It is practically accepted within the scientific community that the galaxies have a toroidal formation. Huge Toroids with black holes in the center that absorb and radiate infinite energy. Known worm holes correspond in fact to the central part of the Toroid. The idea that the universe itself could be limited and be a Toroid is even taking force.

3

4

SPHERE OF THE FOURTH DIMENSION

Talking about its origin as an object's fourth dimension can already be a subject of debate to develop intuition and imagination. The drawings on TV have two dimensions, because they are flat. We have three dimensions, because we have depth. How is something that has four dimensions? Is that possible? Does it exist?

5

THIRTEEN CLOSED, TWELVE OPEN

How many circles are there when the flipyflux is closed? (13). How many circles are there when it is open? (12). What happened? Has it disappeared? Where is it? The thirteenth is the Vortex, the point of union between all the others.

6

THE ESSENCE IS UNIQUE AND REMAINS

Through graphic example we can discuss the abstract essence of each of us as human beings. When FlipyFlux is open, it has a shape, wide and beautiful. Then when we close it, it seems that it has lost its way, but no, this remains, and the slightest movement, returns to unfold it with its same beauty.
In the same way, we all have a form, an essence. Sometimes we feel it more clearly, sometimes it seems that it has disappeared, but no, it never disappears, it is always there, and it can be opened up to the slightest movement.

7

WE ARE ALL ONE

Another concept as abstract as "we are all one", that we are connected and what we do has an impact on our environment, as well as what others do it affects us.
FlipyFlux embodies this idea, to move one of its edges, moves all.

8

CONCEPT OF DUALITY

Is there something in the world that can contract and expand at the same time? That becomes bigger and smaller at the same time? Debate on this issue, on the opposites, on the good and the bad, then see that the sphere shrinks and expands at the same time. A person who looks at it on the one hand and then on the other hand, can spend their life arguing about if it expands or contracts, and really the two take reason, it just depends on the point of view from which you look at. Duality does not exist, it is only an illusion.

ANNEX A: BENEFITS OF DIFFERENT EXERCISES

Note: The exercises that do not appear are composed by the here present, and its benefits will be the own exercises that compose them.

EXERCISE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
The eight	X					X	X		X	X					X	X				
Simple circle	X					X	X		X	X					X	X	X			
The circle under leg	X	X	X	X	X									X						
Hands tied: Ole	X					X	X		X	X	X	X			X	X	X		X	
I can fly	X				X	X	X		X	X		X							X	X
Circle with two FlipyFlux	X					X	X		X	X	X	X			X	X	X		X	
Coordinating with the other	X	X	X	X	X									X						
Circle ring	X					X	X		X	X					X	X	X			
Skipping	X					X	X		X	X					X	X	X			
The wave	X					X	X		X	X					X	X	X			

1. They would allow the growth of the middle line
2. Improve the coordination of left / right
3. Improve breathing and physical condition
4. Improve hearing and binocular vision
5. Improve the perception and spatial coordination
6. They integrate the two hemispheres
7. Improve the visual field
8. They favor the growth of the centerline of auditory attention, recognition, perception and memory
9. They relax the neck and back
10. Easy concentration, balance and coordination
11. Improve coordination manual in different Visual fields
13. They improve mathematical compression
14. Are useful for any activity that requires coordination of both hemispheres: listening, reading, reading comprehension, writing and spelling.
15. Improve the mechanisms of reading (movements from left to right across the page)
16. They help to decode written language
17. Improve reading comprehension, developing associative memory in the long run.
18. Relaxing during the reading eye muscle and help the recognition and discrimination of the signs.
19. They help follow directions
20. Improve the writing and spelling.

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- https://www.youtube.com/watch?v=isE7SaUrfyE (Video dolphins playing with toroids)

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