Play, chance, and comics: losing control in digital space

matthewfinch.me/about
The big shift isn't that content is digital. It's that the learning culture is participatory - @AngelaMaiers #beyondthetextbook
Knowledge, information, and opinion flow in and out of physical and digital spaces these days...
Fix Your Form: How To Do The Perfect Squat

If you don’t know your way around a weight room, heading to the gym can be intimidating -- and even dangerous. But paying attention to a few simple rules of proper technique can make you slimmer, stronger and healthier all over. That’s why we asked John Romaniello, trainer, author and founder of Roman Fitness Systems to show us what’s what when it comes to strength training. He’ll be helping us tackle some of the most common mistakes we all make while building muscle, plus giving us tips and tricks for better form. This week, we’re focusing on squats.

The Faux Pas: "Most of what I see is people doing quarter-reps," says Romaniello, meaning you’re likely not squatting as deeply as you can and should be. Part of the problem is starting with your feet too close together, he says, which causes the heels to slightly lift off the ground as you bend.

The Fix: Keep your balance by more solidly grounding your feet in a wider stance, he says. You’ll stay steady and strong as you squat deeper, which in turn allows you to lower your body all the way until you could be sitting in an invisible chair.

You may also find your knees "drift inward, compromising stability," says Romaniello. If you find your knees caving in, "position the legs so the knees and toes point slightly outward," he says. "This will engage the glutes and keep the knees from drifting in."

At my gym, they print out fitness tips from the Internet...
And there’s a whiteboard for users to add their own comments…

I understand what you’re saying however I feel that 5 brief points is better than no points at all!

Youtube Jodie Cardoso has excellent & informative videos that can help everyone out!

If you half or quite squat you should fix your priorities!

I welcome more opinions! xoxo

Cheat on diets not squats.

Are you SQUATTING low enough?

To improve:
1. Just squat deeper (you know if you not....)
2. Stretch Hamstrings
   Hip Flexors
   Calves
3. Sit in the bottom of your squat to get used to the depth. You can hold or get for assistance if needed.
4. Form before weight. Leave your ego at the door. Strength comes from form
   i.e. - Chest tall
   - Roll knees out to maintain tension in hip/core
   - Heels down
   - Back flat
5. Use other exercises to strengthen your weaker areas, e.g. lower back, hip extension,主动肌 - Weighted Step Ups

This is DANGEROUS ADVICE.
How "low" you can safely go is determined primarily by the depth of the hip joint.

See "Ultimate Back Fitness & Performance" by Stuart McGill.

Thanks, that book changed my life.

So specific about how it’s dangerous and what I should be doing instead. Your advice is much better than these 5 brief points. Thanks again.
A physical message board!
Incorporating practical tips...

Are you SQUATTING low enough?

To improve:
1. Just squat deeper (you know if you're not...)
2. Stretch:
   - Glutes
   - Hamstrings
   - Hip Flexors
   - Lower Back
   - Calves
   - Spend time down there and work up to being able to hold for 3 mins
3. Sit in the bottom of your squat to get use to the depth. You can hold a pole for assistance if needed
4. Form before weight. Leave your ego at the door. Strength comes from form
   - Chest tall
   - Roll knees out as to maintain tension in hips/core
   - Back flat
5. Use other exercises to strengthen your weaker areas, e.g. lower back - Hip Extension
   - Glutes - Weighted Step Ups
References to books...

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Cheat on diets not squats™

Are you SQUATTING low enough?

To improve:

1. Just squat deeper (you know if your not....)
2. Stretch calves
3. Squat back down there
And to YouTube.

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If you half or quarter squat, you should fix your priorities!

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Cheat on diets not squats™

Are you SQUATTING low enough?

To improve:
1. Just squat deeper (you know if your not....)
2. Stretch Glutes
3. Core.
   Shortening these
How do we create places in which people are free to tell their own stories...

...and make unpredictable things?
The State Library of Queensland built a simple comic maker.

thewritingplatform.com/2016/10/what-are-you-playing-at-state-library-of-queenslands-digital-comic-maker/
People wrote in languages other than English…
They used emoji in the caption boxes to expand the available image set...
And they even created formally sophisticated non-narrative comics...
More necromantic tomes

Put them with the others

Are you sure ensouling a robot is a good idea?

Hee!

Souls of the Dead take possession of this vessel!

I will destroy them all.

...as well as some ghoulish Lovecraftian stories.

ia ia cthulhu ftagn

ftagn! ftagn!!

AWAKEN!!!

NYOLARTHOTEP!
But this project also has its origins, like that gym’s whiteboard, in physical discussion and play.

[matthewfinch.me/2014/10/14/comic-book-dice-a-sequential-storytelling-game/]
...in Tagalog speakers telling their own stories using cardboard and textas...
...and changing the **format** of the game, as well as the content, to better express themselves.
That Manila game was based on activities we’d seen on the Internet...

Abel and Madden, Panel Lottery
…but, in turn, those games stem from the early days of the Internet — including the glamorous world of 90s Usenet discussion forums. 😊

McCloud, Five Card Nancy
All too often we’re seduced by shiny end products. We treat users as audiences and customers, not creators in their own right.

The Comic Maker is simple, but it affords users freedom to do things we didn’t predict.
We’ve now put the Comic Maker code on GitHub so that there is complete freedom for the public to reimagine our project.
Do you do enough to ensure that people can surprise you?

Is your project about users’ freedom or your control?

When you think about “digital literacy”, do you imagine the general public as mere consumers, or do you honour them, too, as writers and creators of their own stories, their own journeys?

Are you serious about empowering people to live their digital lives as they want to, not as you would like them to?
Make sure that your project is at least as open and empowering to users as that gym whiteboard.

Anything else just isn’t good enough!
Further reading:

https://matthewfinch.me/2016/11/04/hope-and-holodecks/


http://www.martacabral.com/blog/2015/11/12/storynotgadget

http://theliftedbrow.com/post/124866909642/a-ear-in-flatland-nick
Play, chance, and comics: losing control in digital space

There’s more at www.matthewfinch.me and @DrMattFinch

Weekly newsletter at tinyletter.com/marvellouselectrical