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Revolutionary breakthrough: Neuroscience and power of fear/the pattern of fear decoded**Neil Monzon Alvarez**

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Whether we like it or not we all have fear. The discovery of the neuromotoric pattern of fear started in 2002. It started as an observation by accident why the generalized population reacts in a different way in situations of fear in a certain sport. Psychologists, psychiatrists and scientists mainly focused on calming or treating the limbic system (site of fear) through verbal expressions of patients/athletes in general. They have used the higher learning sites of the cortex/cortical functions to solve and overcome fear. The main focus of this discovery is to solve the problems arising in athletes who 'choke' (froze) in their movements during their game which is the sign of fear. The introduction of test for fear are based on exposure of the subject at once on the 5 common fears such as height, flight, falling, darkness and a modified explosive sound. Individuals who were tested have a common denominator which is the fear of death. The test subjects started with individuals with cerebrovascular accident, Parkinson's, neurologic cases and other disabled handicapped patients who volunteered. The test itself failed because none of them want to do the jump test. After the setbacks of the test which focused more on able bodied individuals this time started to attempt and do the test with tremendous presence of fear and specific pattern in the body parts such as extension of the elbow, hyper extension of the back exaggerated plantar flexion and other body parts moving in definitive pattern. So the test subjects focused with the participation of 1000 individuals with all the same patterns. Only 3 among the thousand managed to do the test. Through this test all negative movements reveal specific patterns. Based on these observed cases, one's body will then be calibrated to a natural and more relaxed movement that enhances a recoil reaction using the milestones training. These are done through using primitive reflexes and exposing them in the areas of common fears. The author also found out that free falling is also the common denominator of those in relation to gravity (body weight). The body reacts in a panic state when joints obstruct movement forward by using inhibitory patterns through moving backwards. The author says 'The mind can lie but the body won't and the brain knows it'. Therefore, our mind adds information which leads to over calculation and eventually disruption of specific skillful movements. Injuries and all negative behaviors are results of the incoming stress which demonstrates itself as: Anger, impatience, loss of focus, inability to listen and inability to move naturally. On December 13, 2017 the test was copyrighted and started to be used in sports as a supportive technique to have more confidence in performance without the need for over training. It is known as the Alvarez Fear and Recoil Test.

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