

# Kinesiology: A Neurobiological Perspective

**By William Tong**

MBA, FCCA, FCPA (Practising), ATIHK, NLP Master Practitioner (NLPU),  
TFH Instructor, Certified Clinical Hypnotherapist (A.C.H.E.)



*Amazing Transformation, Founder and Director  
Wellness Place, Coach*

Mr. Tong is a professional accounting possessing 25 years of management experience. He established his own CPA business since late 1988.

Mr. Tong's great interest in human dynamics led him to his second career as a psychotherapist and trainer in the personal development field. His multi-disciplinary talents in NLP, hypnosis, systemic constellation, Enneagram and Applied Kinesiology give him a very solid foundation in his therapeutic work and training. His recent interests include learning proficiency studies and the neurological dimensions of learning. He is gaining further knowledge and expertise in the realm of trauma management from The Chinese University of Hong Kong. He now provides professional therapy and coaching services to people from all walks of life.

You may contact William through email at [wmctong1@netvigator.com](mailto:wmctong1@netvigator.com).

## **ABSTRACT**

The article summarizes a neutral evaluation of manual muscle testing from the point of view of empirical researches, points out the pitfall of abuses and suggests further development of the subject in the provision of holistic wellness. Key words / phrases are:

1. Kinesiology and Applied Kinesiology: Their differences
2. Manual muscle testing (MMT) and motor neurons
3. The pathways of the neurons
4. The role of the reflex
5. Abuses of MMT and the price for abuses
6. Criticism of MMT
7. Discussion:
  - a. the use of MMT
  - b. design of researches
  - c. limitation of the art
  - d. importance of ethics
  - e. respect for client