

# **Towards a Vibrant Kinesiology Community in China**

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Kinesiology, the study of movement, is one of the fastest-growing subjects in the world. More and more people, professionals and laymen alike, are learning Kinesiology as a tool for personal development and professional growth. At a Kinesiology leaders' meeting in Malibu, U.S.A. in 2000, it was counted that there were at least 104 countries where Kinesiology is present. The Institute Für Angewandte Kinesiologie (IAK) in Freiburg, Germany, being one of the busiest and most successful Kinesiology institutes in the world, offers over 400 Kinesiology courses every year alone. New books, new researches and findings are being published. New branches of Kinesiology with emphasis from the most physical to the most metaphysical subjects are emerging. Professional courses and schools are being designed and developed in different continents in the world. Government accreditation is becoming the new world trend.

Being a subject based on western healing techniques and Traditional Chinese Medicine theories, Kinesiology was developed and blossomed in the West. It has found its presence in Asia only in the last 10 years or so. Regular workshops and courses are now being offered in China (mainly in Hong Kong), Japan, Taiwan, Singapore. Occasionally, courses are being offered in Indonesia, Malaysia, India and Thailand. Kinesiology practitioners and consultants are also present in some of these countries.

In China, among all branches of Kinesiology, Educational Kinesiology (or Brain Gym<sup>®</sup>) and Touch for Health are more well-known and popular. According to my record, in January 2004, there are 24 Brain Gym<sup>®</sup> Instructors and Consultants in China – 23 in Hong Kong and one in Beijing, and 12 Touch for Health Instructors in Hong Kong. In Hong Kong, thousands of people in schools, government and private sectors have attended Kinesiology workshops of some sort. In the Mainland, at least seventeen people have attended the Touch for Health Synthesis and a few hundred have attended introductory courses of one sort or another. Two books on Brain Gym<sup>®</sup> and one book on Touch for Health have been translated into Chinese. Look at

this trends and figures, one can easily conclude that Kinesiology in China is still at an initial stage of development, just like the seedling on the cover of this conference booklet. More courses in different Kinesiology branches are yet to be explored and offered; more books are yet to be published; more researches are yet to be done; more associations are yet to be set up; more Kinesiologists are yet to be born; new researches combining Kinesiology and traditional Chinese healing or martial arts are yet to be done; and last but not least, more hearts and minds are yet to be touched by this wonderful tool that has already transformed the lives of many.

Just like any beginning of any yearly life cycle, spring is always the season full of new joy and hopes. It is the season when fields are ploughed, seedlings are planted and watered. It is a season where the farmer is doing his best to make use of the weather and environment to nurture and grow the plants, a job that demands the virtues of mindfulness, diligence and patience.

In my view, it is just a matter of time when Kinesiology will approach the summer stage in China. How will Kinesiology develop in China? I look forward to seeing the future unfolding itself. One thing I can say now is that, the growth of Kinesiology in China and the rest of the world would rely on the vision and effort of every one of you here. I would like to invite you to take a few moments to think about these questions -- Why are you interested in Kinesiology? What does Kinesiology have to do with your future, 1 year, 5 years or 10 years from now? What is your role in it? Will you be a student? a teacher? a trainer? a practitioner? someone running a Kinesiology school or institute? or a researcher, or a founder of some new applications or techniques in Kinesiology? Like many of you, I first studied Kinesiology because of I was interested in it. But look what it has gotten me into now! It has not only become my career, it has also become an important part of my husband's career, and has greatly influenced my core belief systems and the way I conduct my business, teach my kids and see the world!

My vision is to create a vibrant, prosperous and successful Kinesiology community in China. Since the development of Applied Kinesiology under the leadership of Dr. George Goodheart in the 1960s, it took the rest of the world 40 years to come to this stage. What will our path be? I guess that is a mystery. But we can certainly learn from past experiences. The question is: what are the conditions for the existence of successful Kinesiology communities? Let me share with you some of the conclusions that I have derived after talking to Kinesiologists from various parts of the world.

First, **there are Kinesiologists and people in related fields who have the ability to create profitable and viable businesses.** These people are not only skilled practitioners or teachers who have a heart in helping people. They are also people who know how to run a sustainable business. If you are not that type yet, consider learning how to do so, or partner up with someone who is. I put this point first in the list, because I could not emphasize more how important it is.

Second, there are **passionate, knowledgeable and creative people** who will be able to provide leadership in vision and quality of work.

Third, there **are critical masses of instructors in different fields of Kinesiology.** This will enhance variety, and will enable the knowledge to penetrate to the general public.

Fourth, there is **synergy or teamwork among Kinesiologists** and with people in related fields. This conference, for instance, is an example of the result of such synergy or teamwork.

Fifth, there is the **existence of publications** such as newsletters, journals and websites that serves to (1) create general awareness in the community; (2) to provide a means of communication among Kinesiologists; (3) to share skills that uplift professional standards; and (4) to create more businesses for Kinesiologists and people in related field.

Sixth, there is the **existence of associations** who are responsible for (1) regulating code of ethics and practices; (2) keeping a general database; and/or (3) doing general marketing for all. Such association has **working ties with local or national health and natural health associations.**

Seventh, there is a **government that provides regulatory requirements** on professional health and or educational practices.

Eighth, there is a **natural healing tradition** in the community. Such communities tend to be more open to Kinesiology.

Ninth, **mainstream medical care is relatively costly,** and so people are willing to seek and pay for alternative means of healthcare.

Lastly, there are **centres or schools where people can come to meet and to learn.**

At the end of my speech, I would like to share with you two of my visions for Kinesiology in China. The first one is this: Every child at school learns and practises Kinesiology, just like health or physical education. I believe that they will be much more integrated learners in so doing. After all, Kinesiology is about heightening self-awareness and knowing oneself through knowing one's body. It is also about making learning easy by moving one's body. Another of my vision, which few people know of, is that I wish that one day our Chief Executive Mr. Tung Chee Wah and other Chinese government leaders will be able to experience Kinesiology balances as part of their daily routine. When they do so, their decisions will be more integrated and balanced. Hong Kong, China and the world will be a better place.

Thank you very much for your attention, and thank you very much for joining the first Kinesiology Conference in China. Keep practising it, and I sincerely trust that Kinesiology will assist you in transforming your life to next levels.