

Each human function, such as muscle strength, breathing, and nerve response, has its limits.

It shows that there is a limit to the performance of the human body.

No human can run faster than a cheetah. The power will not match the elephant.

However, we are not using all our physical abilities. Our bodies have hidden abilities that are not used up.

If you can use your body well with the correct posture and use gravity, you will be able to demonstrate 100% of your physical abilities.

To be precise, it's a daunting story, but we can get closer to 99.999999999% and 100%.

Of course, this requires a lot of dedication and effort.

However, if you change your way of thinking, there is no limit to how close you can get to 100% perfect operation.

Even in the Olympic gold medalist class, they are not demonstrating 100% of their abilities.

This is completely subjective, but I believe that if you can use 50% or more of your physical ability, you are at the professional athlete level, and if you can use 80% or more, you are at the Olympic medalist class or professional athlete superstar level. So, for us ordinary people, it would be better if we could use 30%.

If you can understand how to use your body with correct posture and gravity, you can draw out about 40% without much effort.

It is possible for us ordinary people to demonstrate their physical abilities to the extent that they conform to professional athletes. I use sports as an example, but the same is true in everyday life. If you can use your body as efficiently as a professional athlete in your daily actions and work, the burden on your body will be reduced.

You will be less likely to get tired and your work efficiency will increase.

People who play sports, especially teenagers, admire professional athletes and Olympic and Paralympic medalists, and want to be like them. That's what you think. However, such people are simply dismissed as superhumans, geniuses, or "abnormal".

Even if you admire them, you tend to draw a line if they are different from you.

Is it really different?

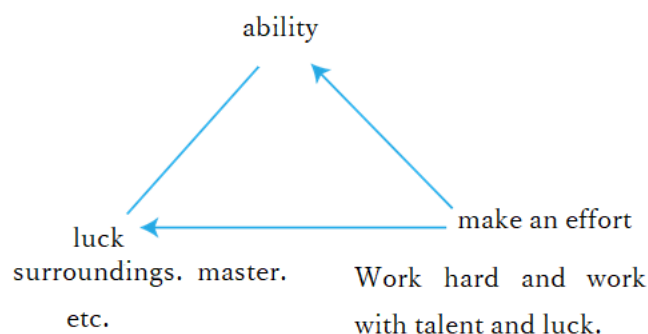
"Actually, that's not the case." This is because, as long as they are the same human beings, the structure of the body is the same.

A top athlete's performance is certainly something special. It is not something that can be easily imitated.

However, if you can understand the secrets and mechanisms behind the performance of top athletes, you will be able to see the direction of your efforts.

Top athletes have this mechanism, that is, "correct posture and use of the body using gravity".

Of course, one also needs "talent" and "luck" to become a first-class athlete.



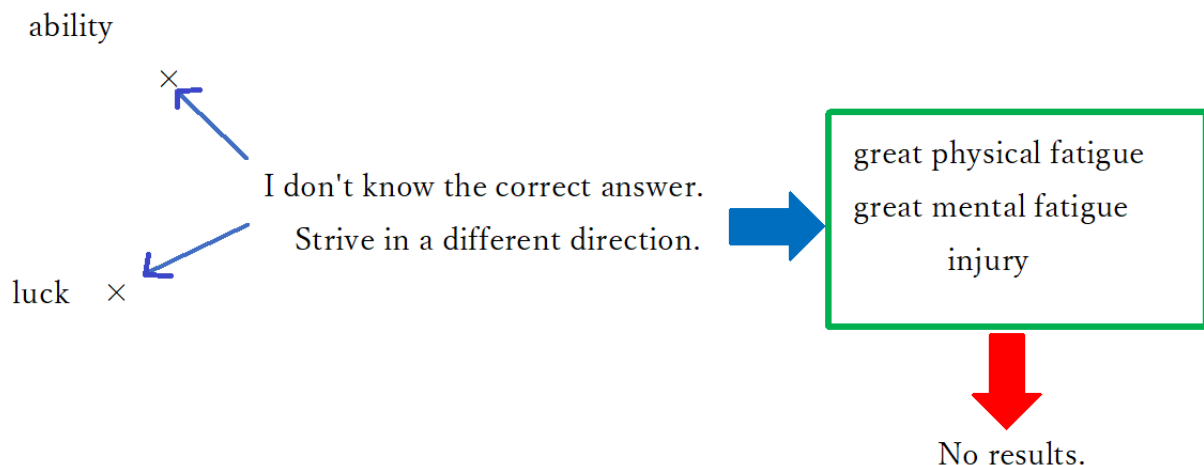
I wish I could bring out my talent through hard work and seize my luck.

The question is, is that "effort" really drawing out talent and moving in the direction of attracting luck?

Really? ...I don't know...I have to believe!

As a result, "I was right", "I'm glad I believed", and "I was blessed"

We often hear these words from successful athletes.
In other words, they "accidentally" met. It just happened to be correct.



In many cases, the direction of effort is not clear. I get lost. Hard work doesn't lead to better performance, and sometimes you just don't do well in the game.

Then, I think that I envy people who have talent.

"There is no wasted effort." Even if it doesn't directly lead to the results of the sport you're currently working on, the experience you gain from that effort will indirectly help you in other ways in the future.

I think it's important, but I want more children to experience the experience that even one step at a time will surely lead to results and be rewarded.

"So, what if you knew the "correct direction of effort" from the beginning?"

"I'll say it again." It takes talent and luck to become a top athlete.

However, at the very least, I would like to find a way to bring out my talent, attract luck, and maximize my performance, not just by "coincidence". This applies not only to sports, but also to the maintenance and promotion of everyday health and physical strength.

There are various health methods, gymnastics, training, sports, practice methods, etc., but I think it is necessary to explain concretely as a theory how effort will surely lead to results.

"The correct posture and how to use the body using gravity" is nothing special. Everyone was able to do it when they were young. Top athletes use their bodies in competition without losing the way they used their bodies in their early childhood.

A similar way of using the body is advocated in martial arts that has been passed down from ancient times in Japan. For example, judo, kendo, sumo, aikido, kobujutsu, and other physical exercises and training methods are exactly "correct posture and how to use the body using gravity."

However, even when martial arts masters and top athletes emphasize the importance of how to use our bodies, we tend to think of them as something special and do not think that we can "seriously". I know it's someone else's problem and it's a good thing, but I think I need talent and daily training to acquire it, and I think it's impossible for me, and I can't feel close to it.

Therefore, I believe that by visualizing the sense of movement that top athletes and martial arts masters acquire from an anatomical perspective and explaining it in detail, many people around the world will be able to feel familiar with it. increase.

If you can acquire how to use your body through effort, you will understand its mechanism and reasoning, and you will be able to explain it to others. Many people can learn how to use the body of top athletes.

The presence of instructors is extremely important in taking steps to ensure that the efforts of children who work hard at competitions and sports are rewarded toward their goals.

"There may be some children who happen to meet a good teacher and develop their talents." However, I feel that "by chance" is too much of a chance factor.

It is not necessary for all coaches involved in children's sports to learn how to use their bodies correctly. I believe that as many children as possible will be able to gain the experience that "effort will lead to results" and "effort will be rewarded," if only they have "knowledge of how to use their bodies correctly."

If that happens, more children will be able to experience the wonder of hard work and the joy of producing results, engage in competitions and sports in a healthy manner, and realize the preciousness and wonder of that. I believe we can.

I hope that the idea of "correct posture and use of the body using gravity" will spread throughout the world, and that more teachers will deepen their knowledge and understanding of the structure of the body and correct movement, so that children can realize their dreams and hopes. , I believe that it will lead to working on sports while keeping a firm eye on the goal and accumulating experience that efforts will be rewarded.

If we can help create a world where as many children as possible can achieve self-actualization through sports by continuing to disseminate "correct posture and how to use the body using gravity", then there is no greater joy than this.

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