

Martial Arts Sports Club „**Kyokuten**” proposes
Introductory training for body regulation exercises.

To the employers

The available statistics state that during the last few years the work capacity of the working force in Bulgaria decreases. The illness rate and the work absence of the staff because of health problems increase constantly. In 2002 in the registers of the Health Ministry of Bulgaria were enrolled near 260 000 active people in deteriorated health condition. In the beginning of 2011 there are more than 450 000 people with chronic diseases and reduced work capacity due to health problems. ***The increased absence from work highly impedes the working process.***

The only way to cope with the problem is to ***increase the physical capacity and the health status of the workers and the employees.*** But according to the Bulgarian association for patient defense this status of the workers and the employees is not examined since 1980. And on the other hand, the resources allocated in the budget for whole population sports programs are insignificant.

It seems to us that for the present only the employers could give real care to their employees by allowing them to discover the possibilities presented by the physical education and the physical activity in every form of it.

Martial arts sports club Kyokuten has assumed the task to prove that every person regardless of his age and his health state is able to keep fit through appropriate physical activity and feel again the emotions and the joy of the painless body movement. For the persons that feel active and young we offer a possibility to learn and train some ways for self-protection and self-defence, some techniques for conflicts management and reaction to stress and tension situation.

We are totally convinced that the implementation of different events and programs for physical activity at work shall lead to at least 20% decrease of the work absence caused by health problems. The micro-climate and the team spirit shall significantly improve as a result of the common sportive non-competitive activity aiming health sustainance and self-development.

We know how to get it!!!

Training description

The modern life is dynamic, full of pressure, stress and conflicts.

If a person does:

- experience chronic fatigue or painful tension in different body parts,
- think that he or she is stiff, immobilized or overweighted,
- feel anxiety, strain, lack of self-confidence, fits of bad mood and depression,
- communicate with more and more effort,
- want to learn simple ways for prevention of traumas and body disorders, then



WE RECOMMEND him or her to attend our introductory training for body regulating exercises.

The training has four main thematic parts (modules), each session approximately taking up to 90 minutes. The sessions could be combined in different ways, depending on the working schedule and the preferences of the companies (with or without separation from the working process):

- 1/ Whole day training (four modules in 1 day);
- 2/ Two times of half-day training (in one of two consecutive weeks);
- 3/ Four times of one module training (in four different days).
- 4/ Long period training in the company premises - without separation from the working process and free access of the employees to all the training sessions of martial arts sports club Kyokuten.

Contents:

- Part I.** Standing exercises. In this part you shall receive practical information about the correct body posture and the correct ways of doing the basic everyday life movements. You shall discover how to optimize the work of your muscles, ligaments, connective tissues and internal organs. You will find some connections between your physical status and the work of the mind and the emotions you feel.
- Part II.** Exercises on the ground. In this part you shall learn some ways to diagnose of eventual physical problems of your body. You shall practice more specific exercises and methods for balancing the tensions of your body and regulation of the different body systems work.
- Part III.** Exercises on the working place, in everyday life, on a journey. Self-massage and relaxation through respiration and mental exercises. Eye fatigue relief.
- Part IV.** Essence and philosophy of the body regulating exercises. Preparation of individual program for self-training and health maintenance according to the personal preferences, health condition, work-load and the life-style of the participants.

Body regulation exercises

The body regulation exercises represent a combination of tested methods and techniques, coming from the east and west remedial gymnastics and the practice of the martial arts. These techniques are adapted by Mr. Kiril Hinkov in general exercises program and individual training plans for specific problems or difficulties.

The pain and the discomfort show a problem that should be solved as soon as possible. The body regulating exercises help the person to utilize physical movement, rest, respiration and introspection for identification of the problematic zones and relief of the bad conditions. On that base, after regular practice and deepening of the knowledge and the skills, one would learn to help the natural aptitude of his body to recover and heal it-self.

Some of the observed effects after a regular execution of the body regulation exercises are:

- ✓ Acceleration of the metabolism;
- ✓ Chronic fatigue and insomnia relief;
- ✓ Increase of the oxygen flow and improvement of the blood circulation;
- ✓ Recuperation of the working capacity and the elasticity of the muscles and the ligaments.
- ✓ Flexibility and mobility of the joints;
- ✓ Improvement of the internal organs work;
- ✓ Excretion of the toxins, the dead cells, the intestinal slag;
- ✓ Counteraction of the distress.
- ✓ Increase of the body energy and of the disease resistance;
- ✓ Tissue and body recuperation after prolonged work-load;
- ✓ Resistance to harmful influences – temperature, humidity, food and beverages, stress and mental pressure;
- ✓ Regulation of the functions of the different body systems for optimal common work.

The body regulating exercises are fundamental mean for disease and depression prevention. Their regular studying and training could increase the personal potential, the joy of life, the activity and the creative aptitude of every person.

Who and where can practise body regulation exercises?

The exercises are easy, pleasant and can be practised even by aged persons or persons in bad state of health. Suitable exercises can be executed in every time. Only a little free space and untight clothes are needed. The work is done in standing, sitting or lying positions depending on the needs and the possibilities of the moment.

Some of the exercises could be practised for normalization of the emotional or physical state of the practitioner, without attracting the attention of the people around, during the work time, a journey, waiting the queue or the bus.

Training targets

- Learning of basic principles and methods for good health maintenance.
- Learning of basic principles and methods for prevention of traumas during sport and other physical activities.
- Discovery of the possibilities of the human organism to solve physical problems (tension, trauma, pain, stiffness, illness) by utilizing its own internal resources.
- Acquisition of initial information and ideas for organization of a reasonable, personal program for physical activity.
- Motivation of the participants for long-term physical activity aiming sustainable health, high energy, life engagement and work capacity.

How the training does pass?

The training does pass in constant studying and repetition of body regulating exercises and their influence on the body, the emotions and the mind of the practitioners. All questions are answered after the end of every part.

Optimal number of participants – 10 to 15 individuals.

After the training the participant shall have knowledge and initial skills for single practice. This corporate training will give him/her the possibility to train one month free of charge in the gym of club Kyokuten under the direction of qualified instructors. Every participant shall receive a reference handbook in pdf format with description of the exercises from the basic program after sending a personal mail request at: office@kyokuten.net.

In this way every participant will receive enough of information and initial experience for having some benefits and taking decision for further practice.

Premises needed

The training needs a broad, clean room disposing with free 3-4 square meters for every participant. If such a place is not available the training could be realized in specially rent hall or outdoors.

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