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Welcome to the 12th issue of the Elite Tennis Journal

A letter from Acting GPTCA President
Alberto Castellani welcoming you to
September's issue of the Elite
Tennis Journal

Dear Members,

Welcome back to everyone who's read our previous issues and to everyone who's reading us for the first time, we're happy to have you.

In this issue, Amanda Gesualdi writes about an exceptional tool for test and rebalancing called kinesiology, which allows to check the reactions of an athlete on an infinite range of factors including stability, safety and ability to control one's muscles. Chuck Kriese let us kindly reprint an excerpt of his book 'Coaching Tennis' in which he points out that coaches often make the mistake of believing that their players should play and learn the game as they did. This is obviously a serious mistake because they tend to forget that every person is unique and has an individual way of learning and doing things.

Don't forget to share your success stories with the rest of the GPTCA community in the Forum! We always welcome any feedback that would add value to future issues.

..... Alberto Castellani



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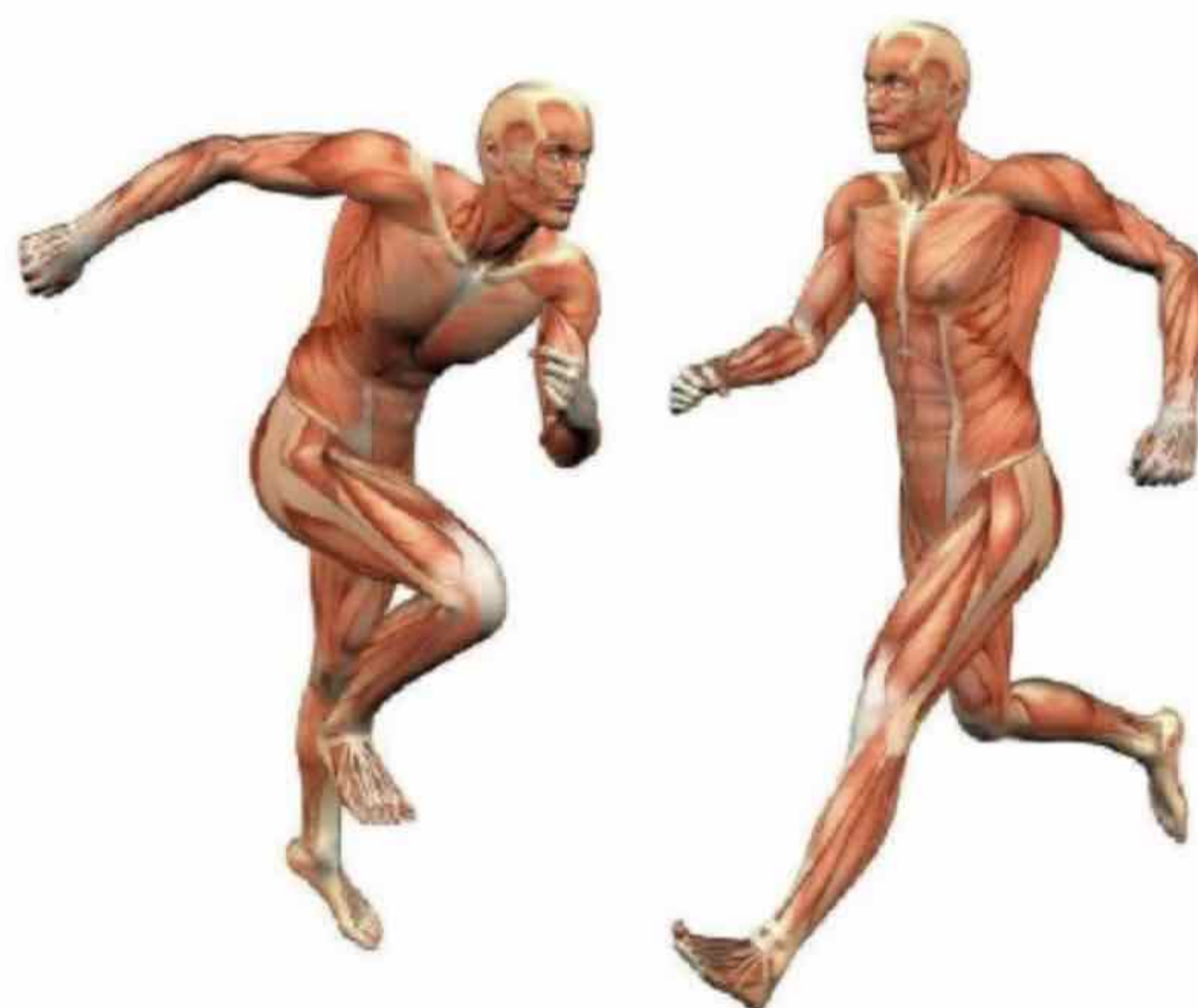
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If you've got any comments, or would like to contribute an article to the next issue, please email us at mmatysik@gptcatennis.org

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Elite Tennis



Kinesiology Between Well-Being and Performance

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by Amanda Casualdi

During coaching sessions, during practice sessions in the field, or as a therapy in general, we use kinesiology as an exceptional tool for test and rebalancing. The kinesiology muscle test or kinesiology test, is a manual check based on body feedback. It allows you to check the reactions of an athlete on an infinite range of factors including stability, safety and ability to control one's muscles.

The proper use of the test allows access to all of the aspects, unknown to an athlete, that can disturb his equilibrium and performance. In this article I describe kinesiology and some tests, unfortunately it is not possible to learn the kinesiological treatments through theory, only "live" through practice.

"Kinesiology is an art directed to the individual's well-being. It unites opportunity of therapeutic study and absolutely unique richness of a riequilibrative technical system specially developed. This allows us to

maintain a more open view on different aspects constituting the person. Its practicality, adaptability and precision explains the interest in it throughout the world." (Kinesiology - Milan Academy)

Kinesiology is a therapeutic discipline of great effectiveness and immediacy. In the fifty years since its introduction by Dr. George J. Goodheart, it has been able to express a wealth of applications and produce remarkable developments. Nowadays, it presents one of the most effective means to improve and preserve a state of well-being for each person and/or

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athlete. The science of kinesiology is based on using the Kinesiology Test which evaluates the response of the nervous system of a person to different structural, biochemical, emotional and energetic factors.

Indication of existence is a possible therapeutic use of specific neurological connections maintained by individual body muscles towards organs and their associated functions. This gives the person's bodily system an unexpected opportunity to direct expression towards the operator/coach and required corresponding capacity of the kinesiologist/coach. This allows an individual to work on structural, biochemical, emotional/energetic elements as indicated within a holistic picture of individual condition. Any action or change to one of three areas produces effects to the entire system.

Kinesiology is therefore a holistic approach to health and well-being, with the purpose of being able to stimulate the body's natural ability to reorganize and improve performance. Kinesiology works exclusively through gentle, non-invasive

person/athlete, rather than imposing a particular point of view of the therapist/psychologist/coach. The kinesiologist is the facilitator of a process initiated by the deep mind of the individual.

Dr. George J. Goodheart Jr. is widely considered the father of kinesiology. It was thanks to his acute and patient research, and facing increasingly effective methods for individual well-being, that rose kinesiology as an autonomous and distinct discipline in 1964. Born in Detroit on August 18, 1918, George Joseph Goodheart Jr. was a prolific author, a well-known therapist and an acclaimed lecturer and teacher, who introduced kinesiology to audiences around the world (United States, Canada, Europe, Australia, Japan, etc.) over the course of his career. Among his numerous awards, the ones that stand out most are the designation of the Presidential Medal in 1988, by Members of the US Congress, the highest assigned Civil Recognition by the US President on behalf of the nation, as well as the Leonardo da Vinci Award assigned by the Institute for the Achievement of Human Potential in 1987. He passed away

peacefully on March 5, 2008, at his residence in Grosse Pointe, Michigan. Kinesiology was officially introduced by Goodheart at the 1980 Olympic Games, at the Lake Placid, where he was an Official Member of the US Medical Committee for Olympic Sports. In 1998, the International College of Applied Kinesiology, in recognition

for the success he achieved during sixty years of his career, presented him with a special Lifetime Achievement Award.

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on the body-mind system.
.....

techniques on the body-mind system. It works by bringing out the intelligence and body awareness, which is unique for each

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"If we want to name this game, then it is 'make people feel better'. The body heals itself in a safe, wise, practical, rational, observable, predictable way. 'The inner healer can be approached from the outside'.

.....*If we want to name this game, then it is 'make people feel better'. The body heals itself in a safe, wise, practical, rational, observable, predictable way.*

The man has a great potential for healing through the innate wisdom, i.e. the physiological homeostasis and characteristics of the human body." Dr. George J. Goodheart Jr.

Since its foundation by Dr. George J. Goodheart Jr. in 1964, kinesiology (which he initially referred to as "applied kinesiology"), has stimulated a great number of international research activities in the field. These activities have led to the current development of a wide range of kinesiology, united by the use of muscle testing kinesiology. The quantum jumping and cyberkinetics are a form of advanced kinesiology techniques developed by Dr. Alan Sales (Kingston upon Hill, July 1, 1952 - Selsdon, July 7, 2009), a researcher and founder of the Institute of Cyberkinetics in South Croydon, Surrey. Cyberkinetics intends to pursue the line of evolution to which contemporary kinesiology has come, and

then move on from there to the next level.

In order to spread and share this valuable wealth of information, the Kinesiology Association was founded in Italy as a nonprofit organization directly recognized by the state. The Kinesiology Association was fortunate to have had Dr. George J. Goodheart, the founder of kinesiology, among its members. It has openly expressed honour and pleasure, and awarded him with special Honoris Causa Member degree. The Kinesiology Association is also a 'National Associate Member' in Italy, and member of the International Association of Specialized Kinesiologists - IASK, founded in the USA in 1987. As explicitly stated in its Memorandum of Association, the purpose of the Kinesiology Association is to "promote the awareness and use of the resources offered by

.....*The man has a great potential for healing through the innate wisdom, i.e. the physiological homeostasis and characteristics of the human body.*

Dr. George J. Goodheart Jr......

Kinesiology in all its different branches and aspects, as well as other disciplines' resources, synergic or similar to it, working towards health and well-being of each individual person."

After this necessary introduction, I can say I think that having a Kinesiologist as a team member, is an exceptional

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opportunity for everyone involved (athlete, coach, physical trainer, etc.). My thought has been confirmed quite recently, a prime example being the 2016 Wimbledon finalist Milos Raonic, who's been working intensively in the last year with Dr. Alfio Caronti (internationally renowned Kinesiologist and Chiropractor).

..... Water plays an essential role in many bodily processes, including the elimination of toxic and harmful substances. It is main contributor in maintaining the electrical polarity in the cell membrane of the human body.

Each of the tests and rebalances described below brings great benefit, both physical (wellness and performance), as well as mental (improving negative attitudes, anxieties, fears, etc.).

Tests and rebalancing of bioavailability in water

This test verifies that bioavailability in water is appropriate in specific time, if not it will be enough to rerun the test of drinking water. Human body is composed of about 2/3 water, and the human brain is composed of approximately 90% water. Water plays an essential role in many bodily processes, including the elimination of toxic and harmful substances. It is main contributor in maintaining the electrical polarity in the cell membrane of the human body. The human

body requires hydration, and it performs better when it isn't overly thirsty and dehydrated.

Tests and rebalancing for 'switching'

Stress can find a favorable environment if we are not hydrated, and in this case the test and rebalancing described above will be appropriate. In kinesiology, the term "switching" is used to indicate a state of electrical confusion in body, a neurological disorganization when we are under stress (ex. during a tournament match). This condition can be tested and rebalanced to achieve an immediate resolution of the

effects in relation to it. Rub Rene 27 (K27) points vigorously for about 30 seconds (just under your collar bone and next to the sternum), while maintaining the free hand in contact with the navel. This treatment is also useful as a self treatment, to solve a possible state of confusion or stress, and to help provide us with improved concentration and energy.

Tests and rebalancing the energy flow in Meridian Conception Vessel and Governing Vessel (meridian system, a traditional Chinese medicine)

Conception Vessel and Governing

Vessel are related to brain and spinal cord, which together form the core component of the nervous system. The aim is to eliminate the stress while the energy flows through them to the brain.

Technique of manual stimulation of energy flow in System of 12 body Meridians

This technique is called an "energy shower" for the system that stimulates the flow of the meridians, providing energy throughout the body.

Technique of muscle rebalancing through stimulation of Periosteum

The periosteum is the membrane of connective tissue that surrounds the bone. The technique is based on the short and vigorous stimulation of the border area between tendon and bone. Such a "shock" will make the muscle more toned and ready for exercise. The areas to be stimulated from time to time will depend on the muscle in question.

Technique of muscle rebalancing through Spinal Cord massage

Sheldon C. Deal and John F. Thie, two kinesiologists from the US, developed a technique in the late 1970s that stimulates the spinal region, which is particularly

important and beneficial for athletes.

Kinesiology muscle testing and rebalancing of 14 main muscles

This test provides an athlete with the opportunity to rebalance his/her muscles, which will make him/her feel much more energetic. The test is performed on the following muscles: supraspinatus, large round, pectoralis clavicular, spine, subscapularis, quadriceps femoris, tibialis anterior, psoas, gluteus medius, small round, front deltoid, pectoralis chest pad, middle deltoid and hamstrings. These 14 muscles were chosen because they are associated with the main meridians of traditional Chinese medicine, as well as the fact that they are strategic to the body's well-being.

Reorganization technique to reduce emotional stress, and improve tissue and posture

The RSE in athletes facilitates the reorganization of bodily resources in a creative manner with respect to a stressor (emotional) or to an area of the body that is uncomfortable (tissue). Another application of the technique is in the presence of postural stress, or bodily memories maintained in reference to a traumatic event. The traumatic memory is stimulated at a subconscious level every time the posture is implemented, ensuring that the

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person compensates defensively.

Testing and re-balancing mechanism for neurologic gait

The rebalancing of gait allows you to prevent excessive fatigue during all activities involving ambulation (walking, running, jumping, etc). It also supports the athlete in case of coordination problems. The test takes into consideration the front gait, back, side and contralateral.

Kinesiology Test to verify allergies and food sensitivities

This test is used to determine the

specific reaction of an athlete to a type of food. This will fall into the following categories:

Biogenic → when taken muscles are exhausted

Biocidic → when taken muscles experience more stress

Biostatic → when taken muscles do not change the result of the test

Amanda Gesualdi

