



Exercise Protocols for Makoto Neurological Therapy and Sports Performance Training

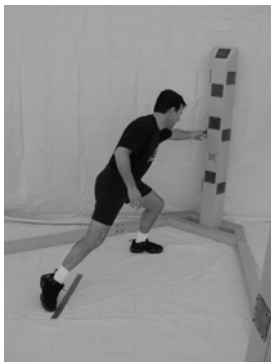


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Exercise Protocols For Makoto Neurological Therapy and Sports Performance Training

Introduction

Welcome to the world of makoto! Makoto provides you, the fitness, exercise or rehabilitation professional, a new and exciting tool for improving human performance.

Makoto can dramatically assist human improvement in many areas, but first you must understand the basics of what makes makoto training so effective.

Every day I find myself answering questions such as “How can I adapt makoto for baseball (or basketball, hockey, football, etc) movements?”, or “How will makoto help with speech therapy?”, or “How will makoto help with learning-disabled children?” or many other specific applications.

Makoto will help human performance in all of these situations and much more. But, the purpose is not to adapt any sports-specific or rehabilitation-specific movements. Makoto is very simple – and therein, lies its power and effectiveness.

Makoto improves the neurological connection in the human body – both between the brain and the body as well as between the two hemispheres of the brain. It is this improvement of the basic neuromuscular efficiency in the body that creates the remarkable growth experienced by so many people – not specific movements used within the arena. For more information on the science behind makoto, ask your distributor for one or more of our “white papers.”

Makoto gives your athlete, patient or client a better neuromuscular base upon which their other learning can take place. This answers the constant question of all trainers as to why two given persons of seeming similar physical conditions can vary so greatly as to the outcome of their training or rehabilitation – their neuromuscular bases are completely different. Makoto improves the neuromuscular base so that all physical and mental functions can be improved.

Therefore, how do you answer the question as to who should use makoto or which of the protocols are most appropriate for your people? The answer is very simple. Everyone can

and should use makoto, unless certain physical limitations prohibit it. Whether you want to improve physical performance or cognitive functioning, makoto training will help.

Secondly, which protocols should you use? Simply put – any of them. The movements do NOT need to be sports specific. All of the protocols in this manual improve the neurological connection of the body. Use them all. Mix them up! Bring fun back into your training! Your clients will love you!

Finally, how much makoto do you need to use to be effective? Many studies are still underway. However, most trainers indicate that three, 4-minute sessions (12 minutes) 3 to 4 times per week will create noticeable improvement in as little as 4 to 6 weeks. Usually, a single 4-minute session is added prior to normal training (in place or warm-up). Another 2 or 4-minute session is inserted in the middle as a great mental break and one more 4-minute session is added at the end, as part of cool down.

Now, enter the world of makoto and begin to experience incredible results for both you and your clients!

Dave Shaw, President
Makoto USA, Inc.

CAUTION:

Makoto is a serious exercise routine that fully engages all muscle groups and can be very aerobic in nature. Twisting and lunging are involved in some of the protocols. Be certain to consult a physician before beginning this or any other exercise program!



makotocols

**for
Individuals**



Figure 1



Figure 2



Figure 3

Name	Regular Session
Number of towers	3
Description	Game selection is set on Random without sudden death or extended play. Athlete stands in middle and strikes all three towers.
Notes	Best and most basic training session for improving neuromuscular base of athlete. At least one of these sessions should be included in most all mixes of makoto training
Recommended starting level	3
Recommended Session length	4 Minutes
Tool/Instrument used	Long Staff
Contra-indications	



Figure 1



Figure 2



Figure 3

Name	Two Tower Shuffle
Number of towers	2
Description	Athlete stands on centerline between the two active towers facing outwards. Athlete moves laterally to strike each tower. Athlete returns to the centerline before next tone sounds (Figure 2).
Notes	Great for lateral first step speed! Encourage athlete to “explode” to tower and quickly return to centerline.
Recommended starting level	Level 3 or 4
Recommended Session length	4 minutes
Tool/instrument used	Hands or short padded staff
Contra-indications	



makotocols



Figure 1



Figure 2



Figure 3

Name		Ultra Think	
Number of towers		1	
Description		Similar to “Single Tower slap” except for instructions given as to how to strike the targets.	
Notes	<p>The athlete is instructed to strike the top two left targets with the right hand; the top two right targets with the left hand; and the top three middle targets with either hand.</p> <p>The bottom three targets are to be kicked.</p> <p>This is an awesome “think before you act” session! It’s much harder than it appears. (Be sure to have fun with this one, otherwise the athlete may get discouraged.)</p> <p>Great for rehabilitation or training requiring “crossover” motions!</p>		
Recommended starting level		5 to 7	
Recommended Session length		2 minutes	
Tool/Instrument used		Hands only	
Contra-indications			



Figure 1



Figure 2



Figure 3

Name	Goalie Grab
Number of towers	2
Description	<p>Athlete stands in between the two active towers. (Figure 2) As each tone sounds and light is illuminated, the athlete reaches with <u>BOTH HANDS TOGETHER</u> to strike the target (Figure 1 &2). Athlete returns to the center line before next tone sounds (Figure 2).</p>
Notes	Gloves may be used if desired
Recommended starting level	Level 2 or 3
Recommended Session length	2 minutes
Weapon/instrument used	Hands only
Contra-indications	Not recommended for athletes with lower back issues



Figure 1



Figure 2



Figure 3

Name	Single Tower Slap	
Number of towers	1	
Description	Athlete stands directly in front of single tower. As each light is illuminated, the athlete strikes the appropriate light with the open face of the hand. Use the right hand for the right side of tower, left hand for left side. Use either hand for center lights.	
Notes	Gloves may be used if desired. Be sure to “slap” only with the palm side of the hand – Using the unprotected side of the back hand may result in abrasive injury.	
Recommended starting level	Level 6 to 7	
Recommended Session length	4 minutes	
Tool/Instrument used	Hands only	
Contra-indications	None	



Figure 1



Figure 2



Figure 3

Name	Balance
Number of towers	1
Description	Athlete stands on proprioceptive devices such as “Dynadisks” and performs “Single Tower Slap” or “Ultra Think”
Notes	<p>1) Gloves may be used if desired. Be sure to “slap” only with the palm side of the hand! Using the unprotected side of the back hand may result in abrasive injury.</p> <p>2) Great workout for “quads”!</p> <p>3) Great workout for any rehab desiring to improve balance.</p>
Recommended starting level	5 to 7
Recommended Session length	2 minutes
Tool/Instrument used	Hands only
Contra-indications	



Figure 1



Figure 2

Name	Reverse Twist
Number of towers	1
Description	Athlete stands in front of the active tower with back to the tower. (Figure 1) As each tone sounds and light is illuminated, the athlete alternates rotating right and left to turn and strike the target with the staff (Figures 1 & 2).
Notes	Great for increasing core conditioning and rotational rhythm!
Recommended starting level	Level 2 or 3
Recommended session length	2 minutes
Tool/Instrument used	Staff
Contra-indications	Not recommended for persons with lower back issues



Figure 1



Figure 2



Figure 3

Name	The Reach
Number of towers	1 or 2
Description	Athlete stands in stationary position in front of towers; reaches towards active target without moving feet
Notes	Be certain to position athlete properly to be able to reach all targets, including tops and bottom. Good balance rehabilitation activity.
Recommended starting level	3 or 4
Recommended Session length	4 minutes
Tool/Instrument used	Hands or any instrument
Contra-indications	



Figure 1



Figure 2



Figure 3

Name	Peripheral Vision
Number of towers	2
Description	<p>Turn sound volume down to silence. Athlete stands in-between two towers and responds to lights only. After striking each target, athlete returns to middle position.</p>
Notes	<p>Turn the sound down or off and perform same as “Two tower shuffle.”</p>
Recommended starting level	3 or 4
Recommended Session length	4 minutes
Tools/Instrument used	Hands or any tool
Contra-indications	




 <p style="text-align: center;">Figure 1</p>	 <p style="text-align: center;">Figure 2</p>	 <p style="text-align: center;">Figure 3</p>
Name	Triangle Lunge	
Number of towers	2	
Description	<p>Player stands behind line positioned between two towers and back at appropriate distance. As each target becomes active, player lunges toward the tower, keeping one foot behind the line. After striking the target, player returns to position with both feet behind the line.</p>	
Notes		
Recommended starting level	1 or 2	
Recommended Session length	2 minutes	
Tool/Instrument used	Hands or short staff	
Contra-indications	Not recommended for any person with whom standard lunges not recommended.	



Figure 1



Figure 2

Name	Long Lunge
Number of towers	1
Description	Athlete stands back at distance from active towers behind line. Athlete makes quick lunge towards active tower as target is lit. Returns quickly to back line.
Notes	Great “quad” and “first step” speed workout!
Recommended starting level	3 or 4
Recommended Session length	4 minutes
Tool/Instrument used	Hands or short staff
Contra-indications	Not appropriate for anyone for whom you would not do normal lunge exercises




		
<p style="text-align: center;">Figure 1</p>	<p style="text-align: center;">Figure 2</p>	<p style="text-align: center;">Figure 3</p>
<p>Name</p>	<p style="text-align: center;">Sudden Death</p>	
<p>Number of towers</p>	<p style="text-align: center;">1,2, or 3</p>	
<p>Description</p>	<p>This training mode can be applied to any protocol. Game play is set to “Sudden Death” or “Extended Play” mode.</p>	
<p>Notes</p>	<p>This is the primary program for increasing the focus and concentration abilities of the athlete. Teach the athlete to “tune out” everything outside of the arena and just focus on performing. Helps the athlete learn to “get in the zone” quickly.</p> <p>Adding distracting noises and/or comments can make this more difficult.</p>	
<p>Recommended starting level</p>	<p>NA – this mode always starts at level 1 and increases over the course of the session</p>	
<p>Recommended Session length</p>	<p>NA – This session will end as soon as the first target is missed</p>	
<p>Tool/instrument used</p>	<p>Hands or any instrument may be used</p>	
<p>Contra-indications</p>		



Figure 1



Figure 2





Figure 3

Name	Basketball Dribble	
Number of towers	1,2 (disable top targets)	
Description	Game play can be set to “Sudden Death” or “Extended Play” mode.	
Notes	Athlete stands in front of 1 tower or between 2 towers, dribbling a ball using either hand. As each light is illuminated, the athlete will strike the target with the free hand and switch hands dribbling depending on which tower is lit. Goal is to learn how to dribble with head up, making dribbling more natural.	
Recommended starting level	1	
Recommended Session length	2 minutes	
Weapon/instrument used	Hands/Basketball	
Contra-indications		



makotocols

for
Groups and Teamwork

 <p style="text-align: center;">Figure 1</p>		 <p style="text-align: center;">Figure 2</p>	
Name		Relay 1	
Number of towers		3	
Description	<p>One player stands in arena. Other players stand in line outside of arena. Session continues as regular play.</p> <p>When the third tower (not light) becomes active, players get ready. As the first light on the third tower is struck, that player exits quickly and the next player in line enters the arena, replaces that player and continues play. Counting for next three towers begins with next light.</p>		
Notes	Requires all players in and out of arena to pay attention. Promotes teamwork with 2 to 8 people		
Recommended starting level	5 or 6		
Recommended Session length	4 minutes		
Tool/Instrument used	Hands or any staff		
Contra-indications			



makotocols



Name	Big Little
Number of towers	3
Description	This is a team game usually played with persons of two different abilities. One person stands directly in front of one tower and engages the targets on that tower. The other person stands in between the other two towers and engages targets on both of those towers
Notes	Great for child/parent teams
Recommended starting level	2 or 3
Recommended Session length	2 minutes
Tool/Instrument used	Long staff or padded short staff
Contra-indications	



Figure 1

Figure 2

Figure 3

Name	Team Samurai	
Number of towers	3	
Description	<p>1st athlete responds to active tower and stands directly in front of that tower. 2nd Partner assumes “inactive watch” position (directly behind the 1st partner and facing between the two inactive towers) until one tower becomes active. Then, 2nd partner moves directly in front of the active tower as 1st partner assumes “inactive watch” position. Play continues with partners alternating as described.</p>	
Notes	<p>A great teamwork, partner and awareness training! This takes practice! Be certain that both athletes move each time a different tower becomes active. Athletes should always be either directly in front of the active tower or directly in between the inactive towers. No athlete will ever strike two different towers in a row.</p>	
Recommended starting level	4	
Recommended Session length	4 minutes	
Tool/Instrument used	Long or Short Staff	
Contra-indications		



Figure 1



Figure 2

Name	Relay 3
Number of towers	3
Description	<p>One player stands in front of each tower. Other players stand in line outside of arena. Session continues as regular play. When the third tower (not light) becomes active, players get ready. As the first light on the third tower is struck, that player exits quickly and the next player in line enters the arena, replaces that player and continues play. Counting for next three towers begins with next light.</p>
Notes	<p>Requires all players in and out of arena to pay attention. Promotes teamwork with 2 to 8 people</p>
Recommended starting level	5 or 6
Recommended Session length	4 minutes
Tool/Instrument used	Hands or any staff
Contra-indications	



Name	Three Person Rotate	
Number of towers	3	
Description	<p>One person stands in front of each tower and strikes that tower's targets when active. After all three <u>towers</u> have been active, at the activation of the fourth tower, all people rotate in same direction. Process begins again. Rotation direction can always be the same or called out by the person striking the third tower</p>	
Notes	<p>Great team and thinking session. People must be quick to move at the same time when target on fourth tower becomes active.</p>	
Recommended starting level	5 or 6	
Recommended Session length	4 minutes	
Tool/Instrument used	Hands or any staff	
Contra-indications		