

IQ

kinaesthetics – zirkuläres denken – lebensqualität



Die Knochen
sie bilden die Grundlage für die Form
und Statik des menschlichen Körpers.
Die Knochen fühlen sich hart und
stabil an.



Hiroko Tadaura has been studied intensively about Kinaesthetics for 15 years. She is a Japanese professor and nursing researcher. She has explored dignity care and its mechanism.

Knobel: When did you know about Kinaesthetics?

Tadaura: I think it was 2004. After working as a registered nurse in the hospital, I have begun to work as a teacher in Nursing School at University. One of the colleagues there visited in Germany. We worked in the same room by chance. One day, she asked me "Do you know about Kinaesthetics?". I answered "No, I have never known about it.". Because at that time, there was no information and education about Kinaesthetics in Nursing School book in Japan. She asked me, "Do you want to try? Do you want to get an experience of positioning change using Kinaesthetics concept?". I answered, "Yes! I want.". Because it was interesting for me.". We went to the Nursing practice room for students at University and I was transferred by her using Kinaesthetics. I was very surprised and impressed. It touched my soul deeply.

Knobel: What was it?

Tadaura: I remember that I felt like tears were rising up a little. I wondered what I wish I had known this when I was a nurse. In my mind, I remembered the first patient having a stroke, aphasia, and the general disuse syndrome. He passed away following prolonged bed rest. It also reminded me of the faces of other patients. I was reminded of the faces of people who could not move by themselves at the end of their life. When I was a nurse, I think I did my best for patients every day. I talked to each patient attentively and did everything I could. However, I felt that there was something missing from the common usual nursing learned from the nursing texts and the advice of experienced nurses at that time.

Knobel: Then, you thought that you have to know more.

Tadaura: Yes. I thought I should know more about Kinaesthetics. When I first experienced kinesthetically, I immediately realized that it could touch for the soul ache. I felt as if our hearts were touching each other. It was on a completely different level of the things from just being a new positioning change. I wanted to know more about Kinaesthetics.

Kinaesthetics in Japan

The image of the rabbit in the cage

In conversation: Prof. Dr. Hiroko Tadaura and Stefan Knobel

Knobel: And then?

Tadaura: I need to tell a long story. When I was a nursing student in a bachelor course at Yamagata University, I studied NO-induced (nitric-oxide-induced) dilator of coronary arteries in vivo and in vitro at laboratory dealing with pharmacological, physiological, and biochemical study for three years. I studied hard from morning to late evening. I always looked inside of micro world like cell or DNA etc. In the master course, I learned analysis of big data using epidemiology at another graduate school of medicine at Tohoku University. But after that, when I met Kinaesthetics, I thought it is my way!

Knobel: And you are researching about Kinaesthetics now.

Tadaura: I became to have a responsibility to study about Kinaesthetics at University. I have begun to visit Germany from 2005 to 2006. Practical training using Kinaesthetics in hospital and Kinaesthetics congress in Germany and Austria were very interested in learning about Kinaesthetics. The combination of practice and research was very helpful to understand what is Kinaesthetics in detail. The domestic research about Kinaesthetics was related to biomechanics using 3D movement analysis machine from 2004. It helped me a lot to understand what is Kinaesthetics. For example, the dispersion of force was visually clearly readable from the waveform of the floor reaction force meter. Later, I also found Kinaesthetics movement supports reproduce human natural movement using 3D analysis machine. Moreover, I found in my biomechanics studies that Kinaesthetics trainer's focus point was different from a beginner in transfer, etc.

Knobel: Did these researches meet with interest in Japan?

Tadaura: In 2006, I got one big grant for young researchers in Japan. I frequently became to visit Germany. In 2008, I was lucky enough to get another grant overseas study for the long-term.

I started the study of epidemiology as a guest researcher at the University of Witten/Herdecke. Prof. Sabine Batholomeyczik was my supervisor. Norbert Feldmann and his family supported this study a lot behind. Later, this study became my Ph.D. thesis. I greatly appreciate all the support of this study.

Knobel: Why did you pursue Kinaesthetics deeply?

Tadaura: There was another reason. But, I will come to the reason later. In 2014, I needed mentors in another world outside of the medical field. One of mentors named Mr Suda was trainer for combat sports. He trained 8 world champions and 20 domestic champions in Japan. I took his class. His class was very serious and allowed only truth for everything. I had to see very deep in my mind to find, what is my life purpose.





Knobel: What is your life purpose?

Tadaura: To explain it, I have to talk about a rabbit story. When I was a nursing student at the university, I worked part-time as a private teacher for junior high school students. His mother always came to pick me up and we talked for about 20 minutes in the car every time. She was working as a home helper. One day, she told me, "I couldn't save a rabbit today.". I asked, "What's happening?". She said, "I went to the house of a user with mental illness and found a rabbit there. The rabbit was kept in a just-sized cage, and there was a pile of droppings on the bottom of the rabbit. I knew that the rabbit was being kept immobile at all. But I was scared and didn't know what to do, so I left it as it was and came back. I have to do something." I was so shocked to hear that I couldn't help crying. I could not stop crying when I thought that life without words had not been asked for help and was still alive with patience.

Knobel: This story has something to do with Kinaesthetics?

Tadaura: I long afterward noticed that the story of the rabbit is tied to Kinaesthetics. Dignity and justice for the rabbit were not respected at all. Living things need freedom. Freedom is fundamental for any of joyful in life. It is from the freedom that every living joy is born. Movements are united with sense. The sense is the key to connect with ourselves and others. It does not mean only with human beings. Soul will shine if it feels a connection with ourselves, others, environment, or whatever. The soul needs the unlimited possibility in freedom.

Knobel: With the experience of movement with Kinaesthetics will be a feeling of freedom possible?

Tadaura: With connection, creation, and uncertainty. The rabbit's cage is also able to be considered to replace the human body. Many people spend their lives in a cage. Namely, they are captured in their bodies. The patients' unfunctional body is exactly as the rabbit's cage in soul level. If we help the patients to be able to create their own free movement and sense, we can say that we are saving their soul in life. To embody love and dignity in a sincere sense, one must allow the soul, which is limited by the body, to move freely, to feel, to think, to learn, to demand, to forgive. This creates individual subjectivity.

Knobel: Is it your purpose of life?

Tadaura: There is no greater purpose of life than to live to satisfy this. If we can embody this, we can say "This is care.". Kinaesthetics leads to this powerful field. If we are connected with this area, it is so powerful, and the soul will be shining. That's why I am very interested in it.

Knobel: Yes, it's a nice explanation!

Tadaura: I talked about this rabbit story in some international congresses. The dignified care is always the main topic of my Kinaesthetics researches. I was in Dubai and Rome. Many professors and researchers coming from different countries were very much moved when I told the rabbit's story. We have to change our point of view. Many countries and their school books focus on mainly mass body and physical transfer from one position to another using mechanical methods. But we are not objects or robots.

Knobel: Is it important to treat a human as a human?

Tadaura: Yes, that's right. At the World Conference in Rome, I spoke to the audience about the difference between physically moving the body in reference to the image of a rabbit and supporting systems in the body to help them understand what life support is. Physical restraints do not help with patient care.



Knobel: But it also means that care should not only deal with the surface...

Tadaura: I am always trying to learn about spiritual things. Because it is an easy way and simple to understand what is life and what is a soul. I learned that the sense of feeling belongs to feminine energy in spiritual studies. Our body structure is very different between man and female. In the case of man, it is very hard than female due to lots of muscle, etc. But the female is very soft. It is because it can be thought that the body structure is made to capture the feeling. The reason for this is that such a structure is necessary in order to have the property of affinity and adaptability. It can also be said that such a structure makes it easier for baby care or other people's care or own care to be connected. However, such a soft structure requires unstable quality, which is opposite to hardness and stability. Sometimes, if we are in feminine energy very much, it makes unstable in mind because it sometimes gets to be influenced by outside too much and the possibility to lose balance. I am talking about energy and one of quality about body structure. For example, some men are reported that they are sometimes not good at feeling in some studies. I am talking about energy difference. Because of their quality of body structure and its character of masculine energy, it is reported that it needs to rise up to the top or sometimes fighting with power. Such energy makes possible to work hard and concentration. However, if they keep on putting their strength on the body for making power, they will lose balance because they cannot feel. That is maybe one reason that so many Japanese men very often commit suicide. If you cannot feel alive, the soul in the cage will not be satisfied. Softness makes open systems mobile. Because they cannot feel themselves to live. So, I think that even women or men, it is very important for all to integrate feminine and male energy. We need middle. It is powerful. This is the same as front-side and back-side in Kinaesthetics. We need both. We need a combination.

Knobel: Does care need such a balance?

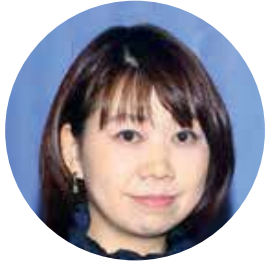
Tadaura: Yes. However, it is a global problem. I think that problems always occur in the world of one-way. Bidirectional interaction is lost. This is because they cannot feel themselves and others under the closed world. It cannot happen mutual action. Energy cannot come and go. Energy does not flow. Yesterday, I took one spiritual seminar. It was interesting. Male energy trends to go upward. Feminine energy trends to go the horizontal direction. I had one of the inspiration from the lecture. Both combinations make a spiral direction like DNA (deoxyribonucleic acid) structure in nature. Spiral needs the dynamics.



Knobel: Spiral needs two different directions.

Tadaura: Yes. Upward and horizontal movement. The Combination can make a structure of DNA. I think such energy process to make natural fundamental structure has a powerful secret. It is differentiated between spiral and horizontal movement patterns in Kinaesthetics. The DNA structure and real-life are closely connected.





Hiroko Tadaura is a Professor in Graduate School of Nursing and Rehabilitation Science in International University of Health and Welfare Graduate School, Tokyo, Japan. She is also Part-time Professor in Graduate School of Medicine, Tohoku University, Miyagi, Japan.

www.hirokotadaura.com
www.tadaura-lab.com
www.carecompetence.org

Knobel: At this point, scientific facts and life experiences come together?

Tadaura: They are always together. And Kinaesthetics helped me to understand this relation. I always wanted to understand Kinaesthetics deeply. But it was impossible without practice. So I tried to find a mentor having higher knowledge and practical level in Japan. But I found no one. So, I decided that I have to go abroad to learn more. Actually, I did not think about it with thoughts. I always followed my heart. Because it is honest to me. I just did so. I learned many different Kinaesthetics trainers. I could acquire Kinaesthetics in different ways and deep. Every learning was very helpful to understand Kinaesthetics.

Knobel: Why did you get no trainer license until now?

Tadaura: It is very important for a scientist to do unbiased research. Position of the researcher should be neutral to find the fact. Scientists need distance and observe and investigate what is Kinaesthetics. This is the reason why I did not want to be a trainer so long time. But now I know it is necessary to do the next steps. So I will begin the trainer course in Linz from November.

Knobel: You bring thereby science and praxis together.

Tadaura: First of all, in 2007 I have made a scientific research association of Kinaesthetics in Japan with professor Tokunaga. We published the first article about Kinaesthetics on a Japanese journal. The organization continued for about 8 years. But it did not grow up, unfortunately. In your basic course yesterday, you talked that shallow understanding cannot embody deep things. In other words, a deep understanding can create something mature. This is also the same in scientific research fields. Hence I decided to bring your practical education to Japan. Then, some years later, I would like to make a new scientific group. There should be international members together. I think it is much more effective to grow up.

Knobel: So first of all, it is important to integrate Kinaesthetics understandings into the practice?

Tadaura: Yes. My main focus does not change anything from the rabbit story. I am always exploring what is care. If I connect and touch the field, almost of things will be solved. It is very powerful. So, I just continue to learn in this point. That's all. I focus on soul touching.

Knobel: Yes. It is holistic view.

Tadaura: Feeling and experience are very easy to understand for everyone. Visualization and scientific knowledge are also helpful for people to understand. That's why I am doing both science and practical activities. Both are necessary. Kinaesthetics is dealing with spiritual energy which cannot be seen in our visible range. Spirituality and science exist like antipodes. And now it can be said that the antipodes will be connected through Kinaesthetics.

Knobel: What is your vision for the next stage in 5-10 years?

Tadaura: Perhaps you expect something different from a scientist, but I have to say, "I don't know" (Laugh). I just do if something comes in front. I just do if it is interesting and my heart goes. Because it is the same as Kinaesthetics. I do not know what will happen for the moment, it is important to create with freedom in that uncertainty. A lot of thoughts does not help anything. Feeling and doing, that's very important in my life.

Knobel: Thank you very much for this conversation. ●



I can not stand it when living things are deprived of their freedom. (...) Living beings need freedom. Freedom is fundamental to every form of vitality and dignity. Freedom is a basis for any joy in life. Freedom of movement is united with sense. The sense is the key to connect with ourselves and others to feel their living sense.

Prof. Dr. Hiroko Tadaura

AutorInnen dieser Ausgabe:

Heike Brenner
Kristina Class
Axel Enke
Alexandra Fux
Silke Fürniß
Richard Hennessey
Rebekka Knobel
Stefan Knobel
Mária Pfemeter



Kinaesthetics

www.kinaesthetics.net



stiftung
lebensqualität

www.stiftung-lq.com

www.verlag-lq.com



kinaesthetics – zirkuläres denken – lebensqualität

In der Zeitschrift LQ können die LeserInnen am Knowhow teilhaben, das Kinaesthetics-AnwenderInnen und Kinaesthetics-TrainerInnen in zahllosen Projekten und im Praxisalltag gesammelt haben. Ergebnisse aus der Forschung und Entwicklung werden hier in verständlicher Art und Weise zugänglich gemacht. Es wird zusammengeführt. Es wird auseinander dividiert. Unterschiede werden deutlich gemacht. Neu entdeckte Sachverhalte werden dargestellt und beleuchtet. Fragen werden gestellt. Geschichten werden erzählt.

Die LQ leistet einen Beitrag zum gemeinsamen Lernen.

Bestellen Sie die Zeitschrift LQ online unter www.verlag-lq.com oder per Post

verlag lebensqualität
nordring 20
ch-8854 siebnen

info@verlag-lq.com
www.verlag-lq.com
+41 55 450 25 10



4 Ausgaben / Jahr (CHF 70 / € 44)



Bestellung Abonnement LQ – kinaesthetics – zirkuläres denken – lebensqualität

Ich schenke lebensqualität

- ☐ mir selbst
☐ einer anderen Person

Meine Adresse:

Vorname _____

Name _____

Firma _____

Adresse _____

PLZ _____ Ort _____

Land _____

eMail _____

Geschenkabonnement für:

Vorname _____

Name _____

Firma _____

Adresse _____

PLZ _____ Ort _____

Land _____

eMail _____