

CHAPTER TWO

Anatomy and Physiology 101: Developing Kinesthetic Intelligence

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A Visual approach

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We have long been familiar with mental intelligence (IQ) and more recently have recognized emotional intelligence (EQ). Only by re-contacting the full reach and educational potential of our kinesthetic intelligence (KQ) will we have any hope of finding a balanced relationship with the larger systems of the world around us.¹

Overview

The human body is a magnificent machine, but it is also much more than that. It is who you are: your mind, your “heart,” your expression... uniquely you! As our society becomes more information-based I believe that we also become more susceptible to what is known in somatic practices as “sensory-motor amnesia.” As we become more focused on external stimuli the mind-body connection becomes more disconnected. When we have this type of amnesia we are truly unaware of, and thus cannot fully control, many areas of our body. When a skater or dancer has a truly “complete body image,” both internal and external, they are able to receive, understand and send accurate neuro-motor information to their entire body at the precise moment needed.²

There are two ways to study the human body: from the outside in and from the inside out. Sports medicine and science usually takes the former view, looking at the muscles, bones, heart rate, etc., and then working to train the body through analyzing and measuring various responses from this objective perspective. But as we touched on in Chapter One, this is only one side of the coin. Thomas W. Meyers writes in the preface to his book *Anatomical Trains: Myofascial Meridians for Manual and Movement Therapists*, “The traditional view of anatomy as it has been, has objectified rather than humanized our relationship to our insides.”³ Scientific analysis is extremely important, but if the complete picture is lost in the analysis, especially when we are talking about the interconnectedness of human life, then our analysis not only loses its value but can keep us from reaching our goals.

In sports training, the somatic approach is often overlooked, and the power to synthesize scientific information through imagery and intuition is greatly underestimated. Recognizing and making use of this “whole person” training will give you a tremendous advantage in performing at your best while enjoying the process more and helping you to stay injury free.

How we train has everything to do with how we perceive our bodies. Do we view our body as a machine without intelligence to be forced and coerced into compliance? Or do we see it as an integrated and intelligent system with which our minds and hearts communicate and cooperate?