



An innovative
think & do tank
driven by insight into
nature's first **principle**
for a better understanding of
optimal **function** in
human beings.

Introduction

I started as a Tai Chi teacher almost seven years ago and this has taken me on a fascinating journey into the possibilities of the human body and mind. The man who was my teacher for six years, John Ding, opened my eyes to the great possibilities for human development and I am still inspired by his approach.

The way I was taught this ancient martial art was quite scientific and methodical. Our postures and movements were tested by getting colleagues to apply force to our bodies in different ways, so that we could evaluate how well we applied Tai Chi principles.

The purpose of testing was to assess how much force/physicality we used to deal with a pushing or pulling force applied by our partner. We were checking for the use of minimal force whilst maintaining physical/mental composure and control. Minimal force applied means least energy expended; optimal efficiency.

Why is this important? Well... the human body is part of nature, and in every natural system, energy-efficiency is king; it is the key criterion for survival and our successful evolution depends on it. Therefore in testing physical responses or theories regarding the human body, they must first meet the least-energy criterion.

Inefficiency in nature means loss of function and therefore premature degradation and decay. Put another way, it means a lack of ease... dis-ease, in fact. This is where the word comes from! Energy efficiency should therefore be the first port of call in our efforts to improve our health and well-being.

But how? Let's return to Tai Chi, for a moment...

When testing, I realised that if I relaxed properly in response to a force, I could absorb and manipulate it with very little effort as long as my response was controlled by my centre of gravity. Seeing that I could achieve such power with so little effort was a revelation and gradually I started to explore its potential.

About the Energy Efficient Human (E2H)

E2H is based around a new approach to human health, well-being and performance that uses energy efficiency as the guiding principle. It is inspired by my experiences in teaching and training in Tai Chi and incorporates cutting edge research into anatomy, physiology and the emerging field of mechanobiology.

I have taken the ideas at the heart of this powerful martial art to develop a set of principles and practices that can complement a wide variety of disciplines.

E2H consists of projects that demonstrate the application of 'least energy' principles to:

- Improve physical and mental health, wellbeing and potential for rehabilitation
- Human performance in sports, organisations and in the arts
- Enhance the practice of martial arts, yoga and most kinds of therapeutic techniques.

Achievements so far...

- **Integrated Walking, Running & Breathing methods deliver unprecedented power, efficiency & safety**
- **Innovative testing methodology measuring ability to harness & control gravity**
- **Methods successful in producing continuous, uninterrupted physical power with minimal effort**
- **Regenerative Exercise: system for sensory-motor rehab & high-level neuromuscular performance**
- **Integrated Theory & Practice of Movement**
- **New method for weight & fitness training**
- **New system for martial power & self-defence**
- **Integrated breathing & vocal training method**

Thanks for listening!

If you have any questions, comments,
suggestions or for more information
please contact:

Alex Swainson

Breathing & Movement Specialist
Advanced Martial Arts Instructor

t: 07812 469133
alex@e2human.com

