

Twelve Squares Training

Teacher Rerk Suwannachai

The author has brought the nine squares training concept of Assoc. Prof. Dr. Charoen Krabuanpatana as the main concept to develop the twelve squares training. The explicit knowledge is defined as follows;

Twelve squares training is created to develop the interaction in the learning and perception of the brain. This technique will help coordinating the relationship between the nervous system and the muscles in order to stimulate and develop a speed reaction and the skill of movement practice. Therefore, the speed of thinking and decision making are more effective. The focus of the twelve squares training is on developing both left and right hemisphere based on the basic form of human movement. It leads to the formulation of procedures and principles for continuous operation so that stimulate awareness and develop control of the brain as a map of movement patterns are systematically created or planned from the simple movement to the difficult and slowly develop into more rapid movements and directions. As a result, the brain is stimulated and developed in a planned pattern of movement. It is a brain mapping to systematically learn and develop the psychomotor skills, reflected (feedback) that clearly demonstrates the learning and development of the brain, the training of the reaction, the perception and the response to the movement. It is part of the principle of training for the development of the nervous system and speed, precision in the practical skills of movement and sports skills in a short time. This includes thinking decisions and problem solving in each situation of the game. The form of training is focused on stimulating the brain or the nervous system acts as a perception (sensory neuron) to send to the central nervous system which collects data, evaluate, analyze and interpret information. Then, the nerve impulses are sent to the neurons acting and controlling of the movement according to the information from the central brain (Motor Neuron). The duration of the work or training of the nervous system takes only a short time, emphasizing the accuracy of the sequence of steps, the precision and the speed of movement. In principle, everyone can practice twelve squares training because the training of the sensory and response reactions of

the nervous system isn't focused on the distance, duration and areas. Furthermore, it is often used as a tool to train the reaction speed of the hands and feet movement to the athlete. It also improves the relationship skills in body movement so that the balance is more effective.

Brain development by learning motor skills

The benefits of nine squares training are to:

1. develop the awareness and the function of the nervous system and muscles.
2. improve hand and foot skills in movement and balance.
3. develop blood circulation and respiratory system.
4. develop strength and relationships in movement.
5. develop energy and energy metabolism in the body.
6. help to balance the hormone in the body.
7. develop a variety of learning styles.
8. develop systematic thinking skills and rational thinking
9. develop personality, confidence, and self-esteem.
10. develop and strengthen concentration in learning.
11. help to create an atmosphere of learning to feel fun and relax.
12. develop emotional intelligence, social maturity, and intellectual maturity.
13. develop the perception both left and right hemisphere.
14. can be used to assess the perception of learning correctly.
15. promote skills, develop ideas, imagination and feelings that are natural.

