Panel Overview

Panel 2.6: Neuroplasticity-based Sports: Converging & Synergizing East & West Paradigms

Competitive sports, since the 776 BC Olympics, have demanded rigorous training to become Citius/Faster, Altius/Higher, and Fortius/Stronger, with the goal of being a champion. However, Eastern non-competitive sports, such as Tai Chi, promotes low-impact, slow motion exercise, controlling and synergizing emotions and thoughts through mindful breathing, is in harmony with the universe is safe for all ages, at all fitness level, ensuring health and active ageing.

The "Brain Decade" of the 21st century demonstrates the synaptic and non-synaptic plasticity of the brain can continue to grow if given appropriate stimuli, since it is not static as earlier thought. Such neuroplasticity-based sports include exercises, folk dances and music like "Poco-Poco", Saman, Mocopat, Angklung (Indonesia), the Hula (Hawaii), and many others from the Asia Pacific region. These two schools of thought--West and East--should be integrated and synergized for further advancement and enrichment of human civilization.