



**International Bodyguard & Security Services Association**  
Executive President: 1276 Budapest 22 P.O. Box 28, Hungary  
E-mail [ibssa@elender.hu](mailto:ibssa@elender.hu)

### **„KI” AND SPORTS**

**Dr. Gábor Müller – Member of IBSSA Medical Department took part at the Symposium 2000 of „KI” and sports between 11 – 12 November in Kobei, Japan.**

What is KI? We met this word for the first time in the adventure stories of our childhood. With the help of KI the heroes had unbelievable, supernatural adventures. Later on it became more familiar when practicing martial arts or reading a profound philosophical work, but we still didn't understand it clearly. We may not understand it entirely if we just use our European way of thinking. KI is the most commonly used concept in Japanese and of course in Chinese philosophy. It should be conceived as a kind of universal energy or life power, which is present in all living and non – living beings. People in the East have been doing exercises for thousands of years to develop KI and to help it flow in their body. Tai Chi Chuan and Aikido also serve this purpose. The universal aspect of KI cannot be approached by contemporary scientific methods due to its invisible and immeasurable nature, although there have been attempts to define it as a radio wave. Whatever modern society thinks of KI, it is certain that the exercises to develop it resulted in changes of the human body and they were also detectable by medical instruments. Thousands of years of experience enabled us to use these results in healing people and to use martial arts more effectively.

In November 2000, the University of Kobei organized an international symposium, the purpose of which was to discuss the role KI could play today in mass sports. The author of this article also took part at this conference as a guest of lecturer. The relationship between KI and healing, KI and martial arts, KI and modern sports were discussed in three different sessions. The nature of the topic itself did not allow for forming a single common idea about it, and the attitudes were fairly different from each other depending also on the country, where the lecturers came from – China, Japan and Korea. The lectures about the possible relationships between KI and modern sports were also interesting. We have also heard about how a professional tennis player or football player can use the experience acquired in martial arts to achieve better results. Meditative and relaxation techniques can help all of us in sports as well as in everyday life. It teaches us how to cope with stress, how to concentrate and how to use our power and to be relaxed at the same time.

Dr. Gábor Müller