



JARTA Training Theory

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JARTA 3 Qualities

JARTA proposes quality improvements in three areas.

Body Quality

Movement Quality

Training Quality

These three qualities will improve when you start JARTA training.

Next, the FOUR advantages of our training will be explained.



Benefits of JARTA training

1 Significant decrease in injury

Annual injury rate of U-15 Soccer players



① Significant decrease in injury

Data was collected from middle school students who were training with JARTA and those who were not.

The annual injury rate was as follows;

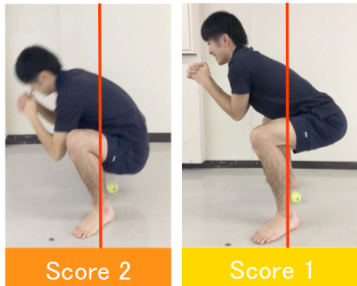
Supported by JARTA: 23.0%

Not supported by JARTA: 57.1%



Inner Squat – Injury Prevention

No Good



Good



Here's some data on the effects.

We examined the relationship between how well you can perform the “inner squat” and the injury occurrence rate.

We used a 3 level score on the state of the athlete's squat and the relationship to injury occurrence rate and examined 72 athletes.

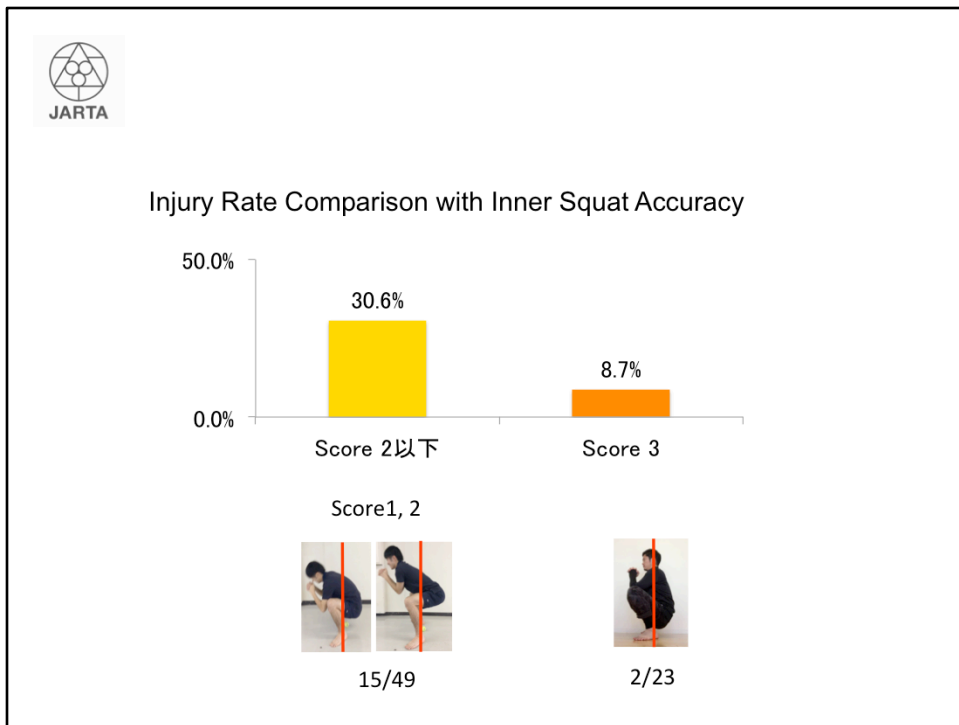
Scores 1 and 2 are athletes who are unable to squat properly.

Score 3 is when the athlete can squat properly.

This is when you can touch a tennis ball with your bottom, and can stand back up vertically and smoothly without using a rebound.

As we differentiated the athletes into the above 3 groups, data was also collected from each athlete on how many injuries they experienced over a period of one year.

In this particular case, “injury” was defined as one that required time off from practice for more than one week.



The results from our research revealed that there was a correlation with the ability to properly perform the inner squat and injury occurrence rate.

When compared, athletes scoring a 3 (correct squat) and athletes scoring 1s and 2s (incorrect squat) had an annual injury occurrence rate difference of more than 20%.

Why does injury decrease? It's because in order to squat correctly it requires abilities such as having flexible joints, especially around the hip joints and spine, perceiving your center of gravity (inner perception), as well as using the muscle groups that run down the center of your body.

We believe this is what prevents injury.

These reasons are also very important for enhancing "simultaneous action" abilities, making the inner squat one of JARTA's basic training moves.



Benefits of JARTA training

2 Improved flexibility



JARTA training places great importance on improving flexibility, as it strongly relates to decreasing injury.

For better results in sports, as well as to obtain smoother movements as you maintain your health, you not only require an increase in power, speed and balance, but also need to simultaneously enhance your flexibility.

The stretch you see on the left-hand-side is called the Comodo Stretch. We call it our composite-type stretch, and it is a very effective stretch for stretching several joints simultaneously.

The athlete performing the stretch is Yuuka Nagasato. She is on the Japan women's national soccer team and currently active in the US.

The stretch on the right is called the Chest Twist Stretch

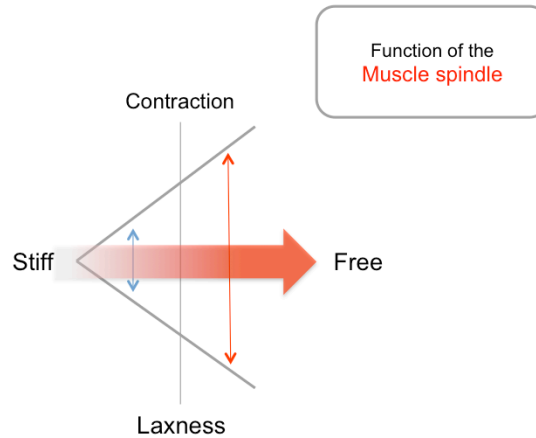
It's effective for deep stretches of the chest area and the spine.

Because the chest area has a high concentration of autonomic nerves, when you feel stress or pressure, it tends to stiffen easily.

If your chest flexibility isn't maintained regularly, it leads to shoulder and



Width of Movement



JARTA training focuses on creating a flexible body but also places importance on broadening the body's range of motion. Not only does it prevent injury, but also improves your coordination with better control in smaller increments.

Heightened sensitivity of the sensors inside your muscles called "muscle spindles" = Heightened ability to sense your body's condition.



Benefits of JARTA Training

3

Increases ability to perform complicated movements



Balance

Power

Speed

Flexibility

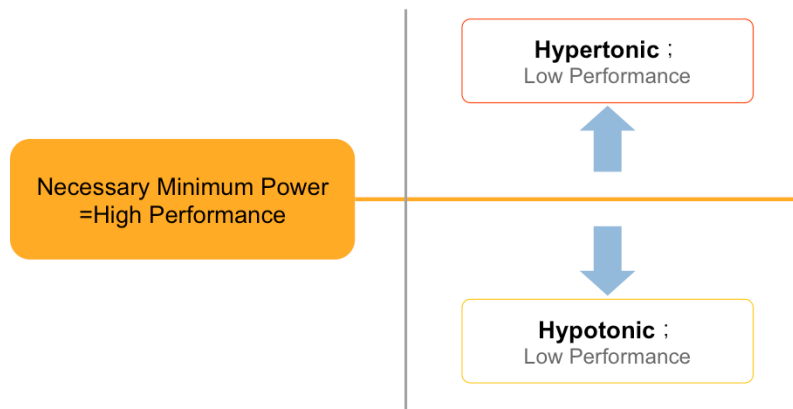
The more you deepen your level of JARTA training, you will attain better ability to exert power with balance, as well as maintain balance even when speed is increased.

If you're an athlete, this training will strengthen and condition your body using movements similar to what's required during an actual game.

For the general fitness client, the body will have better flow and flexibility without unnecessary tension.



Coexistence of Power and Flexibility



When you achieve the ability to “simultaneously exert multiple elements,” this in turn enables you to also acquire the ability to use minimal power and become energy efficient. It also leads to injury prevention and allows flexible yet powerful movements.

As shown in the above chart, if you exert more power than required, it becomes tension and will inhibit your performance.

It’s important to have the ability to exert massive power in a relaxed state when playing a sport or in your daily life.



Benefits of JARTA training

4

You can self-detect why you're sliding into a slump and correct yourself.



Structured with essential movements of the human body, JARTA's training method will enable the athlete to self-detect any issues. Therefore, this training program creates increased awareness of injury or discomfort at an early stage, allowing treatment before the issue/injury becomes serious.

* JARTA's training is designed with biomechanics in mind.



Fundamentals of JARTA Training

Based on
Martial Arts

Incorporating
Martial Arts in Sports

JARTA's training is the foundation of all movements required in sports and can be combined with other training methods such as the Tabata, for increased effects.

To obtain the benefits mentioned above, JARTA training is based on martial arts.



Movements of Top Athletes

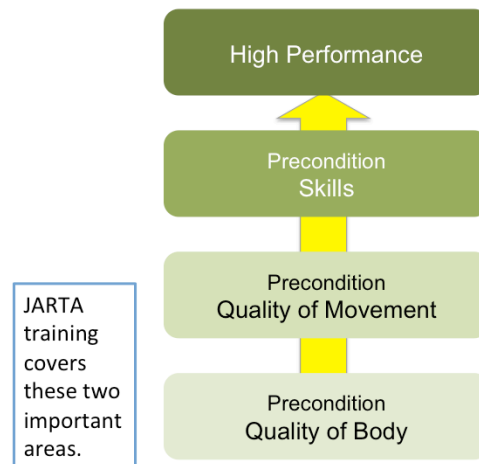
Top athlete's all use their torso flexibly, even when running at high speeds. Also, most top athlete's are able to maintain a head position vertical to the ground.

These are extremely important factors for maintaining balance during any kind of movement.

These movements can be obtained with JARTA training.



How JARTA training leads up to skills



JARTA training improves the qualities of the body and its movements-- the foundation of all sports. Therefore, coaches for each sport should see a difference in their athlete's performance in several months, allowing higher skills to be incorporated into their training.



Athletes Incorporating JARTA training

Misato Nakamura | JUDO

2008 Beijing Olympics
2012 London Olympics (Bronze)
→ACL injury (Operation)
2013 Operation (Knee)
2014 **Starts JARTA training**
2014 Grand Slam-Tyumen(Gold)
2015 World Judo (Gold)
2015 Grand Tokyo/Tyumen(Gold)
2016 World Masters Judo(Gold)
2016 Rio Olympics (Bronze)

Weight:115 pounds Height: 5' 2"

Initially competed in the Olympics twice but had many knee injuries and was unable to perform at her best.

After starting JARTA training, she's had no injuries and has been able to win consecutively, maintaining stable results.



Tatsuya Hasegawa | Professional Soccer player

2016 Muscle strain 4 times (Hamstrings)
→OFF SEASON | **Starts JARTA training**

2017 Injury **0**

Top League Soccer player in Japan
Height; 5'4"

Last season pulled his muscles 4 times. That off-season started JARTA training.

This season he hasn't experienced any injuries.

His game appearances have also increased greatly from 2 games to 19.



Ryoma Nogami | Professional Baseball player (Pitcher)

2013 Starts JARTA training

2014-2017 Injury 0

During the 3 years he started JARTA training, he's never had an injury, and has been securing starting pitcher position for the entire year. This term he's one of the top-level pitchers with the least foul balls.