



**IKN**  
INTEGRATED KINETIC NEUROLOGY

### 9-10:00am: **Neurology & Performance**

- How does IKN look at performance?
- Neurology 101
- How can neurology affect strength, power and speed?

### 10:00am-11:00am **Force Absorption & Importance of Stiffness**

(Practical Breakout)

- How does stiffness help us absorb force?
- Avoiding preparatory movements
- Force absorption exercises & cueing

### 11:00am-12:30pm **Movement Neural Modifiers**

(Practical breakout)

- How to make any movement more stimulating to the nervous system
  - Isometrics
  - Super Eccentrics
  - Catch & explode
  - A&B Pauses

### 1:30pm-2:30pm **Intent & The Power of Co-Contractions**

(Practical Breakout)

- Intention & internal cueing
- Co-contraction at distal joints & spine to improve motor learning

### 2:30-3:30pm **Engaging the Visual System**

(practical breakout)

- Importance of quiet eye training & gaze stability
- What really is hand eye coordination?

### 3:30pm-5:00pm **Perception & Reaction**

(practical breakout)

- Force potential vs force expression
- Adding uncertainty into training