

Master Sherwin's Cognitive Stick Movement (CSM):

Applying Martial Arts Patterns to Cultivate Neuroplasticity and Neurogenesis for Diverse Functions

We know that exercise improves brain function and health in many ways: It increases energy, lowers stress hormones like adrenaline and cortisol, and improves neuroplasticity, the brain's ability to adapt and change. However, while exercise improves the health and capacity of the brain, it often doesn't provide specific or transferable learning; put simply, exercise helps us learn more than it teaches.

### **What is Master Sherwin's Cognitive Stick Movement (CSM)?**

CSM is the guided instruction of progressively complex stick patterns and movements derived from Filipino martial arts systems. The CSM modules both cultivate neuroplasticity and promote neurogenesis, and the creation of new synaptic pathways, to help improve executive brain function and advance cognition for use in your daily life.

It's also cooperative, collaborative, and fun!

### **Why Choose CSM?**

Using CSM's classes and videos, clients will learn stick movements and patterns that challenge the brain to continuously adapt and develop highly transferable motor responses and skills. Some benefits of CSM's innovative brain-training techniques:

- **Improved working memory:** CSM disrupts old routines and habits to improve memory recall; performing complex patterns while describing last night's dinner, for example, or practicing footwork and reciting phone numbers, helps to reinforce retrieval pathways. The demands for us to multitask at home and work are always growing, and CSM can help you meet them.
- **Response inhibition:** Errors in judgment from fear or loss of self-control can be costly, especially in high duress occupations, like law enforcement or healthcare. CSM will train you to avoid making them by conditioning you to respond thoughtfully to demanding situations, instead of reacting emotionally.
- **Protection against age-related cognitive degeneration:** CSM enhances cognitive reserves and slows aging; the more we challenge our brains with new activities, the more our brains thrive in our later years. CSM is an interactive, moving 3D puzzle that always evolves, and teaches us to evolve with it.

CSM is a holistic wellness program designed for all ages and fitness levels and is particularly valuable for students with special needs who may struggle with impulse control and multi-step directions.

Whether you're familiar with these patterns and movements or not, your prior experiences will apply, the way studying music helps us learn to dance, or learning new languages makes us more proficient with our own. Our unique perspectives contribute to the whole, and we all gain.

Try Master Sherwin's Cognitive Stick Movement to get your mind moving and your body thinking!