

Tips for movement

The internal body trunk operating system
which dramatically improves movement.

The internal body trunk operating system
Introduction

Author

Tadao Kayano

TriMind
Chief



Tadao Kayano

Head of TriMind. Born in Okayama prefecture in 1964. Graduated from the Oita National College of Technology in 1985 and joined the Toyota Motor Cooperation.

Worked in planning, designing, developing and preparing for the production of automotive resin components (injection mouldings such as bumpers, instrumental panels and grills).

During this time, he self-studied methods of body conditioning to help with his triathlon injuries. Later on he focused his attention on injury causing movements and began researching the body operating system based on balance.

He left Toyota in July 1999 to continue this research full-time and opened the Laboratory for the Development of Body Movement during the following year.