

**Andronicus TORP**  
Politehnica University of Bucharest  
**Adrian BUNEA**  
University of Pitesti, Sports and Physical Education Faculty  
**Corina CIPU**  
Politehnica University of Bucharest

COMPANY AIKIDO – IT SEEMS  
TO BE A PRACTICAL METHOD  
TO REDUCE STRESS AND  
INCREASE A PERSON’S ENERGY

empirical  
study

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Human Resource Management  
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**Abstract**

*Companies are increasingly using methods such as massage, sports, mindfulness, etc. in order for example to improve employee well-being, reduce stress, or increase the energy level of the employees.*

*This article examines, based on a case study, if Aikido may be a practical way to reduce stress and/or increase energy.*

*The empirical study is based on measuring the energy and stress level of the practitioners before and after the practice of Aikido by the use of the ElectroPhotonic Imaging Device developed by Prof. Dr. Korotkov.*

## INTRODUCTION

“Managing Energy not Time is the Key to High Performance” is the idea behind Tony Schwartz’s “Energy Project”.

Thus there may be starting a tide in the mentality of the contemporary business world that the energy – whatever that actually is – of the employees is an important issue.

This seems a reasonable assumption as for example the New Oxford Dictionary defines energy as “*the strength and vitality required for sustained physical or mental activity*”.

This article is one, in a long series of articles, which attempts to clarify, from a scientific perspective, how it is possible to change – hopefully improve – the energy level of people.

What may separate this work from other such studies is the fact that this study is based on measurements performed by the use of the ElectroPhotonic Imaging Device, developed by Prof. Dr. Korotkov, which, according to the inventor, offers an objective and quantitative way of assessing both a person’s energy as well as stress level.

## METHODOLOGY

According to Einstein everything in this universe consists of energy,  $E=MC^2$ . Stephen Hawking states that according to Quantum Physics there are four forces which govern this energy, and that one of these forces, electromagnetism, is “... *responsible for all of chemistry and biology*”. (Hawking, 2010: 133)

This view has been the foundation of the scientific work of for example Prof. Em. Dr. Valerie V. Hunt from UCLA (1996), Dr. Motoyama from The California Institute of Human Sciences (1978), etc. And is at the present moment the foundation for different scientific studies conducted by Torp, Marozy, & Purcarea (2014), Torp (2015), Torp & Marozy (2015), etc.

## THE STUDY

In order to clarify if energy is the key to high performance scientific studies need to be conducted which correlate the performance of a person with that person’s energy level.

Furthermore, in order for such studies to help people improve their energy level it has to be clarified if it is possible to change a person’s energy level, and in case so, how.

Thus this study intends to do exactly that.

## THE STUDY DESIGN

The empirical study was conducted in Kenshin Dojo, lead by Sensei, 5<sup>th</sup> Dan, Adrian Bunea, in the period November 2014 till May 2015.

A total of 24 people were measured, some several times, however 2 were excluded in the final study due to chronic health problems.

Thus a total of 96 measurements obtained from 22 different people (48 before practice, 48 after) constitute the empirical foundation for this study.

The measurements were performed in the Aikido Dojo, and started after the warm-up where the participants were called one by one during the training to do the pre-measurement, and then in the same order (as much as possible) at the end of the training to do the post-measurement. Thus the final measurement is based on approximately 45-60 minutes of effective training.

## THE FINDINGS

### Descriptive and linear statistics

In order to describe the quantitative variation of observed values after versus before training, we proceed to transform the data into variables that can be studied statistically. The relative sizes were converted. So, if  $x_{ij}$  is the observed value before training and  $x'_{ij}$  is the value measured after practice, then the relative value will be  $r_{ij} = (x'_{ij} - x_{ij}) / x_{ij}$  for each person  $j$ . Also, for the same person, for whom we have measured values on different days, we computed an average from all values with the purpose to have i.i.d. statistics. By this we obtained data that will be used in order to present graphs on Figures 2b, 3b and 4-5. Positive values for the variables such as energy, balance or Anja and Manipura were expected. For stress differences negative values will express that the Aikido practice reduces the stress level.

According to the values obtained we present tendencies for stress and balance in Figures 2b and 3b. Relative differences for stress variable average is -0.076711. Also, relative growth for energy variable average is 0.115942.

Before data transformation Figure 1, 2a) and 3a) depicted that stress decreased for 87.5% of the people measured and increased the energy for 83.3% of the persons measured.

In Figures 4-5 we present a study of data regarding Anja’s and Manipura’s relative differences values. Once again we observe a positive trend.

### Exploratory analysis

We continue our study on stress data, in order to explain if there is a significant decrease or not after training comparing with stress before training. In this way we shall make a more accurate analysis of the stress evolution of the relative difference between the two measurements. For this purpose we compute the frequencies polygon, using the Sturges formula for the length of the intervals:

$$L = \frac{X_{\max} - X_{\min}}{1 + 3,322 \lg n} \quad (1)$$

For  $X_{\min}=-0.41667$  and  $X_{\max}=0.620567$  and  $n=24$  one obtain  $L=0.18572$ , and the frequencies for the six intervals are:

**Table1** Intervals computed for the frequencies polygon that is depicted in Figure 6.

Interval	Frequency $v_i$
[-0.45, -0.26428)	5
[0.26428, -0.07857)	9
[-0.07857, 0.10715)	7
[0.10715, 0.29286)	0
[0.29286, 0.47858)	1
[0.47858, 0.66429)	2

**Table 2.** Coordinates of the frequencies polygon that is depicted in Figure 6. Abscissa is the middle of each interval precised in Table 2. Ordinate is computed with the formula (2).

$x_h$	$h(x_h)$
-0.35714	1.121786
-0.17143	2.019215
0.014289	1.5705
0.200005	0
0.385721	0.224357
0.571437	0.448714

We used formula

$$h(x) = \frac{v_i}{n(t_i - t_{i-1})} \quad (2)$$

for the height of the polygon shown in Figure 5. Frequencies polygon for the stress variable and its tendency is presented in Figure 5. This polygon explains the decreasing tendency for stress variable, with value -1.5877.

## CONCLUSION

According to this study one may conclude that Aikido seems to be a practical way to reduce stress

and increase energy, at least for the vast majority of people who practice it.

Also, it seems that certain electromagnetic frequency domains, popularly known as “chakras”, the 3<sup>rd</sup> and the 6<sup>th</sup> domain, known under their Sanskrit names Manipura and Ajna, increase their activation, however, further scientific studies are required in order to establish if, and in case so, which qualities are related to those frequency domains.

## Acknowledgements

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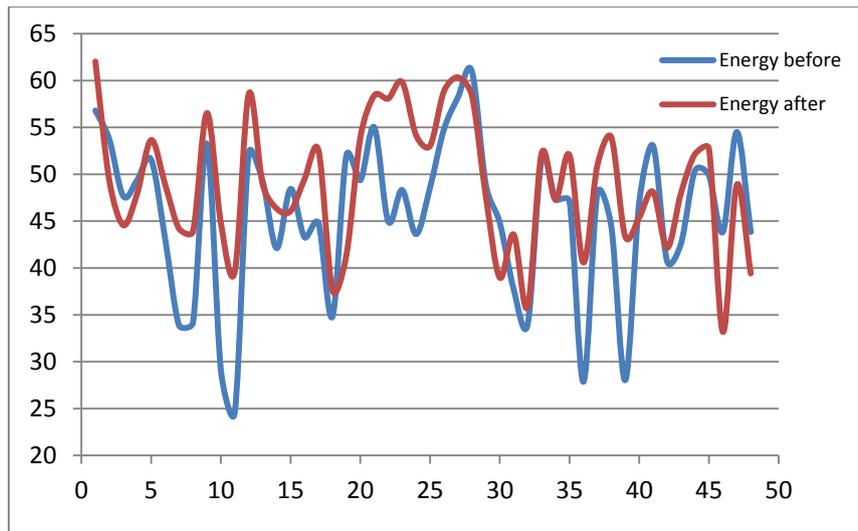


Figure 1. Energy level before and after the aikido practice

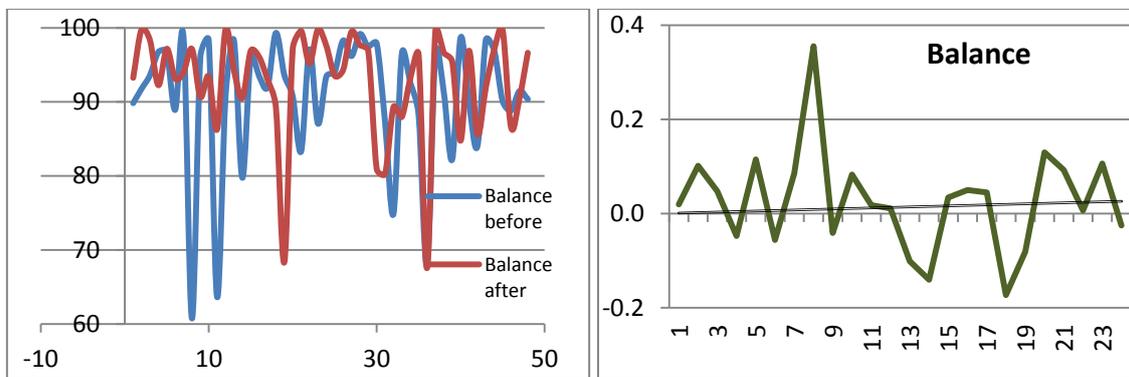


Figure 2 a) Balance level before and after the aikido practice; b) Variation of the relative differences for balance variable

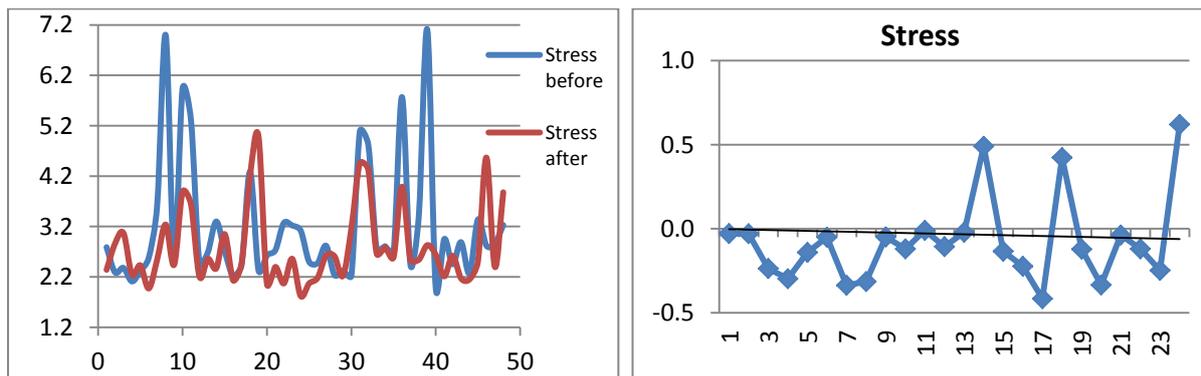


Figure 3. a) Stress level before and after the aikido practice; b) Variation of the relative differences for stress variable

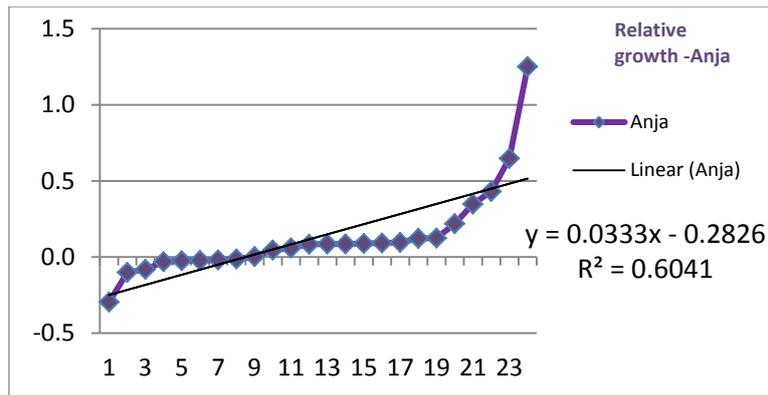


Figure 4. Variation of the relative differences for Anja variable

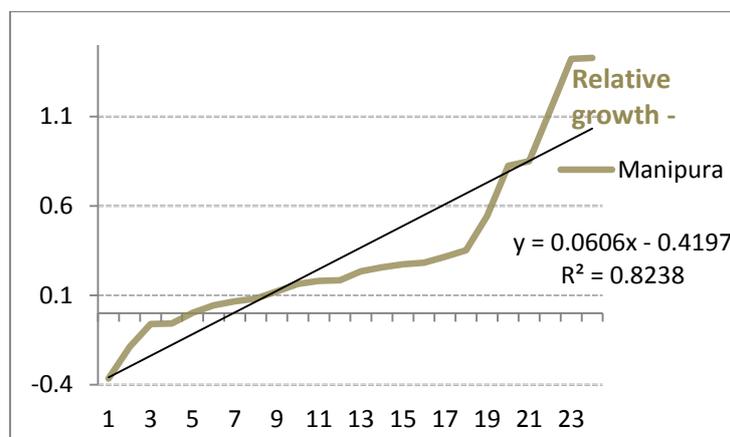


Figure 5. Variation of the relative differences for Manipura variable

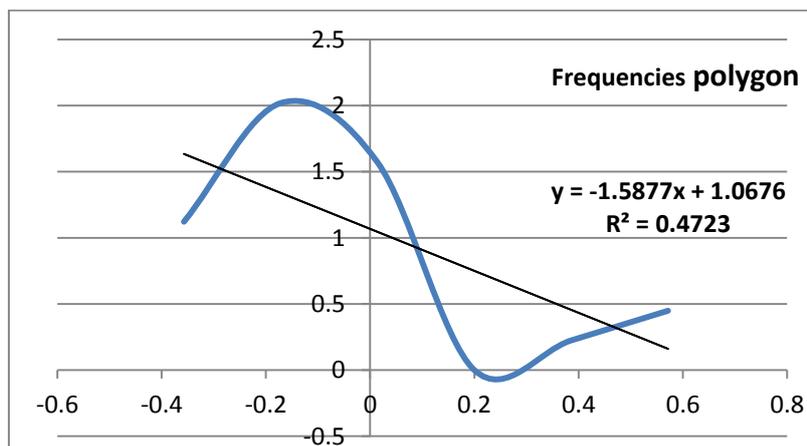


Figure 6. Frequencies polygon and the negative tendency

