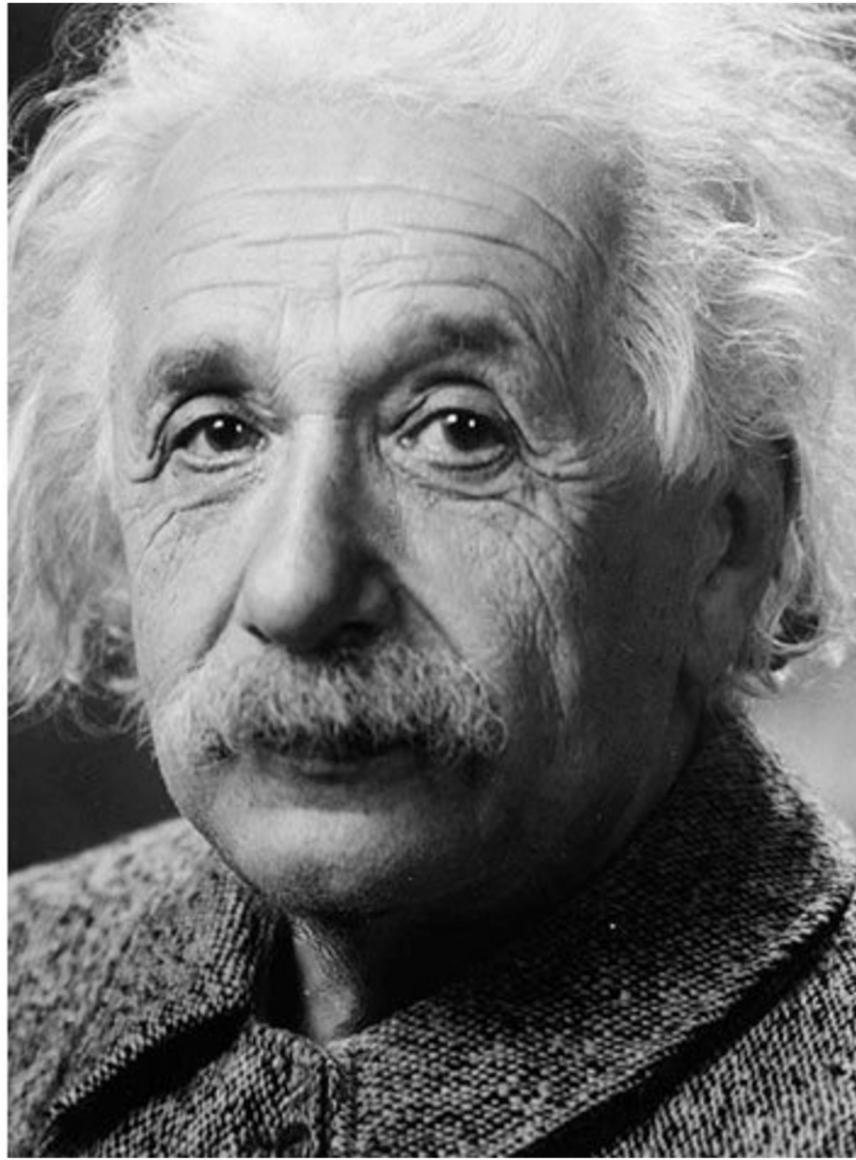


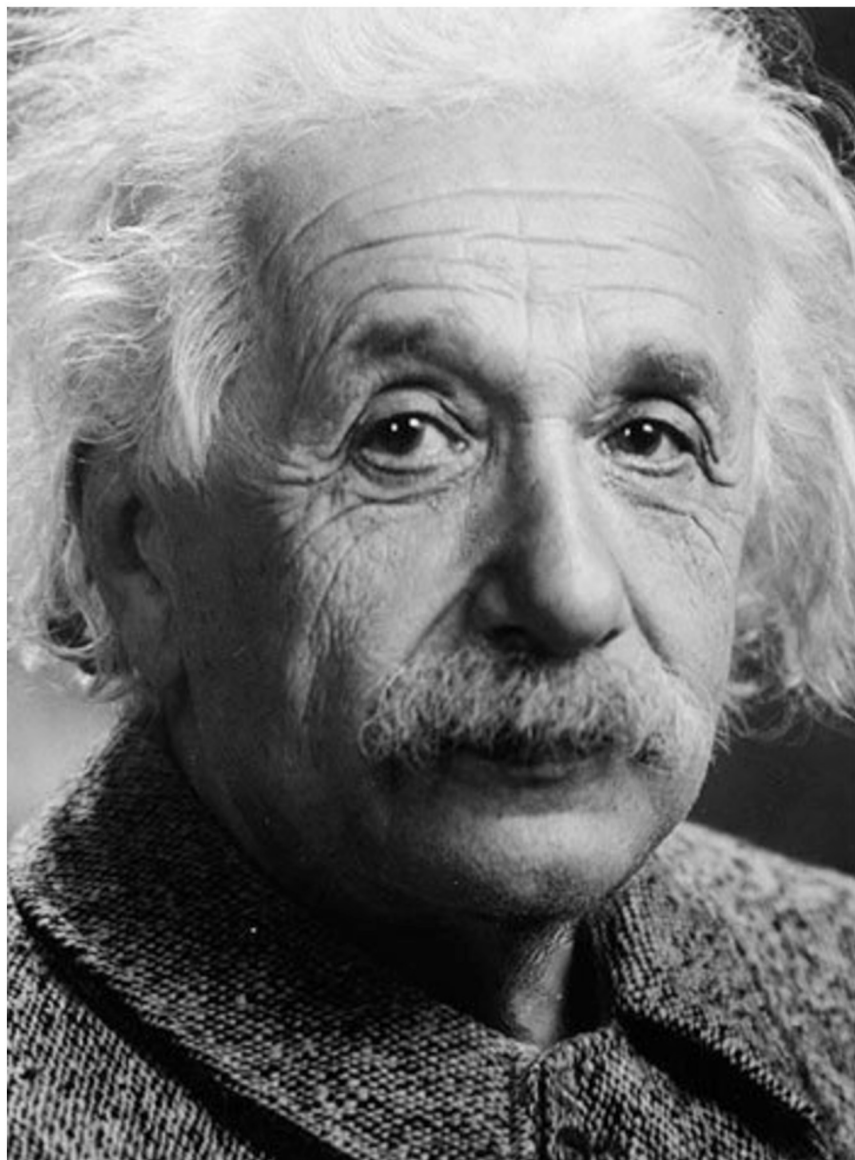


MIRROR MOVEMENT DEVELOPMENT

RYAN FAMILY YMCA

be of value"
rather to
success, but
not to be a
"stive"

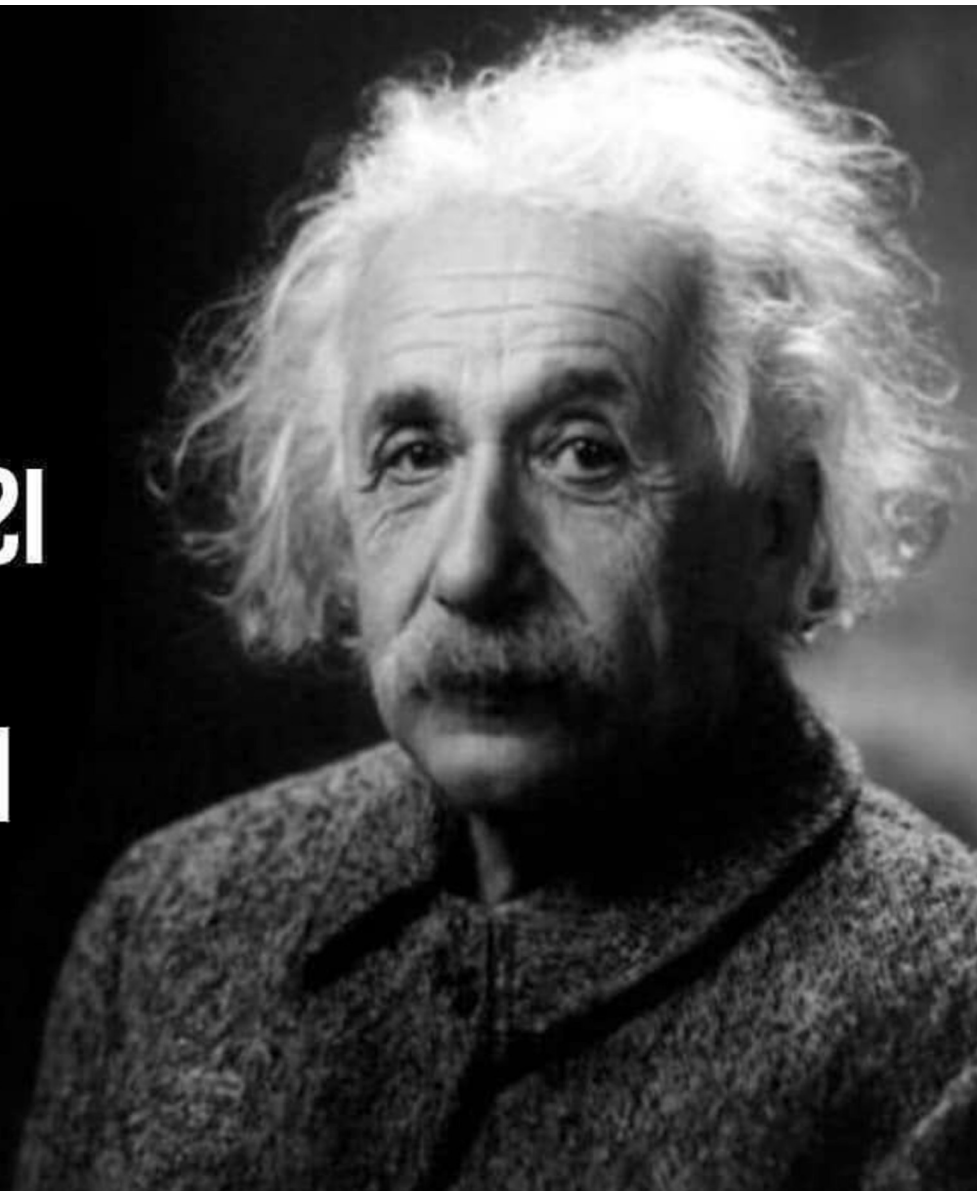


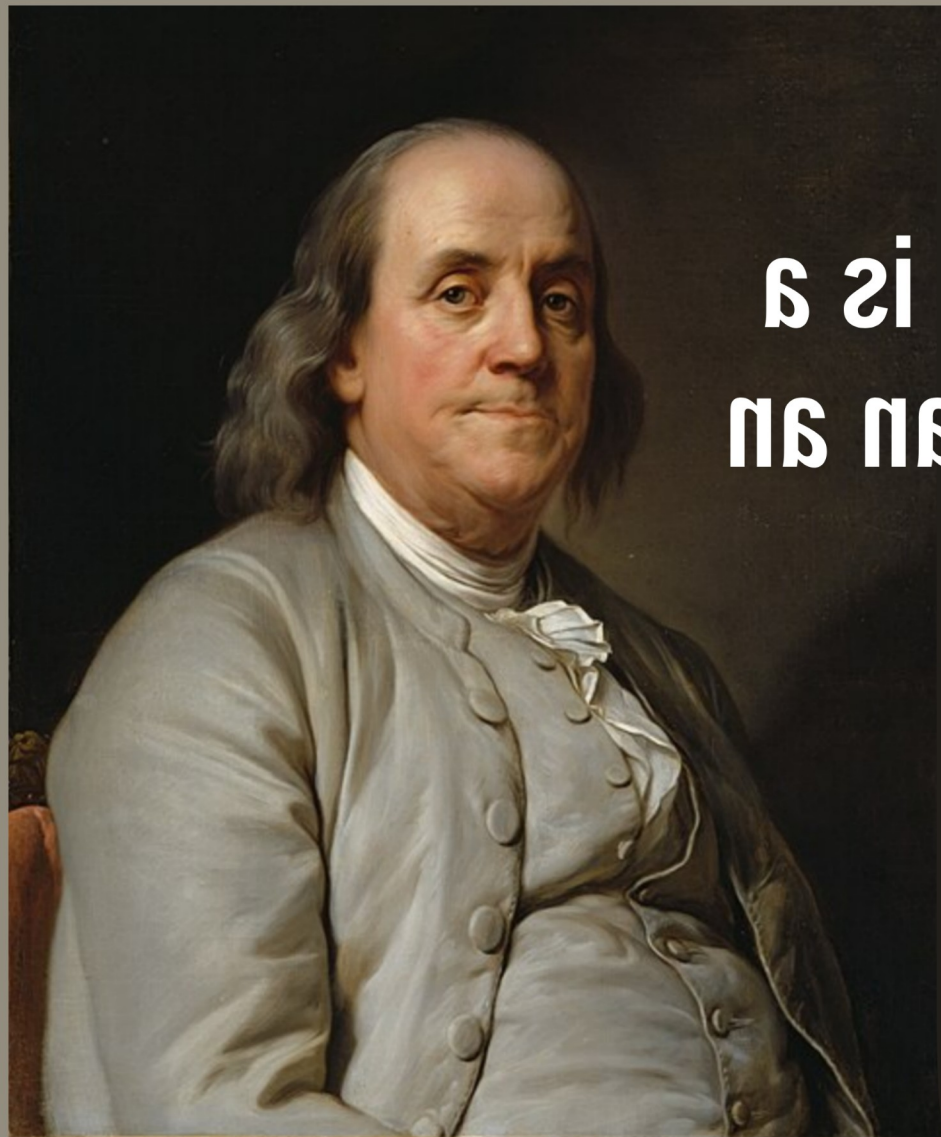


“Strive
not to be a
success, but
rather to
be of value”

**“I CAN”
IS 100 TIMES
MORE
IMPORTANT
THAN
“I Q”**

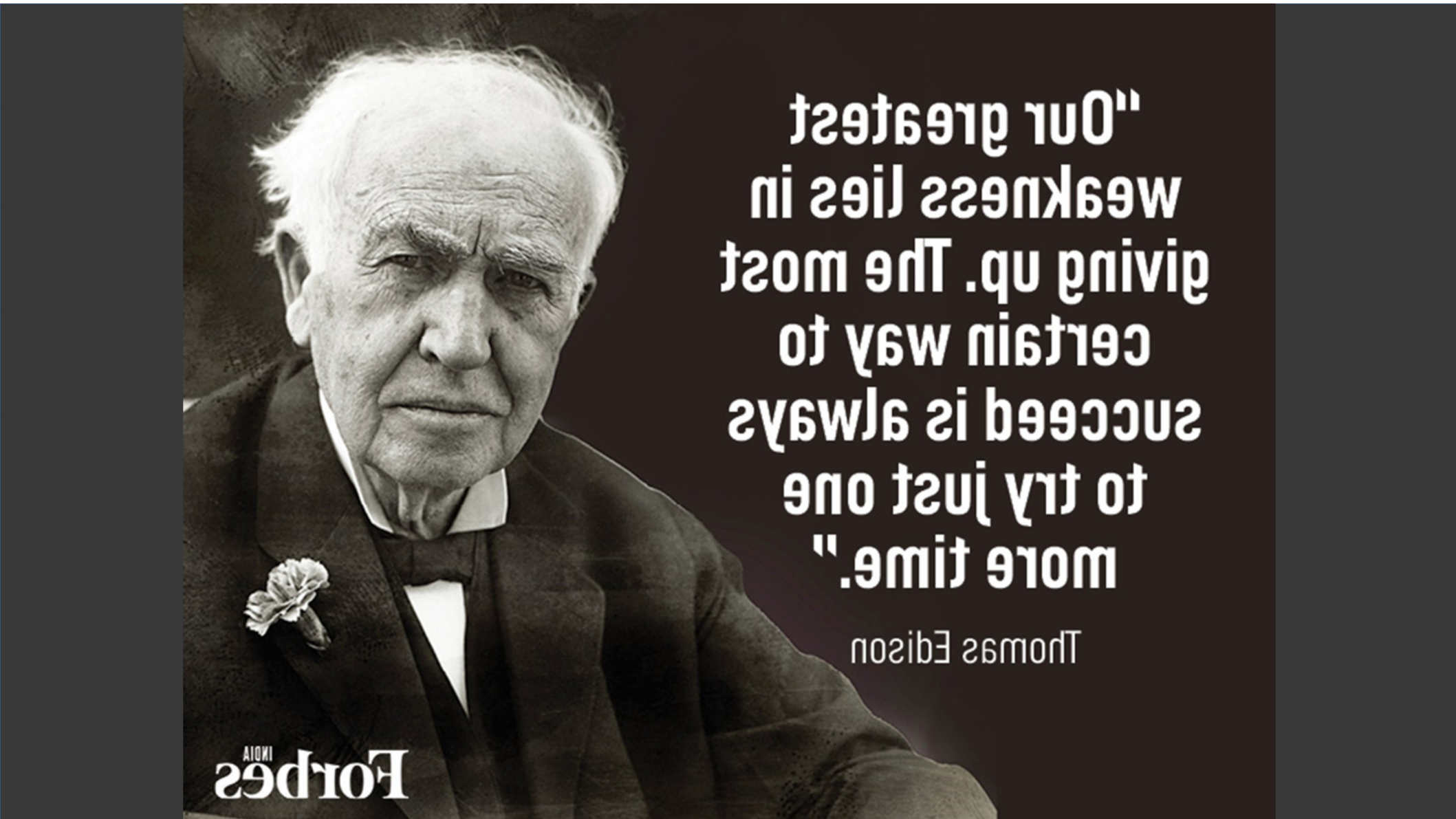
SUCCESS PORTAL





"A learned blockhead is a
greater blockhead than an
ignorant one."

- Benjamin Franklin

A black and white portrait of Thomas Edison, an elderly man with white hair, wearing a dark suit, white shirt, and dark bow tie. A carnation flower is pinned to his lapel. The background is dark and textured.

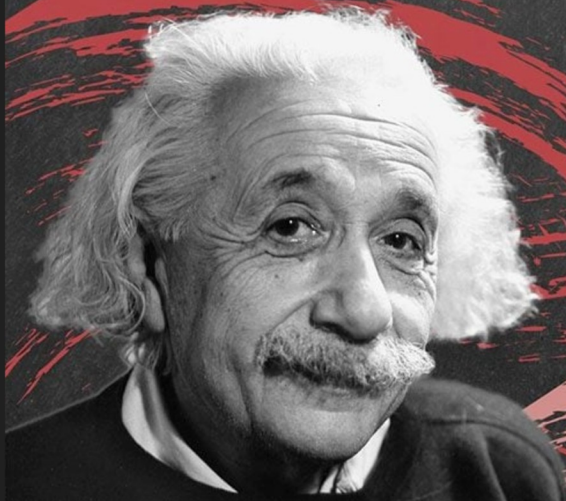
"Our greatest
weakness lies in
giving up. The most
certain way to
succeed is always
to try just one
more time."

Thomas Edison

Forbes
INDIA

“Great spirits have
always encountered
violent opposition from
mediocre minds.”

—ALBERT EINSTEIN





MIRROR MOVEMENT DEVELOPMENT

RYAN FAMILY YMCA

Practiced by some of history's greatest athletes, creatives, and thinkers, mirror movement development (MMD) is considered the third pillar of brain-body longevity (along with Nutrition and Exercise). Traditionally known best as Ambidexterity, MMD has been largely missed by brain science and general education for centuries.

Attendees will learn about:

- **The science and history of MMD:** Famous cultures and practitioners, including Leonardo da Vinci, Benjamin Franklin, Nikola Tesla, Harry Houdini, Jimi Hendrix, Paul McCartney, Lebron James, Mickey Mantle, Kobe Bryant, and more.
- **The brain-body benefits of MMD:** Balance, spatial awareness, memory, body realignment, weight loss, increased creativity, athleticism, general longevity, and decrease in Alzheimer's/dementia.
- **How to teach and practice MMD:** Mirror sports, mirror reading, mirror writing, mirror typing, and more.



Slide presentation available at:
AmbiLife.org/RyanYMCA

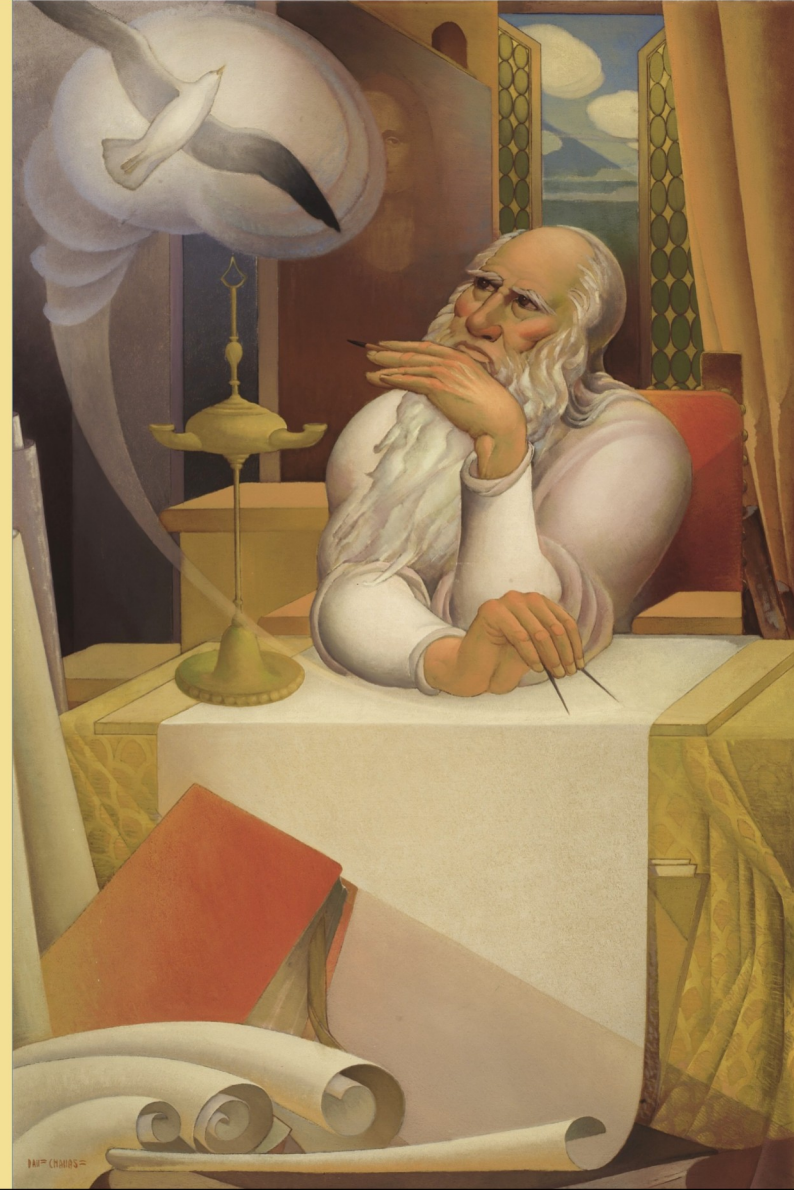


Overview



What is MMD?	What is MMD?
History of MMD	History of MMD
Benefits of MMD	Benefits of MMD
Science of MMD	Science of MMD
How to Practice MMD	How to Practice MMD
A & Q	Q & A

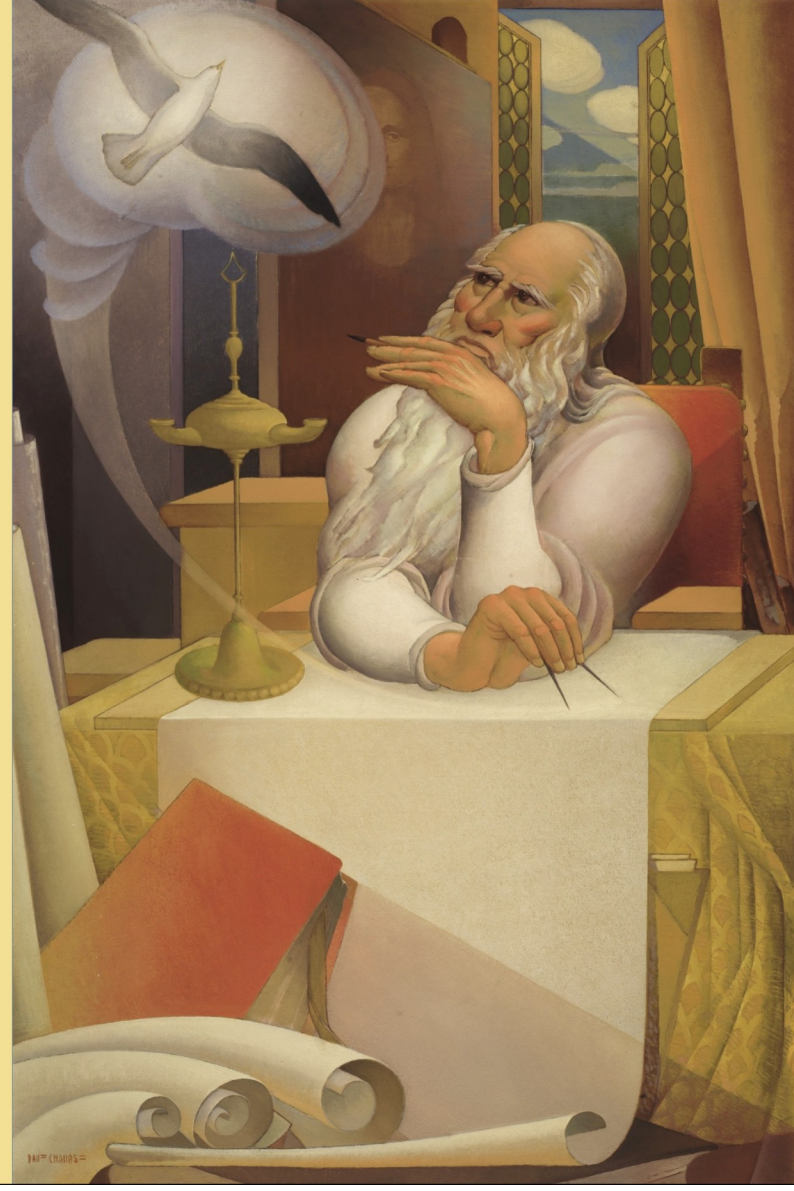
Questions?...



Questions?

How many of you are lifelong athletes?

What sports did you play? For how many years? Any MMD life experience?



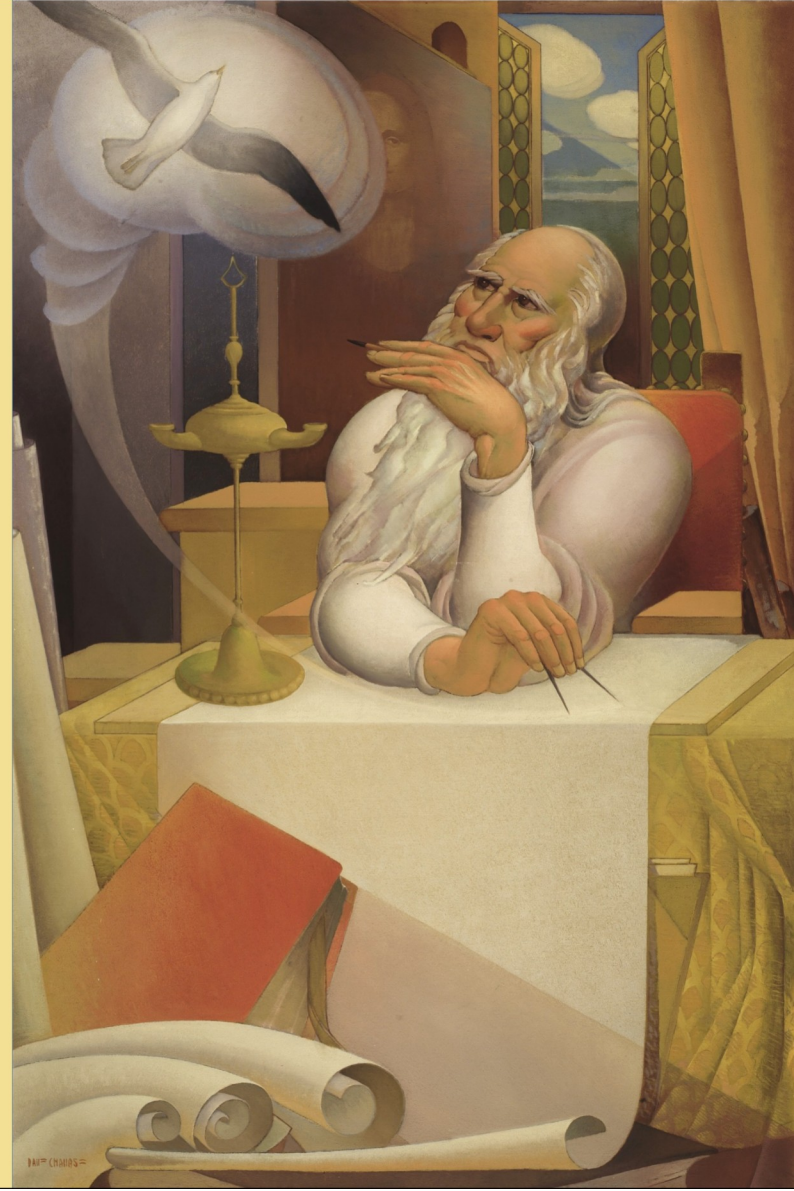
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'Very' lefty (e.g. watch on right wrist or mouse lefty)? Any mirror writing experience?



Questions?

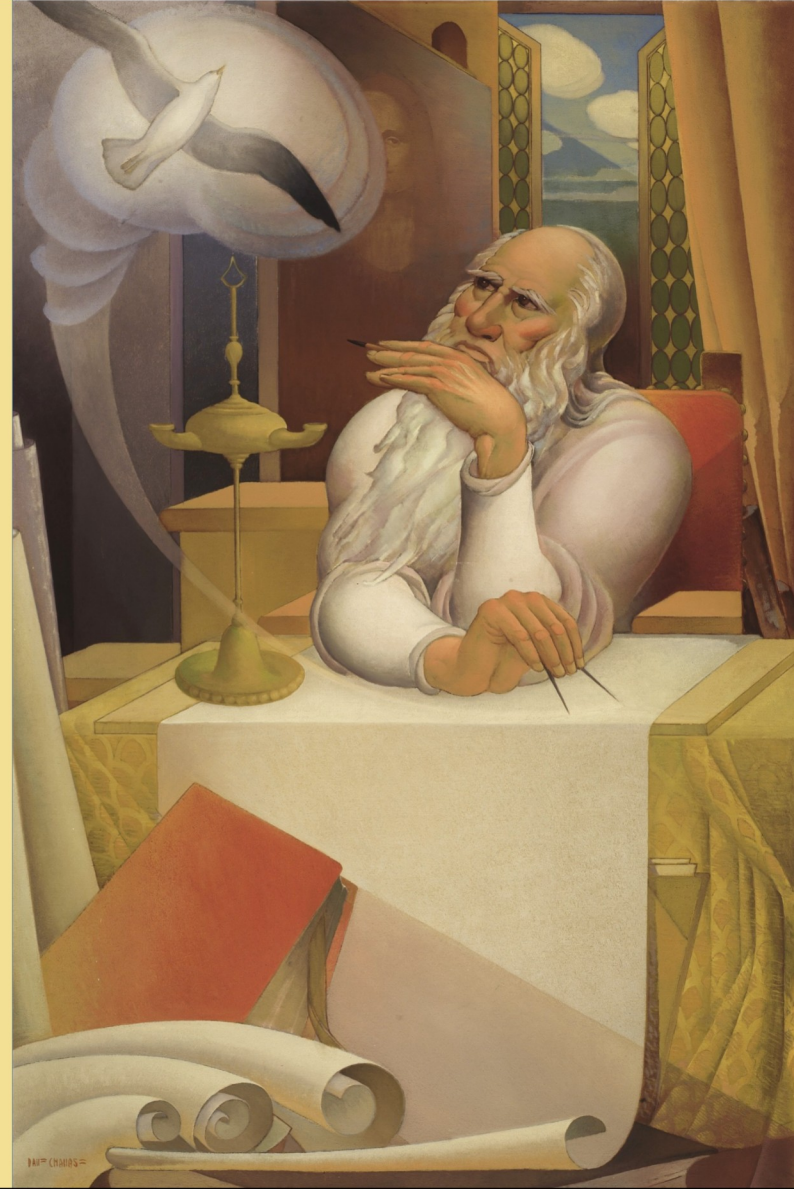
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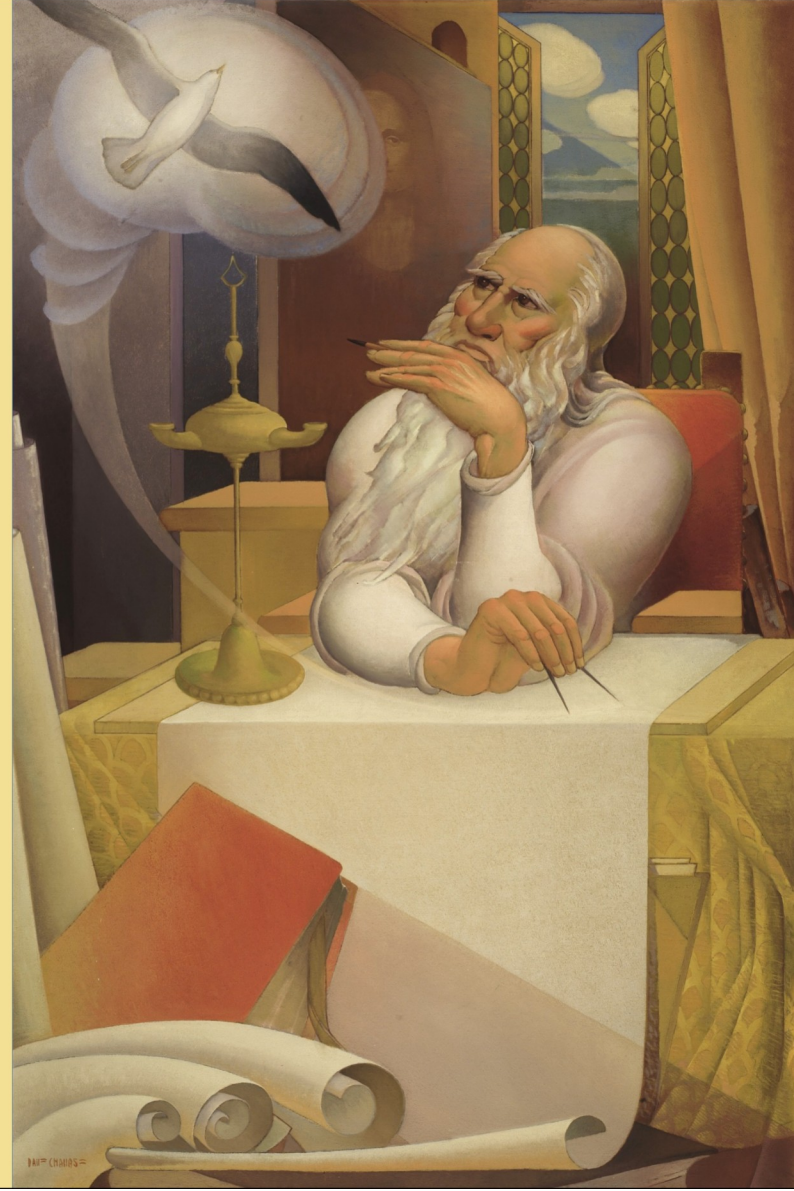
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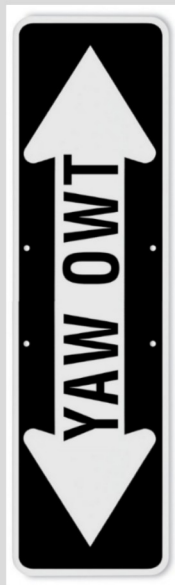
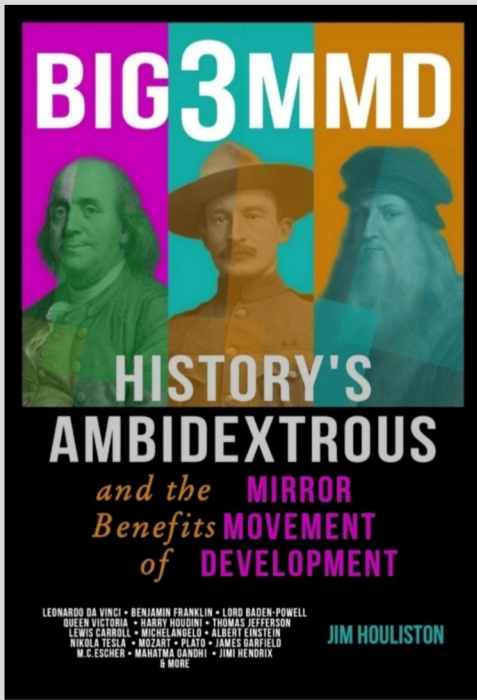
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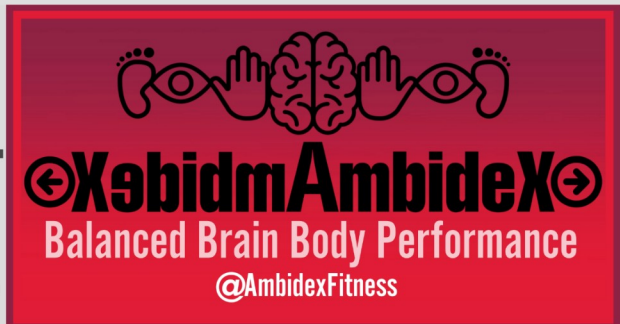
Any sidedness issues or limited physical mobility? Accidents or injury history?

Any other particular or general interest you want to share on this topic of MMD?

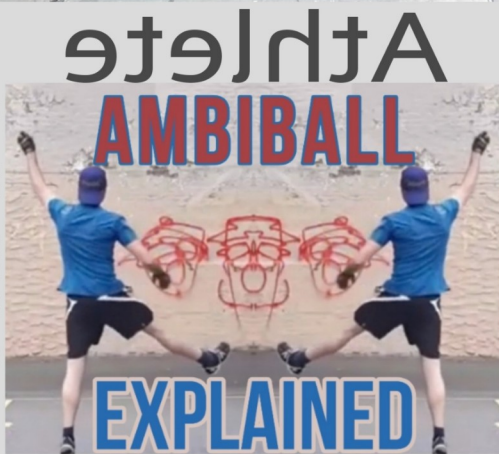


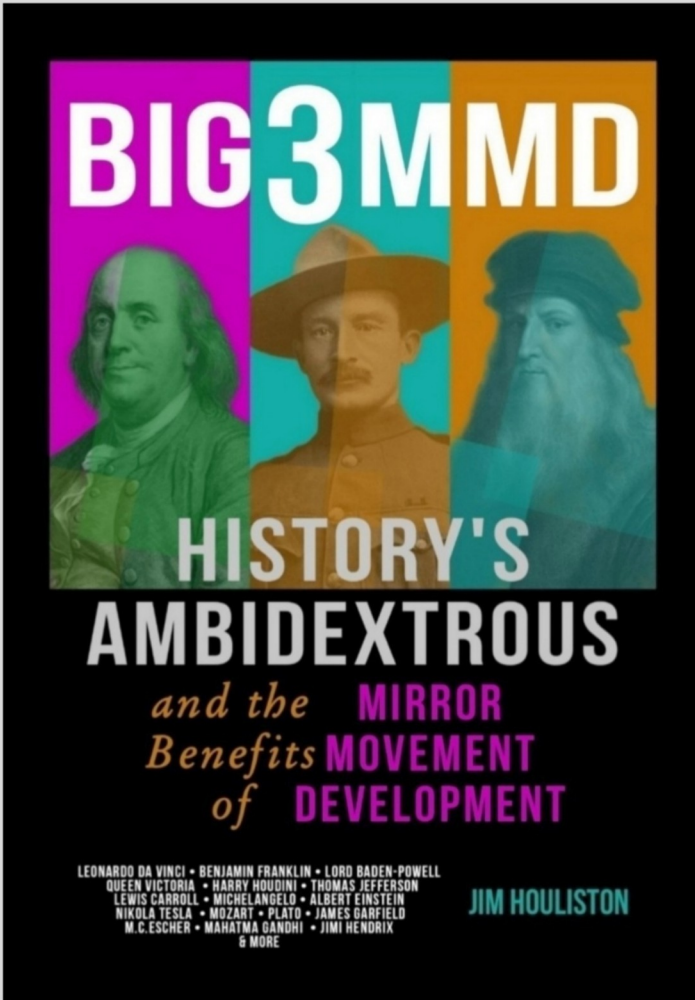


Edn-
CATOR
YONHTUA



Artista

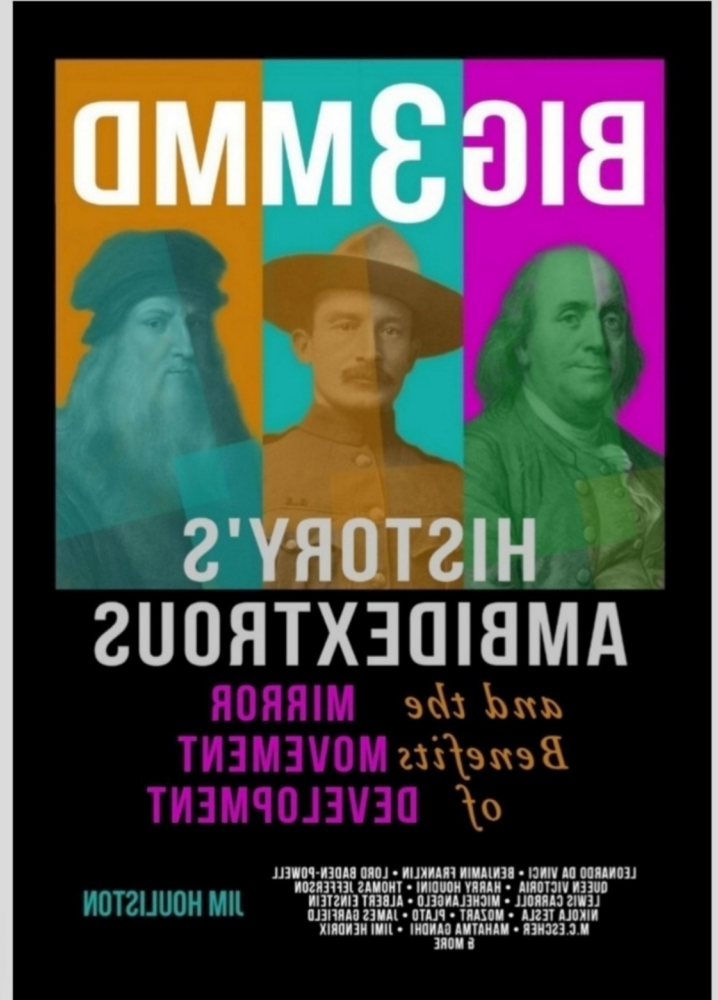




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www.AmbiLife.org



Ambi Art Show until Nov 2024

Over 90 ambidextrous artworks dedicated to



MMD Athletes

Some of history's greatest professional athletes have practiced a variety



Theory Cafe Dedicated to MMD

While Theory Cafe



AmbiLife

@ambilife1 · 81 subscribers · 42 videos

AmbiLife is dedicated to Mirror Movement Development (MMD). This bilateral practice gr...more

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Art Show Closing Presentation of Mirror Mirror Body and Brain: What Neuroscience is Missing Today

109 views · 2 months ago



Art Showcase - Full Video - Mirror Mirror Body and Brain: What Neuroscience is Missing Today 2024

29 views · 5 months ago



Timmy Gretz Interview Uncut

146 views · 1 year ago

Videos



Art Show Closing



Entrevista con Dori Alessio



Art Showcase - Promo



Art Showcase - Highlights



Art Showcase - Full Video

etiJidmA

AmbiLife!





What is MMD?

Developmental Mirror Movement



Benefits of MMD (Mirror Movement Development)



Endosteroidogenesis
Memory & Learning
Spatial Awareness
Reaction Time
Performance
Balance
...and more...

Longevity & Skateboarding

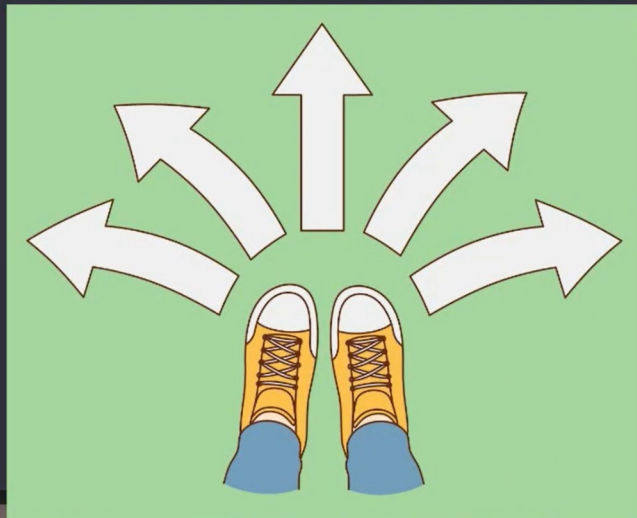
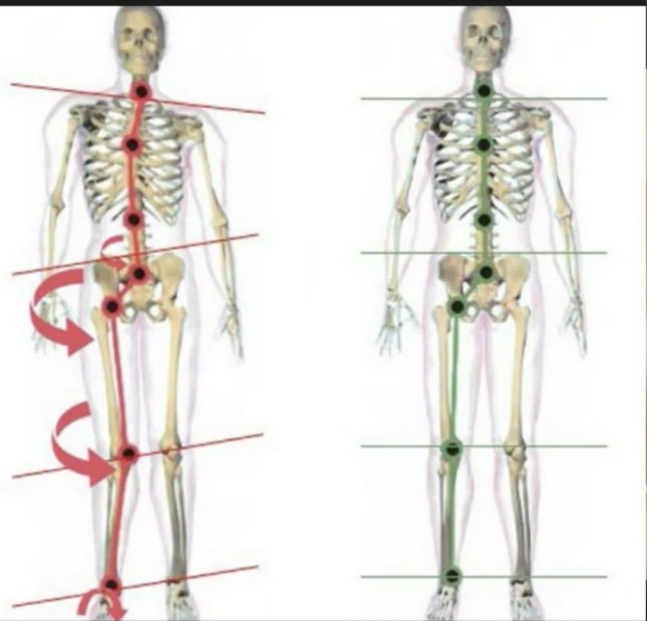
the Secret to
Pushing Over
30 Years



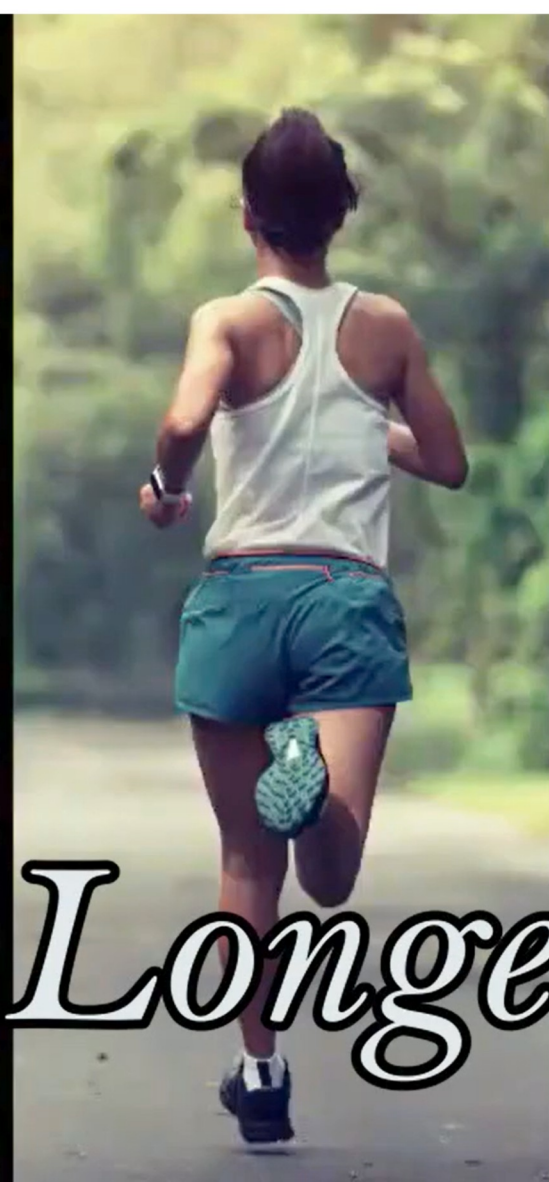
41 stairs
at 41 years old

my biggest
rail walk battle
yet



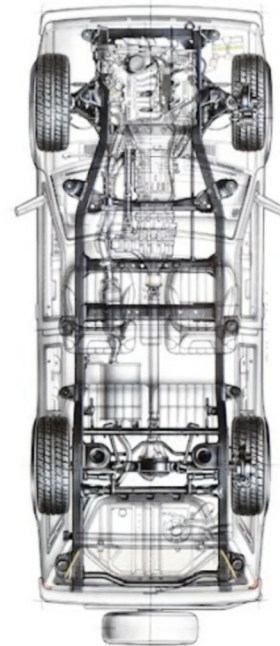
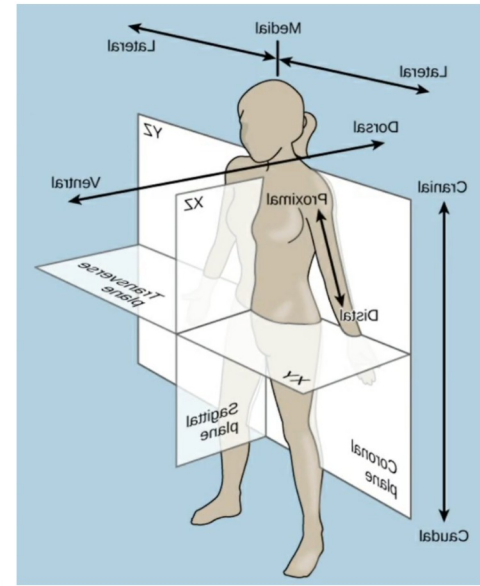
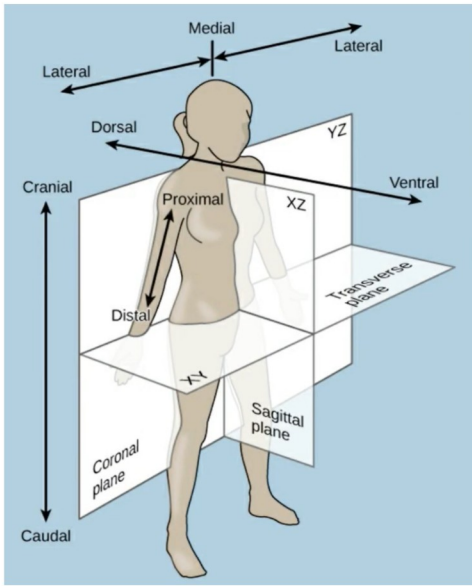


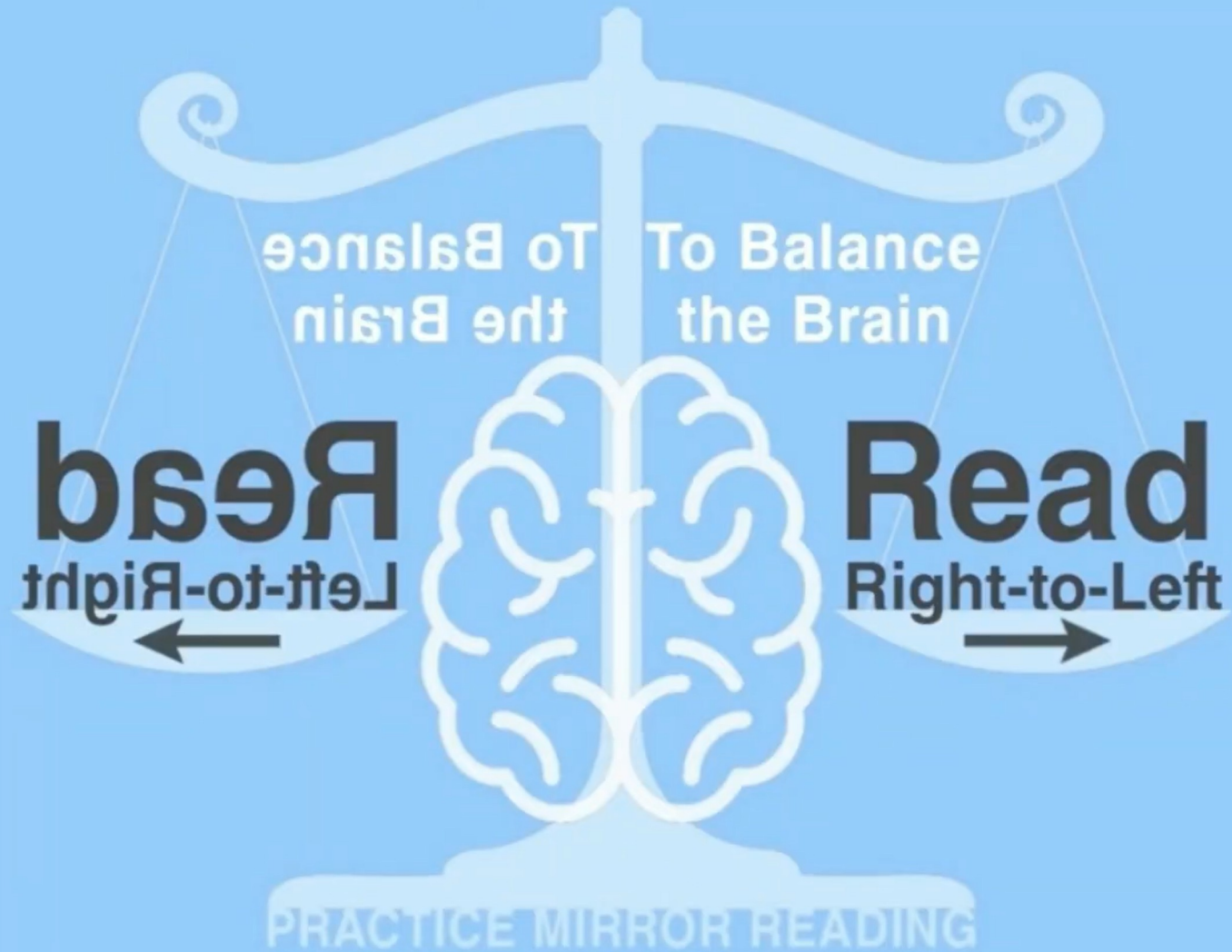




MMD = Longevity

Designed for Mirrored Symmetric Movement







MIRROR READ



MIRROR READ

TRANSFORMATIVE READING



What is Mirror Reading?

The ability to decode text presented in mirror-reverse

It looks like this:

THE STORY OF MIRROR READING IS ANCIENT AND FASCINATING

MIRROR READING IN THE BRAIN:
Explore Your Unique Aptitudes



MR Blog

Learn how reading in reverse is transforming research on **memory**,

Why & How to



**Read
Mirror**

MIRROR READ



MIRROR READ TRANSFORMATIVE READING



Mirror Readoku the game, in reverse

Sudoku is a number logic and process of elimination puzzle.
Mirror Readoku requires one more key talent:

Mental Rotation

The ability to manipulate imaginary objects in space is a core spatial strength and central to an array of everyday skills.

Mental rotationability may be practiced and improved in fun ways.

True, Mirror Readoku can heat your brain the first 30-seconds – enjoy the mental strain. Keep track of your time.

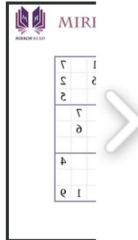
You don't have to be a good Sudoku player to be a great Mirror Readoku player.

Copy, paste, print and check Mirror Readoku out for yourself.

Mirror Readoku plays in the usual way. You don't even have to write the numbers backwards – though it may increase your speed if you do.

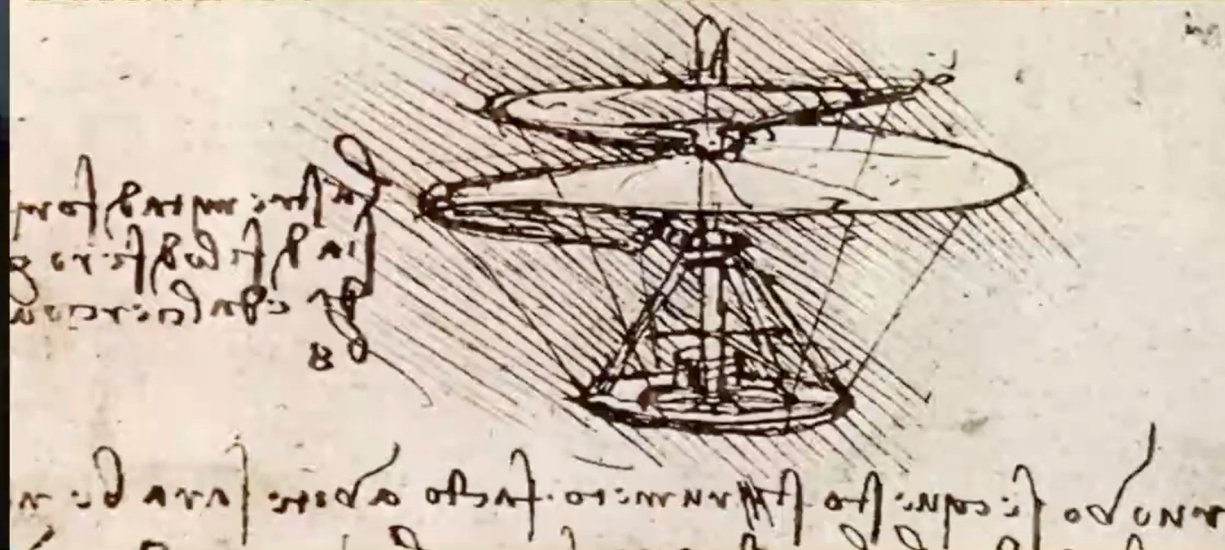
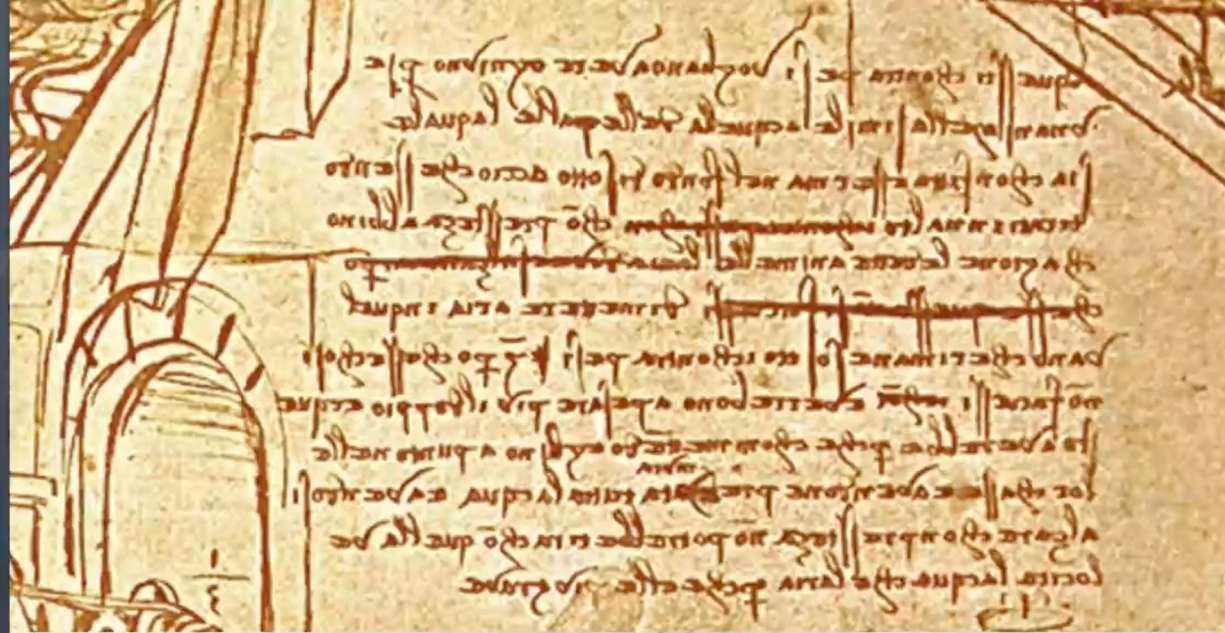
Print out your own Mirror Readoku Puzzles for free!

Mirror Readoku Gallery





Leonardo da Vinci





A Petition of the Left Hand
by Benjamin Franklin in 1779

To Those Who Have the Superintendency of Education

I address myself to all the friends of youth, and conjure them to direct their compassionate regards to my unhappy fate, in order to remove the prejudices of which I am the victim. There are twin sisters of us; and the two eyes of man do not more resemble, nor are capable of being upon better terms with each other, than my sister and myself, were it not for the partiality of our parents, who make the most injurious distinctions between us. From my infancy, I have been led to consider my sister as a being of a more elevated rank. I was suffered to grow up without the least instruction, while nothing was spared in her education. She had masters to teach her writing, drawing, music, and other accomplishments; but if by chance I touched a pencil, a pen, or a needle, I was bitterly rebuked; and more than once I have been beaten for being awkward, and wanting a graceful manner. It is true, my sister associated me with her upon some occasions; but she always made a point of taking the lead, calling upon me only from necessity, or to figure by her side.

But conceive not, sirs, that my complaints are instigated merely by vanity. No; my uneasiness is occasioned by an object much more serious. It is the practice in our family, that the whole business of providing for its subsistence falls upon my sister and myself. If any indisposition should attack my sister—and I mention it in confidence upon this occasion, that she is subject to the gout, the rheumatism, and cramp, without making mention of other accidents—what would be the fate of our poor family? Must not the regret of our parents be excessive, at having placed so great a difference between sisters who are so perfectly equal? Alas! we must perish from distress; for it would not be in my power even to scrawl a suppliant petition for relief, having been obliged to employ the hand of another in transcribing the request which I have now the honor to prefer to you.

Condescend, sirs, to make my parents sensible of the injustice of an exclusive tenderness, and of the necessity of distributing their care and affection among all their children equally.

I am, with a profound respect, Sirs, your most obedient servant,

The Left Hand



Benefits of mirror reading include:

-Activation of both brain hemispheres

**-Structural improvement of glial cells
inside the corpus callosum**

-Gray matter growth in right hemisphere

**-Improvement of working memory
and mental rotation skills**

'DYSLEXIA'

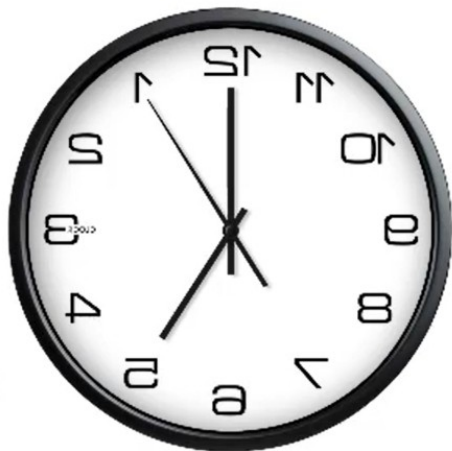






AmbidexFitness

MMD Products and Mirror Merch



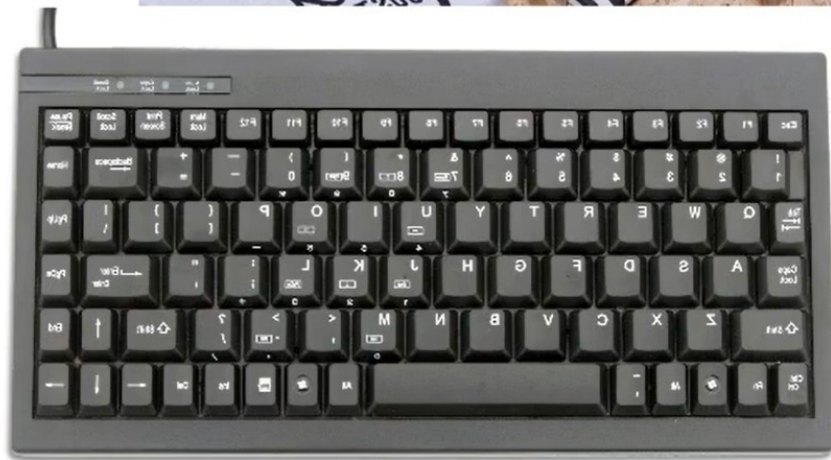
2024 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
6	2	4	3	2	1	
13	7	8	9	10	11	12
20	14	15	16	17	18	19
27	21	22	23	24	25	26
	28	29	30	31		

NOTES:
 REMINDERS:
 1. All dates are subject to change without notice.
 2. All dates are subject to change without notice.
 3. All dates are subject to change without notice.
 4. All dates are subject to change without notice.
 5. All dates are subject to change without notice.



Akademia ABX-00





AmbiLife.org/store

Store

[Mirror Movement Development \(MMD\)](#) can be practiced in any way, with the right tools. Some of these tools or device features don't yet exist (like mirrored car gas/break/clutch pedals or mirrored texting for cell phones), but thankfully many do. Here is a list of MMD products you can purchase today:

(Note: **AmbiLife.org** is not affiliated with these products or companies)

[Symmetric Computer Mouse](#) (mirror flip button settings for ideal MMD use)

[Reading Mirrors](#) (hold at a 45-degree angle to mirror read a book or cell phone)

[BIG3MMD](#) (world's first symmetric book)

[Symmetric Baseball Glove](#)

[Mirrored Computer Keyboard](#)

[Mirrored Wall Clock](#)

[Left-handed Watches](#)

[Lefty Golf Clubs](#)

[Can openers](#), [Corkscrews](#), [Scissors](#), and other common 'lefty' items from

[LeftysLeftHanded.com](#)

[MirrorRead.com](#) has a [free web browser tool](#) that allows you to mirror read anything on the internet

Free [mirror reading samples](#) of Chinese proverbs

The World's First Mirrored Keyboard



ЯОЯЯИМ
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ЯEИX3E 2I

YHWHY
bnAnd
woHow
oto
ezUse
tit





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Jim @

pro.etiJimAmbiLife.org



