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# Synapsia

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Spring 2020



## 28th World Memory Championships

Wuhan, China

### Democratic People's Republic of Korea



2019年第28届世界脑力锦标赛全球总决赛  
2019 WORLD MEMORY CHAMPIONSHIPS 2019 GLOBAL  
第 28 届 世 界 脑 力 锦标赛 全球 总决赛  
WORLD MEMORY CHAMPIONSHIPS 2019 GLOBAL

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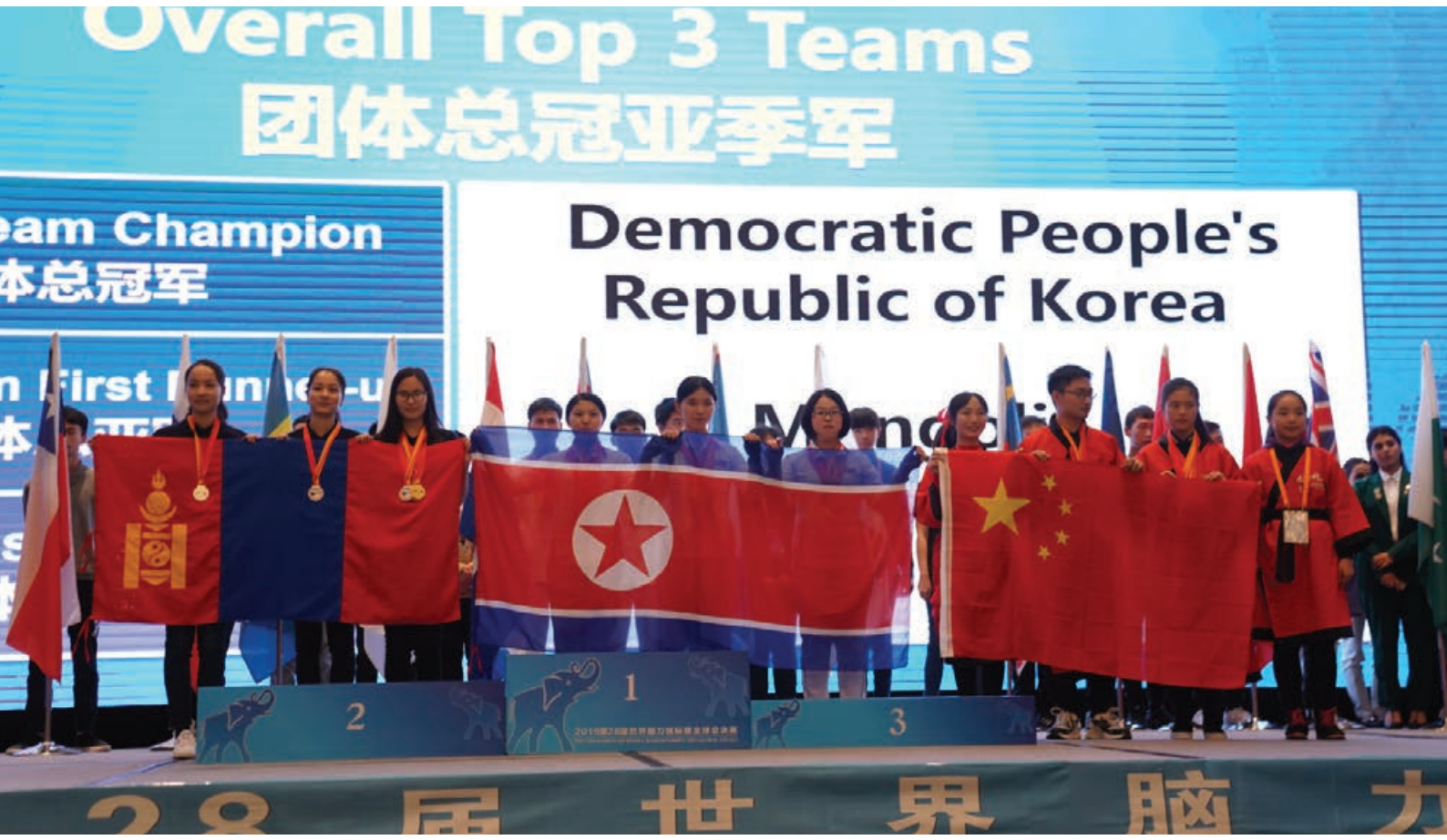
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by Jez Moore

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POETRY CORNER







Editor in Chief: Marek Kasperski



## From the Editor in Chief

This issue of Synapsia Magazine is cause to celebrate.

We have achieved over one million hits on the Synapsia website, a reflection on Tony Buzan's dream of building a successful magazine for the Brain Trust.

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The elephant in the room is the very successful hosting of the 2019 World Memory Championships. The championships were held in Wuhan, and were the largest championships ever, with over 500 competitors.

There are a number of championships held all over the world, but with attendances like these, the official World Memory Championships must surely be the only game in town.

It is interesting to note that the mantle of "champion"

was awarded to the Democratic Republic of North Korea, a team to be at the next championships. A summary of the championships can be seen on page 10.

Whilst attending the championships, I was particularly impressed with the arbiters. They are often the unsung heroes of the championships. Given the large number of competitors, the organisation and grading of disciplines would be extremely hard to organise.

Given this, I decided to share my thoughts about the



organisers and the arbiters, page 14.

This year is the first year the championships were held without our friend, Tony Buzan. Touching tributes were observed during the games, in his honour.

The individual sores can be found at [www.worldmemorychampionships.com](http://www.worldmemorychampionships.com). There is no need to reproduce them all here, but I have reproduced to top 10 scores for each discipline.

One discipline in particular was very exciting, that of the Senior Championship. I have describe it in full, rather than simply showing the scores. You can read it on page 26.

Also, the Kids results are also remarkable. The winners were totally dominated by China, which bodes very well for China in the coming years.

Another touching story is that of Wu Haimeng. A story of excellence. This story show the depth of talent that these championships have delivered. This amazing story is on page 58.

Our regular contributor, Jez Moore, joins us once

again with an interesting and topical subject about working from home.

During my travels, I often visit interesting places and obviously meet interesting people. I had the good fortune to visit a remarkable school in Guangzhou, China, who are leading the world in children's education. Zhang Na narrates the story of this school, to be found on page 72.

I was contacted by friend Graham Atkinson, who I met in London last year. He has written a heart-felt article called "Father to Son". An inspirational read.

Tony Buzan's regular poetry corner makes another appearance, with two poems from Tony, and a great poem from Chris Day.

I hope you enjoy reading this issue of Synapsia, and please contact me if you have any articles you wish to be considered for publication.

Marek Kasperski  
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Synapsia.net

TOTAL HITS  
from April 2015  
to March 2020

1, 2 4 6, 2 7 4

## NORTH KOREA WINS 2019 WORLD MEMORY CHAMPIONSHIPS

The overall top three teams are:

First Place:  
Democratic Republic of North Korea

Second Place:  
Mongolia

Third Place:  
China

A break down of individual points, for Seniors, Adults, Juniors, and Kids start on page 34.





THE 28th WORLD MEMORY CHAMPIONSHIPS 2019 GLOBAL F

# Top 3 Teams

## 总冠军亚军

# Democratic People's Republic of Korea



photograph by Wu Haimeng 2019

# The 28th World Memory Championship 2019: Wuhan, China

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by Chris Day

The 28th World Memory Championships 2019 Global Finals, co-undertaken by the Government of Wuhan East Lake High-tech Zone of China and Wuhan Sea Whale Education Technology Co., Ltd., is currently underway in China Optics Valley Convention & Exhibition Center (Optic Cube), Wuhan East Lake High-tech Development Zone, Wuhan City, Hubei Province, China from 4th to 8th December, 2019.

This will be the first time that the World Memory Championships Global Finals has been held in central China. This grand event will definitely promote the development of mind sports and global mental literacy.

For the next three days some 520 competitors from forty countries will be competing on ten different memory disciplines in what is the world most

comprehensive test of memory.

The World Memory Championships are not a general knowledge quiz. Far from it! Competitors are presented with new information which they have to commit to memory in a fixed period of time. They then have to accurately recall that information against the clock. There are no prizes for getting it wrong!

The cumulative scores from each discipline will then determine who becomes the World Memory Champion.

## DAY ONE

The ten disciplines begin on day one with Abstract Images. Competitors have 15 minutes to memorise as many as they can, and 30 minutes to recall them.

The currently World Record holder is Hu Jiabao with a score of 804 points.

The second discipline on Day One is Binary Numbers – just zeros and ones. How many do you think you could remember? The current record is 5597 memorised by Lkhagvadulam ENKHTUYA from Mongolian 30 minutes. How amazing is that?

Day One finishes with Hour Number. Sixty minutes to memorise and two hours to recall. The current record is 3260 number by Zhang Ying. An incredible achievement! But will any of these records be broken?

We will know shortly!

#### DAY TWO

Day Two of the Championships is Friday 6th December. The day starts at 9.15am with Names and faces for 15 minutes. This is followed by Speed Numbers which is in two rounds of 5 minutes. Then it is Historic and Future dates. All of the dates are fictitious, so nobody can swot up on their history in advance. The dates are all the product of an imaginative mind – the Chief Arbiter for the World Memory Championships, Phil Chambers. In a previous competition he famously included a date for cheese



Prizes on offer

*photograph by Marek Kasperski 2019*

being mined on the moon!

The final discipline on Day Two is One Hour Cards. 60 minutes for memorisation, two hours for recall.

The record of 1924 cards is held by Munkhshur NARMANDAKH IMM IGM from Mongolia.

The last day of competition is Saturday 7th December. This is always an exciting day as it is often impossible to predict the winner until the very last event. The day starts with Random Words for 15 minutes.

The record is currently held by RI SONGMI from North

Korea who is a junior competitor. She memorised 302 words in 15 minutes.

Spoken Numbers is next. Single digits are spoken at one second intervals and competitors have to memorise as many as they can without writing anything down. Not easy!

The current record is held by Lance TSCHIRHART IMM IGM of the USA who accurately recalled 456 numbers. Wow!

The climax of the competition is Speed Cards. How quickly could you accurately memorise one shuffled



pack of cards? The current official record is 13.96 seconds held by Zou Lujian IGM. Very often it is this event that decides the competition. All of the competitors will be tired after three long days in the competition.

Should they go for a safe time and ensure that they don't make any mistakes, or should they throw caution to the wind and go for a fast score and risk losing everything? We can't wait to find out!



Prizes on offer *photograph by Marek Kasperski 2019*



The competition is under way

*photograph by Wu Haimeng 2019*

# The World Memory Championships 2019: Wuhan, China



by Editor-in-Chief Marek Kasperski

It seems that every year, the 28th World Memory Championships eclipse the previous one. The organisation and “production” of the championships is a Herculean effort, and not for the faint hearted. Surely the 2018 championships in Hong Kong were the best ever, and could not possibly be improved upon. I was expecting great things from the Organising Committee, based in Guangzhou, but they delivered a championship far beyond my expectations.

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The 2019 World Memory Championships (WMC) was held in the Optics Valley, located in Wuhan Hi-Tech Development Zone. This location is where the first optical fibre and ultra-long-haul optical transmission system was installed in China.

The area is also home to ecological facilities, international schools, stadiums, and exhibition halls.

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It was in one of these exhibition halls that the WMC 2019 was held. It was perfectly placed to provide a dedicated auditorium for the record number of competitors. The facilities were outstanding, catering for every need. This is no easy feat, as competitors and officials came from every part of the globe, so every detail, dietary, accommodation, respect for traditions, etc., had to be met, and they were.



The grand entrance to the World Memory Championships

So much so, that I dubbed the championships, the “friendly” championships. Everyone was happy.

The 2019 championships in Wuhan attracted a record number of high-quality competitors. They were a combined total of over 500 competitors. To host so many competitors, from seniors to the kid’s category, was a logistical challenge.

The venue easily catered for such a large group, but the logistics for holding such a large number of competitors extended further than just the auditorium for the competition.

They need to provide many facilities for official staff, VIP guests, of which there were many, and a large number of arbiters.

The WMC arbiters had a difficult task to complete over the four days of the championships. As there are a number of disciplines to be completed each day, competitors are very keen to see how they scored in one discipline before they start the next. For some, it is curiosity, but for others, it plays a part of their strategy, especially to top teams.

Therefore, the arbiters had to grade over 500 answer sheets, and they needed to mark them with pinpoint accuracy, and then check. I cannot imagine the pressure the arbiters were under. They must be organised, focussed, dedicated, and resilient.

If this weren’t enough, they were required to work long hours, often into the early hours into the morning, to ensure results were available to competitors and officials first thing in the morning.







The arbiters at work

*photograph by Marek Kasperski 2019*



The largest venue for a World Memory Championship

*photograph by Wu Haimeng 2019*



photograph by Marek Kasperski 2019

Arbiters grading "Names and Faces"

photograph by Marek Kasperski 2019

Then, the technical staff were required to enter all results into a very complicated spreadsheet to record and convert scores pursuant to the millennium standard count system.

Basically, these standards use a formula to set a future standard in each event, a standard well above the world records in that event. This standard must be revised as competitors achieve higher and higher scores. This system is used in Olympic track and field events. Complicated business!

The World Memory Championships are considered by many to be the most prestigious championships

in the world. The results are of a consistently high standard, and records are recognised by the Guinness World Records. Very distinguished company.

There are other challenges for the arbiters and organisers. They must contend with competitors who speak a wide variety of languages, and there were many.

It is inevitable that questions will arise from an arbiter's decision. Many competitors will have a good idea where they stand amongst the competition. If they don't achieve a score they were expecting, questions will arise.



Arbiters take the finished papers to be scored

It is therefore critical that the arbiters have results ready when they are expected, but also that the results are accurate, and can be re-counted if necessary, without delay.

With all this pressure, you might think that there was tension behind the scenes. From my perspective, the arbiters and officials handled the pressure with professionalism. Despite being tired at the end of the evening, everyone managed a smile.

The friendliness of the competition was evident everywhere. One junior competitor wore a panda outfit throughout the competition. It was delightful.



Panda outfit? No problem

*photograph by Marek Kasperski 2019*



Lester He gives flowers to competitor on her birthday

*photograph by Marek Kasperski 2019*

Another junior competitor was celebrating her eighth birthday during the competition. The organisers bought her a big bunch of flowers, and organised for the entire group of people assembled to sing happy birthday. This is another example of the wonderful organisation of this competition.

Everyone exhibited goodwill to people at the competition. For example, one competitor was disabled and was confined to a wheelchair. He was located at the back of the competition hall. As photographs have shown, the competition area is very large, and it would have been very hard to see. One of our VIP guests, Mohammed Bin Salem Al-Harbi brought this young competitor to the first row of seats which were reserved for the VIP's. In front

of the cameras and in front of the crowds. He was able to watch the entertainment and presentations at the end of the competition. It was a heart-warming gesture.

Long hours, immense pressure, technical expertise, and accountability are all in a day's work for the wonderful WMC arbiters.

We are all grateful for the hard work of the following key people who ensured that this competition was as successful as it ultimately was. I think it is fair to deduce that it was their leadership and example that flowed through to every person in attendance, making this competition the "Friendly Championships".



Young competitor watching the closing ceremony.

*photograph by Wu Haimeng 2019*



VIP guests, Mohammed Bin Salem Al-Harbi brought this young competitor to the first row of seats assisted by Raymond Keene OBE

*photograph by Wu Haimeng 2019*



VIP guests plus the empty chair for Tony Buzan

Tony Buzan, who passed away in 2019, was co-founder of the World Memory Championships with long time friend, Raymond Keene OBE. From humble beginnings in London, England, the World Memory Championships have become the biggest and arguably the best Memory Championships, bar none.

The 28th World Memory Championships was to be the first without co-founder, Tony Buzan.

There were many tributes for Tony during the championships, which was sensitively organised by the organising committees and left very few eyes dry in the auditorium.

I thought of a tribute to Tony when I visited Tony's grave in England. His life-long partner, a dear friend of ours, gave me Tony's iconic scarf and cuff-links as a gift to remember Tony. I decided at that point that I would ask the organisers to provide an empty chair for Tony, where I would lay his scarf. The "missing in action" formation. Fittingly, Raymond Keene was sitting next to Tony's empty chair.

Thank you to the organisers who granted my wish... immediately.



*photograph by Wu Haimeng 2019*



VIP guests plus the empty chair for Tony Buzan



## Special thanks to the key organisers:

世界记忆锦标赛中国组委会：

China Organizing Committee of World Memory Championships:

1. 执行主席：郭传威

Executive Chairman: Mr. Guo Chuanwei

2. 秘书长：杜重贤

Secretary-general: Mr. Du Zhongxian

3. 其他人员：黎智敏、胡芷莹、张娜、曾莹莹、付超男、  
彭思桃、陈东琴

Other members: Li Zhimin, Hu Zhiying, Zhang Na, Zeng Yingying, Fu Chaonan, Peng Sitao, Chen Dongqin



Mr. Guo Chuanwei

*photograph by Wu Haimeng 2019*



## Special thanks to the key organisers:

第28届世界记忆锦标赛组委会：

The Organizing Committee of the 28th World Memory Championships:

1. 第28届世界记忆锦标赛组委会执行副主席：张虹

Executive Vice-Chairman: Ms. Zhang Hong

2. 武汉市人民政府

Wuhan Municipal People's Government

3. 武汉东湖新技术开发区（中国光谷）

Wuhan East Lake High-tech Development Zone: Optics Valley Of China

4. 武汉海鲸教育科技有限公司

Wuhan Sea Whale Education Technology Co., Ltd

5. 武汉广播电视台

Wuhan Broadcasting and Television Station



Ms. Zhang Hong

*photograph by Wu Haimeng 2019*



# The 28th World Memory Championship Senior Results: DOMination!

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by Marek Kasperski

With the number of World Memory Championships I have attended over the past few years, I have become accustomed to expect the unexpected. World records are regularly broken, and extraordinary feats of memory are demonstrated. However, I am in awe of the consistent demonstration of memory brilliance by one amazing man, Dominic O'Brien.

There were five senior competitors in the championships, Dominic O'Brien, Ma Mingbiao, Song Yiying, Zang Chunlian, and Zheng Wenzhou.

The following is what I experienced at the 2019 WMC in Wuhan.

Day one. This first event to be held on day one was the abstract images. The event recorded three personal best scores. They were achieved by Ma Mingbiao, Song Yiying, and Zheng Wenzhou. The points scored were as follows:

Zheng Wenzhou = 0 points  
Zang Chunlian = 17 points

Song Yiying = 38 points  
Ma Mingbiao = 92 points  
Dominic O'Brien = 99 points

Dominic O'Brien won the event, but one thing was becoming apparent at this early stage. Ma Mingbiao also achieved a high score of 92, and may become serious competition for Dominic O'Brien.



*photograph by Wu Haimeng 2019*

Dominic O'Brien, 2019 World Senior Champion

We all waited with anticipation for the next event for day one, binary numbers.

Upon completion of the binary numbers event, four personal best scores were recorded, with Dominic O'Brien being the only competitor to not score a personal best. Would this be his undoing for this event? The digits scored were:

Zheng Wenzhou = 99 digits  
Zang Chunlian = 150 digits  
Song Yiyong = 450 digits  
Ma Mingbiao = 870 digits

Would Dominic be able to score more digits than Ma Mingbiao? Dominic not only scored higher, but more than doubled his nearest competitor by scoring a whopping 1890 digits.

This immediately began a titanic fight between the top two competitors. Will Ma Mingbiao be able to claw back points?

A gruelling day one was to finish with the hour numbers. Four personal bests were achieved by all competitors except Dominic O'Brien. Was he playing strategy, or is this the beginning of a change of fortune? The results were remarkable.

Zang Chunlian = 116 points  
Zheng Wenzhou = 168 points  
Song Yiyong = 216 points  
Ma Mingbiao = 702 points

We can see once again that Ma Mingbiao is a clear



A very relaxed Dominic O'Brien

*photograph by Wu Haimeng 2019*

danger for Dominic O'Brien, which such a strong score in this event.

Dominic's score was a crushing 1070 points.

Day ended with the eight times World Memory Champion exerting maximum pressure in his quest to become the World Senior Memory Champion, yet again.

Day two.

The first event for day two was the names and faces event. Excitement was building as we were told that all five competitors had achieved personal best results. This fight was not over by any stretch of the imagination. The points scored were as follows:

Zang Chunlian = 12 points  
Zheng Wenzhou = 16 points  
Song Yiying = 26 points

The battle between Ma Mingbiao and Dominic O'Brien was on again, as they, for the third event, were the top two competitors. The scores were:

Ma Mingbiao = 30 points  
Dominic O'Brien = 57 points

Dominic was to extend his lead going into the next event, speed numbers. Will this be another close call our top two competitors? There were three personal best scores achieved by Ma Mingbiao, Zheng Wenzhou, and Song Yiying. The scores were:

Song Yiyong = 24 digits  
Zang Chunlian = 26 digits  
Zheng Wenzhou = 40 digits  
Ma Mingbiao = 88 digits  
Dominic O'Brien = 200 digits

At this stage in the competition, one would expect to think that Dominic O'Brien was in a commanding position, which he was, but anything can happen at the World Memory Championships, and often do.

Historic and future dates are the next event, with future dates being obviously fictitious, it makes it

harder than historic dates. One cannot study or practice future dates. The results were:

Zang Chunlian = 1 date  
Song Yiyong = 6 dates  
Zheng Wenzhou = 7 dates  
Ma Mingbiao = 10 dates  
Dominic O'Brien = 24 dates.

During a packed day of events, day two has one more event for competitors to complete. The pressure is on.



Competitions under way

*photograph by Wu Haimeng 2019*



Competitors waiting for the next event

The discipline is one hour cards, which resulted in another impressive four personal best scores. Dominic O'Brien was the only competitor not to achieve a personal best result.

The difference between the lowest and highest score was a massive 790 cards. But was it Dominic O'Brien who achieved this impressive score, or was it time for his nearest competitor, Ma Mingbiao to steal the perfect record from the maestro, Dominic O'Brien.

The number of cards were as follows:

- Zang Chunlian = 52 cards
- Song Yiyi = 60 cards
- Zheng Wenzhou = 124 cards
- The winner of this event was...

Dominic O'Brien with 842 cards, with Ma Mingbiao in a distant second place with 411 cards, a great performance if compare with the rest of the senior competitors.

At the end of day two, confidence was growing that the current senior champion was going to win again.

So far, Dominic O'Brien has won every event in this championship. Attention was turning from whether he was going to win the senior champion title once again, to whether he can do it with straight wins in every single event. What an achievement that would be! You could feel the excitement going into the final day of competition.

All eyes were on Dominic O'Brien and Ma Mingbiao. Would Ma Mingbiao be able to score enough points



*photograph by Wu Haimeng 2019*

to become number 1? Will Dominic O'Brien become World Senior Memory Champion for the third time? Can he do it by winning all events without challenge?

The last day will provide those answers.

Day three. The random words event was to herald the morning at 9:00am.

Once again, four personal bests were achieved in this event, and once again, Dominic O'Brien did not achieve one. Was something wrong? Dominic won the event with a commanding 114 words. The other results were:

Zang Chunlian = 5 words

Zheng Wenzhou = 15 words

Song Yiying = 16 words

Ma Mingbiao = 49 words

The tension was building. Almost everyone believed Dominic would become the senior champion, but to do it by winning every event would be amazing.

The answer is getting closer.

The next event is spoken numbers. This event has six competitors, with the introduction to a new competitor for this event, Hemanth Joshi. How many numbers could you remember if you heard them spoken consecutively, and in random order?

Hemanth Joshi did not remember any, Zheng Wenzhou remembered 3, 4 digits for Zang Chunlian and 5 for Song Yiying.



Ma Mingbiao remembered 12 digits, and once again, Dominic O'Brien remembered a gigantic 108 digits. He surely must be the new World Senior Memory Champion. Almost there. However, the drama is building as to whether he will do it in straight wins.

The final event is the speed cards event. It is spectacular to watch. How quickly can competitors memorise one deck of cards... perfectly. If you make a mistake, the number of cards you correctly memorised will make your score, for example 23 cards are correct before making a mistake. If you remembered the entire deck, then the time in which you were able to do this will be the recorded time, the shorter the time, the better.

Zheng Wenzhou = 16 cards

Zang Chunlian = 20 cards

Song Yiyi = 29 words

Will Dominic O'Brien achieve a perfect winning streak?

Both Dominic O'Brien and Ma Mingbiao remembered

the deck perfectly. The only distinction would be who remembered it in a shorter time, thus winning.

Ma Mingbiao remembered the deck in 136.59 seconds. Dominic O'Brien remembered them in 63.74 seconds, thus winning every event in the championship.

An amazing feat for anyone.

Dominic O'Brien, third time World Senior Memory Champion, and eight times World Memory Champion.

The story doesn't finish there. Only a day before the championship was to start, Dominic was very ill, and it seemed that it would be touch and go as to whether he will even compete.

Compete he did, but still under the weather. That shows me two things.

One, I am not surprised Dominic didn't achieve any personal bests, and secondly, knowing this makes his achievement even more remarkable.

## OVERALL SCORE

1st - Dominic O'Brien 3335

2nd - Ma Mingbiao 1648

3rd - Song Yiyi 693

4th - Zheng Wenzhou 520

5th - Zang Chunlian 392





Dominic O'Brien, 2019 World Senior Champion

photograph by Wu Haimeng 2019

A wonderful footnote to this story.

As Dominic had won every event, he had a seat on the presentation stage, so he didn't have to climb the stars ten times.

I took this photograph during the presentations.



Dominic O'Brien waiting for the next prize photograph by Marek Kasperski 2019



# The 28th World Memory Championship Adult Results:

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by Marek Kasperski

The following results are for the adult category.

I have listed all disciplines, and at the end, the overall winner.

## Discipline: 15 Minute Names

Position	Competitor	Score	Personal Best	
1	Prateek YADAV IMM IGM	158 points	Personal Best	
2	RI SONGMI	158 points	Personal Best	
3	Sri Vyshnavi YARLAGADDA IMM	143 points		
4	Lkhagvadorj BATBAYAR	112 points	Personal Best	
5	Yahia Nasreddine RASSINE IMM	111 points	Personal Best	
6	Purevjav ERDENESAIKHAN GMM IGM	110 points		
7	Enkhshur NARMANDAKH IMM IGM	107 points	Personal Best	
8	John GRAHAM	105 points	Personal Best	
9	HU Jiahua	104 points		
10	KIM SURIM	103 points	Personal Best	



Adult competitors











photograph by Wu Haimeng 2019

**Discipline: 30 Minute Binary**











Position	Competitor	Score	Personal Best
1	RYU SONG I	7485 digits	<b>WORLD RECORD</b>
2	KIM SURIM	6805 digits	Personal Best
3	JON KUM PHYONG	6585 digits	Personal Best
4	JON YU JONG	6495 digits	Personal Best
5	KIM JU SONG	6155 digits	Personal Best
6	Munkhshur NARMANDAKH IMM IGM	5979 digits	Personal Best
7	Solongo GANTULGA	5355 digits	Personal Best
8	Lkhagvadorj BATBAYAR	5175 digits	Personal Best
9	RI SONGMI	5100 digits	Personal Best
10	Enkhshur NARMANDAKH IMM IGM	5025 digits	













### Discipline: Hour Numbers

Position	Competitor	Score	Personal Best	
1	RYU SONG I	4620 digits	<b>WORLD RECORD</b>	
2	Munkhshur NARMANDAKH IMM IGM	3818 digits	Personal Best	
3	KIM JU SONG	3816 digits	Personal Best	
4	RI SONGMI	3549 digits	Personal Best	
5	JON YU JONG	3400 digits	Personal Best	
5	KIM SURIM	3249 digits	Personal Best	
7	JON KUM PHYONG	3220 digits	Personal Best	
7	Chen Meiyun	2800 digits	Personal Best	
9	Enkhshur NARMANDAKH IMM IGM	2600 digits		
10	Solongo GANTULGA	2508 digits	Personal Best	

### Discipline: Abstract Images

Position	Competitor	Score	Personal Best	
1	Zhang Xingrong	697 points		
2	JON KUM PHYONG	591 points	Personal Best	
3	KIM SURIM	589 points	Personal Best	
4	Lkhagvadorj BATBAYAR	583 points	Personal Best	
5	HU Jiabao	526 points		
5	Prateek YADAV IMM IGM	493 points	Personal Best	
7	Chen Meiyun	488 points	Personal Best	
7	Hu Xueyan	476 points	Personal Best	
9	Shen Liwu	450 points		
10	Li Maoduo	447 points	Personal Best	

### Discipline: 5 Minute Numbers

Position	Competitor	Score	Personal Best	
1	RYU SONG I	592 digits	<b>WORLD RECORD</b>	
2	JON YU JONG	580 digits	Personal Best	
3	KIM SURIM	567 digits	Personal Best	
4	Munkhshur NARMANDAKH IMM IGM	560 digits	Personal Best	
4	Enkhshur NARMANDAKH IMM IGM	502 digits	Personal Best	
6	KIM JU SONG	473 digits	Personal Best	
7	Prateek YADAV IMM IGM	472 digits	Personal Best	
8	JON KUM PHYONG	460 digits	Personal Best	
9	Purevjav ERDENESAIKHAN GMM IGM	452 digits	Personal Best	
10	Zhang Xingrong	440 digits	Personal Best	




Adult competitors

photograph by Wu Haimeng 2019


### Discipline: Historic Dates

Position	Competitor	Score	Personal Best
1	Prateek YADAV IMM IGM	154 dates	<b>WORLD RECORD</b>
2	Enkhshur NARMANDAKH IMM IGM	133 dates	Personal Best
3	HU Jiahua	127 dates	Personal Best
4	Munkhshur NARMANDAKH IMM IGM	119 dates	Personal Best
5	JON YU JONG	112 dates	Personal Best
6	KIM JU SONG	109 dates	Personal Best
7	KIM SURIM	108 dates	Personal Best
8	RI SONGMI	107 dates	Personal Best
8	RYU SONG I	107 dates	Personal Best
10	Zhang Xingrong	104 dates	Personal Best




### Discipline: Hour Cards

Position	Competitor	Score	Personal Best
1	KIM SURIM	2530 cards	<b>WORLD RECORD</b>
2	JON YU JONG	2344 cards	Personal Best
3	KIM JU SONG	2288 cards	Personal Best
4	RYU SONG I	2264 cards	Personal Best
5	Munkhshur NARMANDAKH IMM IGM	2141 cards	Personal Best
6	RI SONGMI	1996 cards	Personal Best
7	Enkhshur NARMANDAKH IMM IGM	1820 cards	Personal Best
7	JON KUM PHYONG	1820 cards	Personal Best
9	Chen Meiyun	1578 cards	Personal Best
10	Lkhagvadorj BATBAYAR	1431 cards	Personal Best



### Discipline: 15 Minute Words

Position	Competitor	Score	Personal Best
1	Prateek YADAV IMM IGM		<b>WORLD RECORD</b>
2	RI SONGMI		Personal Best
3	JON YU JONG		Personal Best
4	John GRAHAM		Personal Best
5	RYU SONG I		Personal Best
6	JON KUM PHYONG		Personal Best
7	Enkhshur NARMANDAKH IMM IGM		
8	Syeda Kisa Zehra		Personal Best
9	Solongo GANTULGA		Personal Best
10	Lkhagvadorj BATBAYAR		Personal Best















Adult competitors










photograph by Wu Haimeng 2019












### Discipline: Spoken Numbers

Position	Competitor	Score	Personal Best	
1	RYU SONG I	547 digits	<b>WORLD RECORD</b>	
2	Prateek YADAV IMM IGM	370 digits	Personal Best	
3	Zhang Xingrong	310 digits	Personal Best	
3	Munkhshur NARMANDAKH IMM IGM	236 digits	Personal Best	
5	KIM SURIM	231 digits	Personal Best	
6	HU Jiahua	200 digits	Personal Best	
6	Chen Meiyun	200 digits	Personal Best	
6	Huang Jinyao	200 digits	Personal Best	
6	JON YU JONG	200 digits	Personal Best	
10	Fang Yanqing	180 digits	Personal Best	

### Discipline: Speed Cards

Position	Competitor	Score	Personal Best	
1	JON YU JONG	15.56 seconds	Personal Best	
2	JON KUM PHYONG	17.40 seconds	Personal Best	
3	KIM SURIM	19.66 seconds	Personal Best	
4	Enkhshur NARMANDAKH IMM IGM	20.12 seconds	Personal Best	
5	Munkhshur NARMANDAKH IMM IGM	20.99 seconds	Personal Best	
6	RI SONGMI	21.47 seconds	Personal Best	
7	John GRAHAM	21.51 seconds	Personal Best	
8	Purevjav ERDENESAIKHAN GMM IGM	24.00 seconds	Personal Best	
9	HU Jiahua	24.89 seconds		
10	Zhang Xingrong	25.88 seconds		

### Overall Scores

Position	Competitor	Points	
1	RYU SONG I	9534	
2	JON YU JONG	8913	
3	KIM SURIM	8811	
4	RI SONGMI	8523	
5	Munkhshur NARMANDAKH IMM IGM	8490	
6	Prateek YADAV IMM IGM	8318	
7	JON KUM PHYONG	8200	
8	Enkhshur NARMANDAKH IMM IGM	7632	
9	KIM JU SONG	7095	
10	Zhang Xingrong	6872	





Adult competitors

photograph by Wu Haimeng 2019



# The 28th World Memory Championship Junior Results:

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by Marek Kasperski

The following results are for the junior category.

I have listed all disciplines, and at the end, the overall winner.

## Discipline: 15 Minute Names

Position	Competitor	Score	Personal Best
1	Wei Qinru	124 points	Personal Best
2	Li Wendi	120 points	Personal Best
3	Lai Bei	112 points	Personal Best
4	Lkhagvadulam ENKHTUYA	100 points	Personal Best
5	Solongo UUGANJARGAL	96 points	Personal Best
6	LI Ying	94 points	Personal Best
7	Fang Xudong	93 points	Personal Best
8	Pang JinYang	92 points	Personal Best
9	Zhang Yiyuan	89 points	Personal Best
10	Tenuun TAMIR	87 points	Personal Best





Junior competitors

photograph by Wu Haimeng 2019

### Discipline: 30 Minute Binary

Position	Competitor	Score	Personal Best
1	Wei Qinru	5820 digits	Personal Best
2	Tenuun TAMIR	5685 digits	Personal Best
3	Solongo UUGANJARGAL	5625 digits	Personal Best
4	Lkhagvadulam ENKHTUYA	5574 digits	Personal Best
5	LI Ying	4323 digits	Personal Best
6	Enkhbayasgalan Bayarkhuu	4032 digits	Personal Best
7	Li Wendi	3666 digits	Personal Best
8	Maral SUKHBAATAR	3612 digits	Personal Best
9	Lai Bei	3561 digits	Personal Best
10	Enkhsaruul Ganzorig	2928 digits	Personal Best



### Discipline: Hour Numbers

Position	Competitor	Score	Personal Best
1	Wei Qinru	3667 digits	Personal Best
2	LI Ying	2850 digits	Personal Best
3	Solongo UUGANJARGAL	2732 digits	Personal Best
4	Lkhagvadulam ENKHTUYA	2650 digits	Personal Best
5	Li Wendi	2442 digits	Personal Best
6	Tenuun TAMIR	2290 digits	Personal Best
7	Lai Bei	2012 digits	Personal Best
8	Enkhbayasgalan Bayarkhuu	1884 digits	Personal Best
9	Emma Alam	1836 digits	Personal Best
10	Pang JinYang	1785 digits	Personal Best



### Discipline: Abstract Images

Position	Competitor	Score	Personal Best
1	Wei Qinru	684 points	Personal Best
2	LI Ying	450 points	
3	Lai Bei	400 points	Personal Best
4	Solongo UUGANJARGAL	390 points	Personal Best
5	Dong Yirong	323 points	Personal Best
6	Li Wendi	310 points	Personal Best
7	Lkhagvadulam ENKHTUYA	304 points	
8	Zeng Zhengning	303 points	Personal Best
9	Zhang Pinyuan	286 points	Personal Best
10	Chu Muda	285 points	



### Discipline: 5 Minute Numbers

Position	Competitor	Score	Personal Best
1	Lkhagvadulam ENKHTUYA	488 digits	Personal Best
2	Wei Qinru	484 digits	
3	Tenuun TAMIR	452 digits	Personal Best
4	Maral SUKHBAATAR	428 digits	Personal Best
5	Solongo UUGANJARGAL	424 digits	Personal Best
6	LI Ying	406 digits	Personal Best
7	Li Wendi	400 digits	Personal Best
8	Lai Bei	384 digits	Personal Best
8	Enkhbayasgalan Bayarkhuu	384 digits	Personal Best
10	Pang JinYang	376 digits	Personal Best





Junior competitors

photograph by Wu Haimeng 2019



### Discipline: Historic Dates

Position	Competitor	Score	Personal Best
1	Wei Qinru	107 dates	Personal Best
2	Lai Bei	104 dates	Personal Best
3	Tenuun TAMIR	94 dates	Personal Best
4	Lkhagvadulam ENKHTUYA	90 dates	Personal Best
5	Myanganbayar GANTULGA	89 dates	Personal Best
5	Enkhbayasgalan Bayarkhuu	89 dates	Personal Best
7	Solongo UUGANJARGAL	87 dates	Personal Best
8	Huang Peihong	85 dates	Personal Best
9	LI Ying	80 dates	Personal Best
10	Maral SUKHBAATAR	73 dates	Personal Best



### Discipline: Hour Cards

Position	Competitor	Score	Personal Best
1	Wei Qinru	2061 cards	Personal Best
2	LI Ying	1889 cards	Personal Best
3	Lkhagvadulam ENKHTUYA	1764 cards	Personal Best
4	Tenuun TAMIR	1535 cards	Personal Best
5	Solongo UUGANJARGAL	1483 cards	Personal Best
6	Li Wendi	988 cards	Personal Best
7	Enkhbayasgalan Bayarkhuu	977 cards	Personal Best
8	Dong Yirong	946 cards	Personal Best
9	Zeng Zhengning	937 cards	Personal Best
10	Lai Bei	936 cards	Personal Best



### Discipline: 15 Minute Words

Position	Competitor	Score	Personal Best
1	Lkhagvadulam ENKHTUYA	243 words	Personal Best
2	Wei Qinru	237 words	Personal Best
3	Emma Alam	201 words	Personal Best
4	Solongo UUGANJARGAL	194 words	Personal Best
5	Tenuun TAMIR	183 words	Personal Best
6	Li Wendi	181 words	Personal Best
7	Li Chengyuan	179 words	Personal Best
8	Ermuunbold BOLD	172 words	Personal Best
9	Lai Bei	161 words	Personal Best
10	Zhao Qianhao	152 words	Personal Best





Junior competitors

*photograph by Wu Haimeng 2019*



## Discipline: Spoken Numbers

Position	Competitor	Score	Personal Best
1	Wei Qinru	300 digits	Personal Best
2	Enkhbayasgalan Bayarkhuu	194 digits	Personal Best
3	Tenuun TAMIR	172 digits	Personal Best
4	Li Wendi	167 digits	Personal Best
5	Lai Bei	162 digits	Personal Best
6	Solongo UUGANJARGAL	134 digits	Personal Best
7	Pang JinYang	124 digits	Personal Best
8	Chen Jingli	104 digits	Personal Best
9	Yu Yunzhuo	100 digits	Personal Best
10	Enkhsaruul Ganzorig	98 digits	Personal Best



## Discipline: Speed Cards

Position	Competitor	Score	Personal Best
1	Lkhagvadulam ENKHTUYA	19.03 seconds	
2	Wei Qinru	19.35 seconds	Personal Best
3	Enkhbayasgalan Bayarkhuu	27.72 seconds	Personal Best
4	LI Ying	27.98 seconds	Personal Best
5	Li Wendi	28.38 seconds	Personal Best
6	Guo Zijie	30.56 seconds	Personal Best
7	Solongo UUGANJARGAL	33.27 seconds	Personal Best
8	Weronika PEÇAK	33.68 seconds	Personal Best
9	Chai Ming Feng	34.46 seconds	Personal Best
10	Pang JinYang	35.07 seconds	Personal Best



## Overall Scores

Position	Competitor	Points
1	Wei Qinru	9091 points
2	Lkhagvadulam ENKHTUYA	7269 points
3	Solongo UUGANJARGAL	6916 points
4	LI Ying	6587 points
5	Tenuun TAMIR	6516 points
6	Li Wendi	6121 points
7	Lai Bei	6069 points
8	Enkhbayasgalan Bayarkhuu	5681 points
9	Pang JinYang	4602 points
10	Maral SUKHBAATAR	4386 points







Junior competitors

*photograph by Wu Haimeng 2019*

# The 28th World Memory Championship Kids Results:

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by Marek Kasperski



The following results are for the kids category.

I have listed all disciplines, and at the end, the overall winner.

## Discipline: 15 Minute Names

Position	Competitor	Score	Personal Best
1	Naranbat Shirbazar	80 points	Personal Best
2	Wang Jiushi	79 points	Personal Best
3	Ding YINUO	76 points	Personal Best
4	Fu Yarui	75 points	Personal Best
5	Zhan Ziqing	74 points	Personal Best
6	Zhou Shidong	72 points	Personal Best
7	Doljin Ariunbaatar	68 points	Personal Best
8	Xie Yunjun	65 points	Personal Best
9	He lianpengcheng	64 points	Personal Best
10	Sun Qiyuan	63 points	Personal Best





Kids competitors

*photograph by Wu Haimeng 2019*

**Discipline: 30 Minute Binary**

Position	Competitor	Score	Personal Best
1	Naranbat Shirbazar	2931 digits	Personal Best
2	Jambalbayarnyam Batbyamba	2760 digits	Personal Best
3	Tang Yunling	2376 digits	Personal Best
4	Liu Zhengyi	2055 digits	Personal Best
5	Shi Jiaming	2025 digits	Personal Best
6	Zhou Shidong	1981 digits	Personal Best
7	Doljin Ariunbaatar	1923 digits	Personal Best
8	Chen Xi	1905 digits	Personal Best
9	Zhang Hongrui	1863 digits	Personal Best
10	Ding YINUO	1845 digits	Personal Best



### Discipline: Hour Numbers

Position	Competitor	Score	Personal Best
1	Shi Jiaming	1892 digits	Personal Best
2	Tang Yunling	1540 digits	Personal Best
3	Liu Zhengyi	1528 digits	Personal Best
4	Yu HongJin	1360 digits	Personal Best
5	Tian Yutong	1340 digits	Personal Best
5	Qu Jiayu	1340 digits	Personal Best
7	Wang Jiusi	1280 digits	Personal Best
7	Doljin Ariunbaatar	1280 digits	Personal Best
9	Jambalbayarnyam Batbyamba	1270 digits	Personal Best
10	Zhou Chujie	1180 digits	Personal Best



### Discipline: Abstract Images

Position	Competitor	Score	Personal Best
1	Zhou Shidong	548 points	Personal Best
2	Chen Xi	413 points	Personal Best
3	Tang Yunling	340 points	Personal Best
4	Liu Zhengyi	337 points	Personal Best
5	Sun Ziyue	327 points	Personal Best
5	Tian Yutong	299 points	Personal Best
7	Wang Zixian	295 points	Personal Best
7	Liu Luoxi	287 points	Personal Best
9	Sun Qiyuan	265 points	Personal Best
10	Shi Jiaming	263 points	Personal Best



### Discipline: 5 Minute Numbers

Position	Competitor	Score	Personal Best
1	Tang Yunling	388 digits	Personal Best
2	Naranbat SHIRBAZAR	324 digits	Personal Best
3	Zhou Shidong	286 digits	Personal Best
4	Yu HongJin	280 digits	Personal Best
4	Shi Jiaming	280 digits	Personal Best
6	Yu Xiaohui	264 digits	Personal Best
7	Tian Yutong	260 digits	Personal Best
8	Liu Zhengyi	256 digits	Personal Best
9	Chen Xi	252 digits	Personal Best
10	Xie Yunjun	240 digits	Personal Best





Kids competitors

*photograph by Wu Haimeng 2019*



### Discipline: Historic Dates

Position	Competitor	Score	Personal Best
1	Zheng Shuxin	120 dates	Personal Best
2	Naranbat SHIRBAZAR	142 dates	Personal Best
3	Yu HongJin	92 dates	Personal Best
4	Zhou Shidong	85 dates	Personal Best
5	Chi Haotian	74 dates	Personal Best
5	Tang Yunling	67 dates	Personal Best
7	Chen Xi	66 dates	Personal Best
7	Gao Zhiyuan	62 dates	Personal Best
9	Zhang Junshuo	61 dates	Personal Best
10	Liu Luoxi	60 dates	Personal Best



### Discipline: Hour Cards

Position	Competitor	Score	Personal Best
1	Shi Jiaming	1302 cards	Personal Best
2	Naranbat SHIRBAZAR	1200 cards	Personal Best
3	Tang Yunling	1156 cards	Personal Best
4	Liu Zhengyi	1040 cards	Personal Best
5	Zhou Chujie	948 cards	Personal Best
6	Yu HongJin	892 cards	Personal Best
7	Sun Ziyue	832 cards	Personal Best
8	Doljin Ariunbaatar	809 cards	Personal Best
9	Wang Jiusi	782 cards	Personal Best
10	Tian Yutong	756 cards	Personal Best



### Discipline: 15 Minute Words

Position	Competitor	Score	Personal Best
1	Tang Yunling	159 words	Personal Best
2	Ding YINUO	158 words	Personal Best
3	Shi Jiaming	150 words	Personal Best
4	He Yulong	137 words	Personal Best
5	Shen Yulu	131 words	Personal Best
5	Yu Xiaohui	131 words	Personal Best
5	Doljin Ariunbaatar	131 words	Personal Best
8	Huang Ruoran	127 words	Personal Best
9	Naranbat SHIRBAZAR	126 words	Personal Best
10	Luo Zijia	125 words	Personal Best





Kids competitors

photograph by Wu Haimeng 2019



### Discipline: Spoken Numbers

Position	Competitor	Score	Personal Best
1	Chen Xi	148 digits	Personal Best
2	Shi Jiaming	128 digits	Personal Best
3	Zhou Shidong	109 digits	Personal Best
3	Tang Yunling	109 digits	Personal Best
5	Du Chunyang	100 digits	Personal Best
6	Xing Luyi	96 digits	Personal Best
7	Naranbat SHIRBAZAR	94 digits	Personal Best
8	Chetan Naga Anirudh Guddanti	88 digits	Personal Best
9	Wang Jiushi	77 digits	Personal Best
10	Sun Ziyue	76 digits	Personal Best



### Discipline: Speed Cards

Position	Competitor	Score	Personal Best
1	Wang Jiushi	20.33 seconds	Personal Best
2	Chen Xi	21.38 seconds	Personal Best
3	Tang Yunling	25.94 seconds	Personal Best
4	Tian Yutong	29.00 seconds	Personal Best
5	Shi Jiaming	30.87 seconds	Personal Best
6	Fu Yarui	32.44 seconds	Personal Best
7	Du Chunyang	34.92 seconds	Personal Best
8	Zhou Chujie	35.10 seconds	Personal Best
9	Liu Zhengyi	35.63 seconds	Personal Best
10	Jambalbayarnyam Batbyamba	36.79 seconds	Personal Best



### Overall Scores

Position	Competitor	Points
1	Tang Yunling	5199
2	Naranbat SHIRBAZAR	5019
3	Shi Jiaming	4796
4	Chen Xi	4651
5	Liu Zhengyi	4206
6	Wang Jiushi	4053
7	Zhou Shidong	4014
8	Tian Yutong	3975
9	Zhou Chujie	3735
10	Yu Honglin	3635







Kids competitors

photograph by Wu Haimeng 2019



# A Story of Excellence at the World Memory Championships



by Editor-in-Chief, Marek Kasperski

At a large event like the World Memory Championships, many wonderful stories go unreported. While helping the arbiters at the World Memory Championships in Wuhan, I had the pleasure of meeting all the arbiters at different times during the event. Sometimes it was while helping in the competition room, or visiting the massive arbiter's room. They all have an interesting stories, however, I was privileged to hear and see a remarkable story of excellence. This story is about an arbiter called Wu Haimeng.

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I met Haimeng at the World Memory Championships in Wuhan 2019.

She was taking many photographs of competitors and officials, which I was one. Ahhh, the official WMC photographer I thought.

She was efficiently "working" the competition room, taking a photographic record of this wonderful event, doing all the things a professional photographer

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should do. She would compose the photo, arrange people to stand or look in a certain way, take a number of photos for each pose, and then diligently check each photo on the camera's screen to check that she had at least one perfect shot.

I have see the process all over the world. Methodical and professional.

Haimeng's camera looked very professional and



Wu Haimeng: arbiter, television presenter, past competitor, and photographer.

*photograph by Wu Haimeng 2019*





*photograph by Marek Kasperski 2019*

had a very large lens to capture not only posed photographs, but candid ones too.

I thought nothing more about it.

It wasn't until a little later that I saw Haimeng officiating at the competition, as an arbiter. "That's unusual", I thought, a photographer who is also working as an official arbiter.

In the photograph on the right, Haimeng was paired with a North Korean competitor, who was expected to score very highly, which she eventually did. Given the importance of this competitor, and the need to ensure her results were correctly judged, the best arbiters must surely be used for this task.

Haimeng was at the venue from early morning to well after the events for the day, juggling arbiter duties and taking photographs. Always with a smile on her face.



*photograph by Marek Kasperski 2019*



Wu Haimeng: Conducting interviews.

*photograph by Wu Haimeng 2019*

I was asked to be interviewed for a TV recording, which was a usual occurrence for me. I was asked for my views on the championships.

You can imagine my surprise when, once again, Haimeng was the person interviewing. I was impressed by the fact that Haimeng was an accomplished photographer and a skilful arbiter, but also an TV presenter?

It occurred to me that Haimeng had many talents. She interviewed many top dignitaries which involved dealing with people from diverse countries, who spoke many different languages, and needed to be interviewed with their customs and sensitivities in mind.

Another extraordinary skill for this extraordinary person.



Wu Haimeng: Conducting interviews.

*photograph by Wu Haimeng 2019*





Wu Haimeng: High achievement, International Master of Memory

*photograph by Wu Haimeng 2019*



It was not until much later, after the championships had finished, that I learned some interesting facts about Haimeng's ability.

Haimeng achieved the title of "International Master of Memory" at the 2018 World Memory Championships. Her achievements are remarkable:

Chinese Adult Memory Championship...	67th
Chinese Memory Championship...	90th
World Adult Memory Championship...	83rd
World Memory Championship...	124th

I was also able to learn that Haimeng's interest in photography only started four years ago, when she did modeling for a friend, and found photography very interesting. Her skills are extraordinary.

Her interest in memory sports in started in 2018 with her systemic study of the sport, leading to he International Master of Memory. Remarkable!

I was interested to know how long Haimeng had been learning English, as her spoken English was excellent. I was especially interested, as I am trying to learn Chinese, and I'm curious to make comparisons. Her friend Zhiying told me that Haimeng learned English leading to her "National Post Graduate" entrance exam. So, not long ago.

This is just one story of many remarkable people involved in the World Memory Championships. The sport is much better for people like Haimeng.



Wu Haimeng and Marek Kasperski

*photograph by Wu Haimeng 2019*

# WORKING FROM HOME

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by Jeremy (Jezz) Moore

## The landscape has changed as we are now all forced to do it.

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In many ways it's a great opportunity as we are not encumbered with having to use trains, planes and automobiles to carry out our business. I use the analogy of teams working more in the way a beehive operates, where the bees seem to move and swarm telepathically to where danger or opportunity requires them.

Similarly, we can be anywhere on the globe in an instant bringing our thoughts and experience to any

business within moments from the comfort of our own homes. But there is a danger with this and it should come with a health warning for our overall well-being. It can easily become intrusive and disrupt our home life and family harmony, particularly for those with children, though not exclusively.



Image copyright: Zoomcow

Home should be home, it should be our own personal sanctuary where we repair and heal from the challenges of the day. You wouldn't think it acceptable to have our work colleagues over for dinner every evening or invite them to watch telly or even read a bedtime story to your children...! But it could get to feel like that unless we protect ourselves.

We have discussed this at Zoomcow and have come up with the following observations and offer a few suggestions as to how you can protect your well-being and those around you.



Image copyright: Zoomcow

## Too Optimistic

If you are too optimistic and commit to too many things now that in some ways you have more time on your hands you will suffer. There is a temptation to join every group interest, carry out all your domestic chores and business functions online. Very quickly this will strain your own personal system and very quickly aspects of this strategy will fail.

## Too Pessimistic

If you are too pessimistic and overwhelmed with the "now" business protocol, you will miss opportunities and in no time, you could feel isolated and somehow not included in day to day activity. Isolation leads to insecurity and worry, both of which are not good for your well-being.

## Be Realistic

However, if you are realistic, embrace the new landscape and adapt, while at the same time maintaining a watchful eye on your work-life balance you can flourish and grow. All of these observations are equally true of businesses generally. The key here is to avoid a sense of intrusion and maintain a sense of still being valued and included.

So how can we protect our well-being and those around us?

1. Acceptance: This is the way now  
Admittedly, working from home is not everyone's cup of tea. Often, home is associated with relaxation and family time. Having to make adjustments to differentiate it can be challenging. From setting up the home office or work station, to learning how to juggle domestic life and work mode in the same place throughout the day. However, even though this change of scene might not be choice-led, this is the way - at least for now. Once we adjust our mindset and accept this as the new norm, we can embrace and adapt accordingly.

2. Understand your limitations

It is very important to understand your limitations whilst working from home. For example, from a practical and technical point of view, have you got the right equipment to work from home? i.e. Is your computer / laptop fast enough? Is your work's IT department able to provide you with the right support to be aligned with the system you usually have in the office? Are you able to upgrade your internet speed so that you can stay connected efficiently (with work's help perhaps)? On a personal level, do you have children or family to care for whilst working from home? How would you divide your time so that you don't have to feel like you are constantly juggling? Would you be able to share these tasks with your family members? Once these limitations become clear, you can start to work out how you can resolve some of these issues as well as working around it.



Image copyright: Zoomcow



Image copyright: Zoomcow

3. Be realistic

As mentioned before, once you understand your limitations, you will be able to set sensible targets. Rather than piling on the “to do list”, you are armed with a “to don’t list”. For instance, don’t answer work calls during lunch time as this is the time to spend with the children. Or, don’t be tempted to hang out the washing during your dedicated work time. And so, you can ask yourself: what are your five killer moves each day. It is much better to have a short, achievable list than a long one that drags on.

4. Communications is key

It is very important to keep a clear line of communication with work just so that they know what kind of limitations you are dealing with and realistically, how much you would be able to achieve in a day. Of course, not all companies are flexible due to the line of work nor managements are understanding of every situation, but with good communication, this will allow both parties to adjust plans, so you can still perform the best you can under the circumstances.

5. Be kind to yourself

Even before the pandemic, every day presents different challenges to us all. We never seem to have enough hours in the day to do everything, let alone setting time for ourselves to reflect upon the day we just had. It is even more important now than ever to be kind to yourself. Take time to practice appreciation:

- Embracing the highlight of the day. It could be that you are able to finish the set tasks from work at record time or just enjoyed watching your children play whilst having a cup of tea.
- Recognising the low of the day. It is OK to not to be OK. Noticing how you feel when that thought comes to mind and perhaps, ask yourself how you would react to it differently.
- And most importantly, gratitude towards yourself for being present, to achieve what you can to the best of your ability within your situation.

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Image copyright: Zoomcow

# ELEMENTARY MEMORY

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by Editor-in-Chief Marek Kasperski



and Zhang Na

I had the pleasure of visiting the Primary School Affiliated to the South China Normal University to see first hand the advancements this school has made in developing and teaching Mind Maps to their young students.

I am obviously a strong advocate of Mind Maps, speed reading, and memory techniques, as I teach these disciplines, however, I was curious how this was achieved in a school environment, with mind mapping on the curriculum.

I was surprised with the results. My translator and friend, Zhang Na explains...

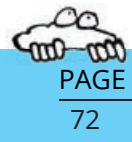
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The Primary School Affiliated to the South China Normal University, the only provincial primary school under the dual leadership of Guangdong Education Department and the South China Normal University, is a key practice base of the South China Normal University to train and cultivate primary and secondary school teachers. As well as an experimental base to conduct education reform, it is seen as an important window of high-level primary education.

The school adheres to the educational principle of providing first-class primary education for a student's life-long development. Concentrating on both this

new era and the reality, the school looks into the prospect of developing the school into a first-class educational institution, via "Perfect Education", with the aim of "development with openness and inclusiveness" of the school.

The school has exerted great efforts to form the school spirit of "respecting teachers and cherishing students, behaving with manners, promoting teaching and mutually learning". Moreover, with the teaching style of "be insatiable in learning and tireless in teaching", and the learning style of "personality saints (Ming-De), erudition, vigour, and innovation", they have practiced







Primary School Affiliated to the South China Normal University



*photograph by Primary School Affiliated to the South China Normal University*

Marek Kasperski, Zhang Na and Guo Chuanwei inspecting Mind Maps



*photograph by Primary School Affiliated to the South China Normal University*

Arriving at the school

and concluded the way of a prestigious school, which features “the integration of humanities, the guidance of scientific research”.

### Awards and Reputation of the School

The Primary School Affiliated to South China Normal University, which is highly recognised by our society, has earned a high reputation in the international community. In the list of the best rankings of 500 primary schools in mainland China, affiliated to the China Research Center in Washington, DC, the school ranks first with a total score of 100 points.

In November 2017, it ranked first in the best public primary school in Guangzhou.

The school has been awarded:

- National Education System Advanced Collective
- National Outstanding Young Pioneers Collective
- National Primary and Secondary School Chinese Excellent Culture and Art Inheritance School (Traditional Folk Art)
- Primary and Secondary School English Demonstration and Research Group Outstanding Achievement School in Guangdong Province
- The Primary School Mental Health Education

- Demonstration School in Guangdong Province
- Primary and Secondary School Mental Health Education Characteristic School in Guangdong Province
- Guangzhou Sports Traditional Project School

The school also has other honorary titles.

The project "The Inheritance of the Culture of Non-legacy and Promotion for the Education of Excellent Traditional Culture" won the first prize in the collection

of the second construction of the characteristic schools (kindergartens in Guangdong Province), the first-class construction results were selected.

Teacher Yao Xiahui's teaching results, The Study of Traditional Chinese classics and the research and practice of The 'Three-step Five-path' Teaching Model, won the first prize of the provincial level and the second prize of the national level.

Awards and Honours of our teaching staff



*photograph by Primary School Affiliated to the South China Normal University*

Photograph with Vice Principal and teachers



*photograph by Primary School Affiliated to the South China Normal University*

Vice Principal awarding Marek Kasperski with a gift

### Awards and Honours of our teaching staff

There are 46 high achievers in our school who have won the provincial and national honorary titles, among which including:

- National excellent principal (one person),
- national "10,000 people plan" teaching masters (two persons),
- 2 Guangdong Province "special support plan" teaching masters,
- 6 Guangdong Province special grade,
- 1 host of Guangdong Provincial Principal's studio,
- 6 hosts of Guangdong Famous Teacher's Studio,
- 15 outstanding teachers of Nanyue (educational workers, rookie, etc.),
- 2 famous teachers in Guangdong Province,
- 9 in the "100 Million Talent Training Project" training targets in Guangdong Province (named educator,s famous principals),
- 1 in the "Top Ten" Young Pioneers counsellor in Guangdong Province ,
- 1 in the "Top Ten" Young Pioneers counselor in Guangzhou ,
- 3 Excellent Young Pioneers counselling in Guangdong Province

- 2 provincial teachers and moralists,
- 1 provincial outstanding Communist Party member,
- 20 associate senior titles and
- 19 master students.

A total of 8 teachers in the school hold the Guangdong Provincial Mental Health Teacher A-cards, and 25 hold the Guangdong Provincial Mental Health Teacher B-cards.

### Course Features

The Primary School Affiliated to South China Normal University has an enriched curriculum with its own

characteristics. In the moral education curriculum, the school has formulated “Twelve Learning” as the training goal. By means of creating the environment with the “Twelve Learning” projects, students can learn a “learning” every semester. The project includes helping students to:

- learn to be grateful,
- learn to be environmentally friendly,
- learn etiquette,
- learn to innovate,
- learn to protect themselves,
- learn to read,
- learn to exercise,
- learn to be patriotic during their studies,
- learn to communicate,



*photograph by Primary School Affiliated to the South China Normal University*

An enjoyable meeting with staff



*photograph by Primary School Affiliated to the South China Normal University*

Inspecting a range of children's work



*photograph by Primary School Affiliated to the South China Normal University*

Inspecting a range of children's work



photograph by Pinyuan School Affiliated to the South China Normal University

Student's Mind Maps



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- learn to innovate,
- learn to protect themselves,
- learn to read,
- learn to exercise,

- learn to be patriotic during their studies,
- learn to communicate,
- learn to study,
- learn to work, and
- learn to obey.

Based on the teaching curriculum, the school incorporates the Traditional Chinese Culture Inheritance Project into the school aesthetic education curriculum.

In the 31 classes, the layout of the classrooms and the cultural corners are arranged for the corresponding traditional projects, creating a strong campus cultural atmosphere and setting up exhibition stands for non-legacy works. Meanwhile, a relatively stable team of faculty members have been established, and the inheritors of 31 traditional projects are invited to give lectures at the school every week.

The school strives to enrich students' off-campus life by offering courses such as:

- rhythmic gymnastics,
- cheer-leading,
- street dance,
- Latin dance,
- folk dance,
- physical training,



- language performance art,
- poetry recitation,
- physical etiquette, and
- literary talents to improve students' artistic accomplishments.

The competitions and performances of vocal music, wind music, string music, dance and other art projects, and the cultural atmosphere of the campus enable students to be confidently experiencing high-grade spirit, cultivating sentiments, nurturing their emotion, and strengthen their body and mind.

The implements of sunshine sport activities enrich the campus sports culture, which are suitable for students' physical development needs, such as:

- daily radio gymnastics,
- running exercises,
- eye exercises,
- basketball,
- track and field,
- football

There are also various cultural and sports activities every semester, as well as "Small Flying People" Race, the "School Games" and "Sports Festival" special events, enabling students to experience the Olympic

Spirit of being "Faster, Higher, Stronger".

### Conclusion by Marek Kasperski

I have never quite seen a school like this school. The facilities were modern and plentiful. The technology that the school utilises was first class. One tends to notice a certain level of cleanliness of a school when visiting. The Primary School Affiliated to the South China Normal University was very clean, tidy, and everything was in its place. It was a pleasure to visit. The classrooms were well equipped and spacious.

But these are only superficial observations, and the more serious aspects of this school were still to come.

After discussions with the Vice Principal, I viewed many Mind Maps drawn by students. I was struck by their radiant thinking. A central theme, a main thought that has arisen from the main theme. Then thoughts that sparked by the previous branch, and so on.



Radiant thinking which required the use of imagination, something that is highly sought after by prospective employers.

These children will be the thinkers of the next generation of Chinese adults, and China will benefit by them.

I viewed many of the children's presentations, poetry, art, and the traditional Chinese culture. These creative studies are an excellent companion for mind mapping.

I was stunned to see beautiful historical artwork displayed throughout the school.

I was particularly taken by the beautiful silk artwork that has been a tradition for centuries. Such beauty. I hope I have a chance to visit this school again.

Mr Guo, stood next to me in the photo below, was so kind as to give me a gift of silk art, on my last day in Guangzhou.

It is a gift I treasure.



*photograph by Primary School Affiliated to the South China Normal University*

A group photograph before leaving



Gift from Mr. Guo



# Father to Son

by Graham Atkinson

Two days in London earlier this year were something of a dream come true as I spent time learning from Professor Tony Buzan and Elaine Colliar en route to becoming a Tony Buzan Licensed Instructor in Mind Mapping.

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It was another step forward in a journey which began back when I was in my early teens. I told Professor Buzan my history with mind maps and it was his request that I write it and send it for publication at Synapsia.

Since then so much has changed with the unthinkable and tragic news of Professor Buzan's death which has made the world darker for us all. Therefore I offer this as an expression of my gratitude to him for the difference he made in my life which shall endure until the very end.

I grew up in Glasgow, Scotland. When I was very young our family didn't have a lot of money and to provide for us, my father worked hard juggling several different jobs. Monday to Friday his day-job was working in a bank, then some evenings he would be found behind the counter of a local petrol station whilst others he would teach at night-school classes. On top of this, he delivered newspapers - all to support a wife and two young sons.

To progress his career in banking, he took a set of exams that would qualify him to be a Member of the Chartered Institute of Bankers in Scotland.

This would open up a lot of career possibilities for the future but although he was a hard worker, the stress of fitting in studies along with all his other obligations must have been intense.

Enter the book 'Use your Head' by Tony Buzan. I don't know how much he used it, we never discussed it in depth, other than his telling me that he found it very interesting and useful. The techniques helped my father to get through those exams with some excellent marks and as a result he was able to provide his family with a good and secure life, for which I remain very grateful.

He gave the book to my brother (a few years older than I) during his teens, in order to help him in his own exams. I found it and flicking through it, was immediately mesmerised by the contents.



*photograph by Graham Atkinson*

Left: Tony Buzan and Graham Atkinson

The idea that memory could be trained, that you could exercise it like a muscle and assist your mind simply by presenting the material to be learned in a different way, a more natural way for the brain... these things were like the sun rising after a long, cold and dark night. It was the first time that I discovered that you could learn how to learn.

I devoured the book and equipped with the techniques I learned, I got through school, two University degrees, a Masters and numerous work exams. Since that first introduction, I have always been a mind mapper, so to become a Tony Buzan Licensed Instructor (TBLI) is part of that much longer journey that started not with me but with my father about 40 years ago. As mind mapping radiates from person to person across the world geographically, it's also passing from generation

to generation through time.

To now be a part of the Buzan community is such a privilege, as I have Professor Buzan to thank not only for the future that his teaching provides for me as a Tony Buzan Licensed Instructor but also for many of the benefits I've enjoyed so far in life, which his genius also contributed towards.

It is a debt which I cannot hope to repay, the best I can do is to honour this great man by playing my own part in making sure that his gift to the world continues to spread, continues to change lives and continues to bring hope to millions of people who come to realise (perhaps for the first time) that through it, they can achieve their dreams.

POETRY CORNER

## The Generous Rhinoceros

---



by the late Tony Buzan

The Pally Pachyderm,  
The Generous Rhinoceros,  
Greeted Us With ÖS!

His Nomenclature Naturally Gave Him  
A Friendly Greeting Nature  
Hailing Us,  
Regaling Us with:  
"ÖS!"  
To Us!  
Three Tonnes of Love Hurtling at Us...

The GeneroUS RhinocerÖS,  
His Real Skin as Thick as Armour  
Defending Generous Rhinoceros  
To Defend Us.

His Hugely Generous Member  
Pricked Our Conscience  
Pricked Our Consciousness  
Uplifted Our Fantasies of Sexuality  
The New Rhinoceros Reality.

The Generous Rhinoceros  
Charged  
Nothing for  
Anything

With His Hide  
He Played Hide-and-Seek,  
Enticing You to Seek and Find Gifts  
Distributed by the Santa Claus  
Of His Generous Mind  
To the Weaker-Than-He Seekers  
Who Packed The Thoughts  
Of Gifts and Generosity  
Into the Trunks of His Legs.

He Flicked His Ears  
To Brush Away Your Tears,  
To Brush Away Your Fears;  
He Transformed His Singular Tail  
Into the Multitude of Fables and Tales  
That Likely Lumbered Miles and Miles  
Into the Territory of Smiles.

He Was Thought to Be Blind  
He Was Not  
He Was Kind  
And Gave All  
From the Horn of Plenty.



*Designed by wirestock / Freepik*

POETRY CORNER

## The Lock Down in Croydon

---



by Chris Day 2020

There's tumbleweed in Croydon Road  
Where traffic used to be  
On Purley Way the cars are gone  
It's eerie as can be

The postman still walks past the house  
But now no longer calls  
Our heads are down  
We dare not speak across our garden  
walls

In Waddon Ponds, my local park,  
The ducks all want for bread  
The gates are closed  
The keeper gone  
No life inside his shed

No more do local dogs walk round  
To sniff each others bums,  
The swings are still  
No shouts of glee  
No calling for their Mums

The joggers too have gone away  
With headphones on their head  
No cheery waves, no called 'Hellos'  
Who knows what lies ahead

The dreaded Corvid is the cause  
Of this catastrophe  
The threat is real, although unseen,  
Who knows where it could be?

They say 'wear masks'  
Though none are here  
They say stay home all day  
For me the biggest thing of all  
Is to be without my pay.



*Designed by evening\_tao / Freepik*

POETRY CORNER

## The Cracking Dance of the Eggs and Their Release from the Yokes

---



by Tony Buzan

From the Chameleon-Left Peripheral Arch  
Of Aman's Perception,  
The Dream Guide Handed Aman  
Six White Eggs  
Contained in a Six-Egg Container  
Made Not of the Traditional Papier-Mâché,  
Cardboard,  
Plastic,  
Or Paper;  
Made of Nothing Other Than  
The Product of the Mind.

The Eggs Bumpy Danced  
Humpty Danced  
Cracked Each Others' Shells  
Into the Cracks of Grins.

The Yolks Danced a Golden Dance  
Reaching Beyond Their Yoke Boundaries  
With Golden Arms  
Of Strands of Yolk  
Touching Golden Hands  
Pirouetting,  
Whirling Their Arms  
Like the Arms of Galaxies  
Albumen-Mimicked The Yolks,  
Spiralling Silver Branches  
Populated by the Stars of Thought  
As the Shells Castanetted with Each Other  
Tapping the Triggers  
Of The Tapping Hands  
And The Tapping Feet  
Of The Puppeteer of Thinking.

Aman Applauded  
Giving a Standing Ova-tion  
In the Theatre of His Mind.



# CAPTURED MOMENTS

PHOTOGRAPH BY MAREK KASPERSKI



Photograph by Marek Kasperski

Water Garden, Guangzhou, China





# Synapsia Magazine

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