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# SYNAPSIA

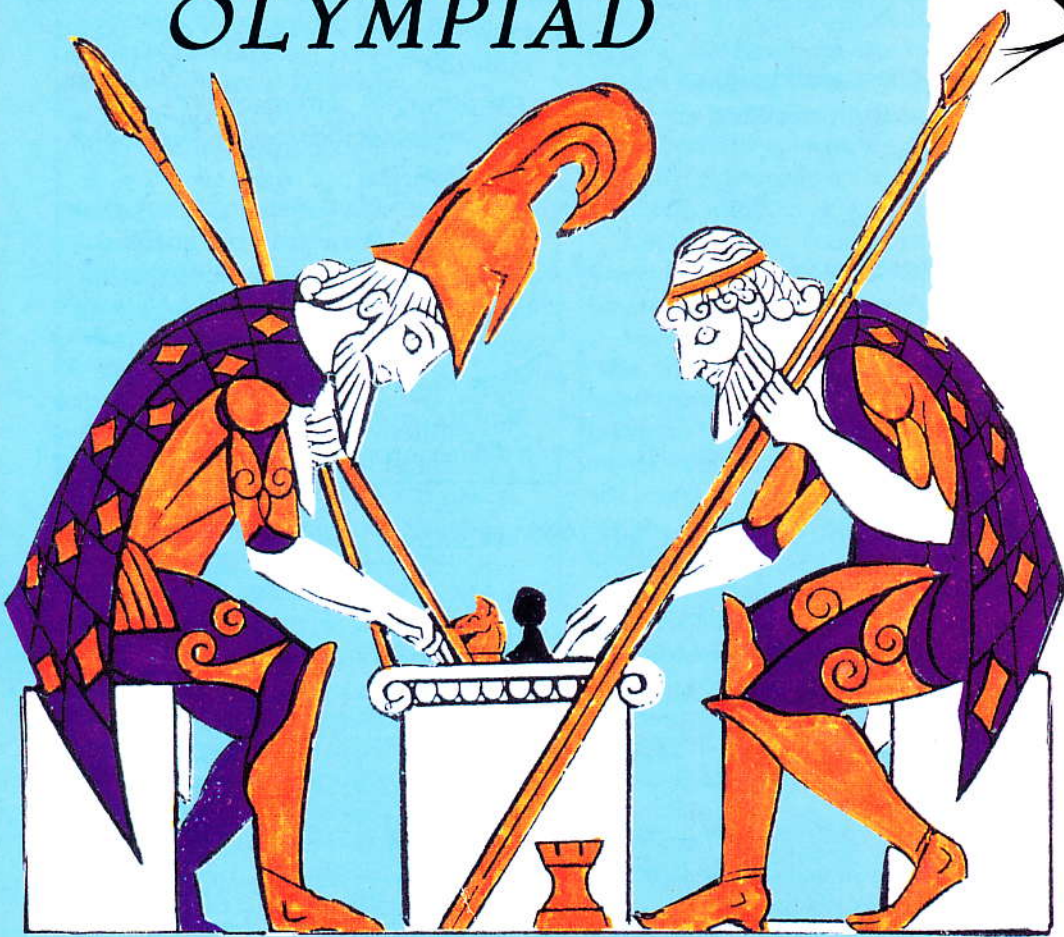
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THE INTERNATIONAL

BRAIN CLUB JOURNAL

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## THE MIND SPORTS OLYMPIAD



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### MIND SPORTS SPECIAL

MIND SPORTS OLYMPIAD

ELEMENTARY MEMORY

BRAIN OF THE YEAR

BUSINESS BRAIN

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# SYNAPSIA EDITORIAL

## All Change

As you will see from the front cover, things are changing ... We have decided to go back to using the name *Synapsia*, the magazine's original name. In our editorial meetings, we have always referred to the magazine as *Synapsia*, and since we have also changed the name of the Clubs from Use Your Head to Brain Clubs Worldwide, it seemed that now was the right time to change. Hope you all agree.

As you will see from the contents, we are devoting a large section of the magazine to the Mind Sports Olympiad, which will be taking place in London, at the Royal Festival Hall, from 18-24 August 1997. This is being brilliantly organised by Tony, our Chief Editor, and Raymond Keene, both of whom you have come to know well through the pages of *Synapsia*. In order to entice you, excite you and to stimulate the millions of neurons in your head, we have introduced a chess column, a bridge column and a crossword (solution in the next issue) in this issue - just a few Mind Sports that contestants will be able to take part in during the Olympiad. Please let us know what you think - your ideas are extremely valuable, and you can reach me very easily, either by phone, fax or on the internet. I would appreciate your comments as to whether you find it too easy, just about right, or too difficult.

I would also be interested in receiving copies of any particularly inspiring Mind Maps that we could print in the magazine for the benefit of all. They could be about anything at all: study, business, home, planning, etc., etc. And we would also like to hear your stories about Mind Maps - perhaps the technique has helped you, your business, your study, even changed your life in a very significant way. Let us know.

*Synapsia* started in 1989 and has been a great inspiration to all its readers. In the beginning, it was described, and I quote 'It is designed as a forum for new ideas about you and your most valuable asset: **your brain**. *Synapsia* has a vision: our whole planet 'brain aware' by the end of this century. That means we have a lot of work to do. The 'we' includes you.

Nothing has changed and the end of the century is in sight ...

I would like to thank all the team, especially Byron Jacobs who is still responsible for the technical side and some of the regular articles (Intelligence about Intelligence, Animal Intelligence and Synaptic Flashes) in this particular edition, as well as all the contributors - we were determined to get it published before the end of December.

In our next edition, we are planning to focus on *age*! As a forerunner to this, we have, in this issue, a brief article, introducing you to Bernice Weston and AGEPOWER. If you have any stories about the older members of your families or friends, who have achieved great things in their later years, please let us know. One of my favourite quotations is from Goethe:

'Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too.

'All sorts of things occur to help one, that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way.

'Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.'

Editing this magazine is a totally new venture for me but now I am very happily committed and look forward to all sorts of wonderful things happening, meetings, new ideas, etc. Please remember that *Synapsia* is your magazine!

**The editor welcomes contributions to Use Your Head. Please contact:**  
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The term and concept Mind Map referred to in this publication is a trademark.

Pécub, the world's fastest brain cartoonist, is happy to provide cartoons based on your ideas and requests. All cartoons are by Pécub.

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# SYNAPTIC FLASHES

## Latest Brain News

### University Challenged

Regular viewers of BBC 2's *Newsnight* programme will be more than familiar with the imposing figure of stony-faced interviewer Jeremy Paxman, who has been known to reduce grown politicians to the verge of tears. However, in a recent edition of the quiz programme *University Challenge*, for which he is quiz-master, this seasoned professional was seen to show something close to pity at the plight of the Birkbeck University team, who suffered a humiliating defeat at the hands of Manchester University. At one stage the Birkbeck score was minus 10, although they did recover to reach the dizzy heights of 40 by the end of the contest, perhaps spurred on by Paxman's exhortation 'Come on Birkbeck. There is still plenty of time for a spectacular comeback.' Perhaps he thought the contest was scheduled to last into the next millennium?

But could you have done any better? Here are three teasers that failed to receive the required response from the Birkbeck bench:

1. Your starter for ten: What is the adjective that links the Monday in September?

2. Which explorer was the first to sail through the Canadian North-West passage, the first to fly across the Arctic, and the first to reach the South Pole as part of the successful Norwegian team in 1911.

3. Which iron-sulphide mineral, closely resembling iron pyrites but with a different crystalline form, is used in the manufacture of costume jewellery?

(Answers below.)

### Nobel Prize

Professor Sir Harry Kroto recently became the first British scientist to be awarded a Nobel prize in the 1990s. Together with Richard Smalley and Robert Curl of Rice University he discovered a new type of carbon in 1985: football-shaped molecules commonly known as buckyballs, part of the group of fullerene chemicals. This discovery was all the more remarkable because carbon had already been so exhaustively studied, in its

well-known guises diamond and graphite. The three professors share the £730,000 prize, and their discovery has important implications for motor oils and other lubricants, as buckyballs can be used like free-wheeling ball bearings.

### 20,000 and Counting

In our Autumn 1996 issue we reported on the world's largest ever chess tournament, the Rotary UK/Intel Chess Challenge, which introduced more than 20,000 children to chess. Well, the organiser Michael Basman, not content to rest on his laurels, is planning an even bigger event for 1997. Having obtained support from Kasparov Chess Computers (Saitek) and Save the Children, he hopes to double the numbers this year. Watch this space!

### University Challenged Answers

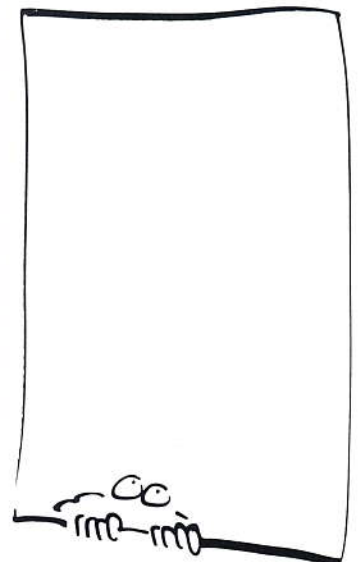
1. Black
2. Roald Amundsen
3. Marcasite

And just in case you feel we've been a bit harsh on Birkbeck, perhaps we should admit that one of the production team used to go there!

### THE BRAIN CLUB CHARTER

The Brain Club was incorporated on 15 May 1989. Its official charter states the Club's formal purposes:

- A. To promote research into the study of thought processes, and into the investigation of the mechanics of thinking as manifested in learning, understanding, communication, problem-solving, creativity and decision-making.
- B. To disseminate the results of such research and study.
- C. To promote generally education and training in cognitive processes and techniques.
- D. To develop and exploit new techniques in cognitive processes.





# MIND SPORTS OLYMPIAD

**In 1991, Tony Buzan and Raymond Keene launched a new competitive Mind Sport in the form of the Memoriad. Building on the success of the Memoriad, this dynamic duo are now planning The Mind Sports Olympiad, the first 'Olympic Games for the Mind', to be held in London at the Royal Festival Hall, 18-24 August 1997. Synapsia exclusively previews this exciting development.**

## Executive summary

For millennia the growth of Mind Sports has awaited the development of information technology to enable it to make its destined leap to global prominence as a human activity and focus. Three billion people are already active in the Mind Sports to be played at the **Mind Sports Olympiad**.

*Raymond Keene introduces a previous Mind Sports spectacular - the Kasparov-Short chess clash in 1993.*



Over 35 major Mind Sports will be played, including board games, card games, computer games, mental skills, and social games. Chess, go, bridge, creativity and IQ will feature, especially in the new Decamentathlon - the 'Decathlon of the Mind'.

The Executive Council and the Panel of Experts and Advisers for the **Mind Sports Olympiad** include writers, world champions and major organisers from all major mind sports.

The **Mind Sports Olympiad** will feature the introduction of new global rating systems for Mind Sports, the awarding of major prizes and titles, the publication of new magazines and books associated with the Olympiad, major use of the internet for publicity, information, and competitions, and the opportunity for sponsorship and involvement with new and on-going global media and educational enterprises.

## Introduction

Since the days of ancient Greece the Olympic ideal has embodied the supreme aspirations of the human race in terms of fellowship, competition and achievement. After a gap of nearly 2000 years Baron de Coubertin reinvented the Olympic games for physical sports in 1896. They have grown into the planet's premier media event and one of the world's biggest businesses, supported by a multitude of eager sponsors and watched via television and satellite by billions.

The **Mind Sports Olympiad** is the logical extension of the Olympic movement. It is an Olympic competition in



which all the contests will be thinking games. The major difference between the **Mind Sports Olympiad** and the Olympic Games for physical sports is that anyone and everyone can participate in the Mind Sports Olympiad. The opportunities are, therefore, immense.

The concept of an overall Olympiad for thinking activities is completely new. There have, however, been Olympiads devoted to certain specific activities. Since 1927 there have been Chess Olympiads, which are held every two years. Bridge Olympiads are held every four years. There are Mathematics Olympiads every year. And in 1989 the first Computer Olympiad took place in London - an event in which all competitors were computer programs! What is unique about the **Mind Sports Olympiad** is that it will combine more than thirty-five thinking activities in one spectacular event. The first Olympiad for the Mind.

The idea of a **Mind Sports Olympiad** is at the same time simple, complex, dramatic, creative and timely. Most media coverage of sporting events centres around physical activities, despite the fact that the overwhelming majority of *participants* in leisure 'games' are primarily interested in 'Mind Sports'. Because they require vastly less space, equipment and expense, Mind Sports are considerably more accessible to most people. Mind Sports events cost, in terms of organisation, location and infrastructure, significantly less to stage than physical sports. Because physical strength is of little importance in Mind Sports, these games discriminate very little on the grounds of sex, age or physical disability.

The founders are Tony Buzan and Grandmaster Raymond Keene, OBE. They and the extended staff of Mind Sports Olympiad Limited will be responsible for the general management of the tournaments and the Olympiad.

Participants are coming from all over the world to compete in this event. The countries with the biggest contingents are: African countries, Australia, China, France, Germany, Greece, the Gulf countries, Iceland, India, Japan, The Netherlands, Singapore, the former Soviet Union, Spain, Switzerland, UK and USA.

### Competitions

The word 'Olympiad' dates back to ancient Greece, and its usage for chess events, for example, was introduced in the 1920s. The term 'Olympiad' can be



used without infringing any copyright of the International Olympic Committee.

There will be many competitions within the Olympiad, featuring more than 35 different Mind Sports. Our philosophy is to have competitions within competitions. Within each sport, players of all grades will participate in one big tournament, and there will be five different titles at stake with five sets of medals and prizes:

#### Olympiad Absolute Championship

This title and the corresponding medals and prizes will be awarded to the highest placed players in the whole tournament in their respective games.

#### Decamentathlon

Perhaps the most sought-after title within the Mind Sports Olympiad will be that of the 'Supreme Decamentathlete', the winner of the Gold Medal in the Decamentathlon. We have chosen 10 Mind Sports for this 'Decathlon of the Mind', chosen to encompass different mental athleticisms. To make the Decamentathlon both broad and deep, well established and complex Mind Sports were chosen from the categories board games, card games and mental/abstract skills: bridge, chess, creative thinking, crossword puzzles, draughts, go, IQ, memory skills, shogi and spelling.

This contest will be the climax of the entire Mind Sports Olympiad. There will be a special award for this title.

*Brian Clivaz, manager of Simpson's-in-the-Strand and a fervent supporter of Mind Sports events, is congratulated by Ray Keene.*



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**We estimate, very conservatively, an average of less than 100 competitors for each Mind Sport, spread over all the different categories.**

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### **Olympiad Ladies' Championship**

This title and the corresponding medals and prizes will be awarded to the highest placed women players in the whole tournament.

### **Olympiad Men's Championship**

This title and the corresponding medals and prizes will be awarded to the highest placed men players in the whole tournament.

### **Olympiad Junior Championships**

The title of Olympiad Junior Boys' Champion and the corresponding medals and prizes will be awarded to the highest placed boys who are under 18 on July 31st of the year in which the competition is held.

The title of Olympiad Girls' Champion and the corresponding medals and prizes will be awarded to the highest placed girls who are under 18 on July 31st of the year in which the competition is held.

### **Olympiad Veterans' Championship**

This title and the corresponding medals and prizes will be awarded to the highest placed players who are over the age of 60 on July 31st of the year in which the competition is held.

### **Olympiad Family Championships**

These titles and the corresponding medals will be awarded to the families (three or more people) whose aggregate placings in their various tournaments are the best.

There will be Family Championships within each of the games, as well as a Supreme Family Championship for those families whose members compete in different games.

### **Olympiad Business/Organisation Championships**

These titles and the corresponding medals will be awarded to the business/organisation groups (teams of 10) whose aggregate placings in their various tournaments are the best. Businesses included will be such as IBM and Mensa, and organisations such as Mensa and the Brain Clubs Worldwide.

### **National Champions**

These titles and the corresponding medals will be awarded to those individuals who attain the highest score of all those competing from their country/nation.

The rules for each competition will be arranged to make the events as exciting as

possible for media. Most of the tournaments will be organised according to the Swiss system. This is a pairing method in which no-one is eliminated. Every player competes from the first round to the last, no matter how badly he or she is doing.

The basis of the Swiss system is that players normally meet opponents who have the same scores as themselves. This means that the players who are doing well in the tournament meet others who are doing well, and vice versa. The other important rule of the Swiss system is that you cannot play the same opponent more than once.

The Swiss system is very popular in chess tournaments and works well for other games. The number of rounds needed to provide an accurate result is very much smaller than the number of players. For example, a 13-round tournament will usually provide accurate results for the top place provided that there are not more than 8,192 competitors.

### **How many participants?**

We estimate, very conservatively, an average of less than 100 competitors for each Mind Sport, spread over all the different categories. In chess, bridge and many other activities the number will be much higher. However, if we adhere to less than 100 average participants per game, this still leads to a total of, minimally, 2500 competitors. These forecasts will probably increase dramatically near to the start of the Olympiad, as increasing publicity surrounding the event appears globally.

Some games and activities will attract many more participants than others. The following estimated participation figures are based on 'live' competitors physically competing at the Royal Festival Hall, and serve as a minimalist guide:

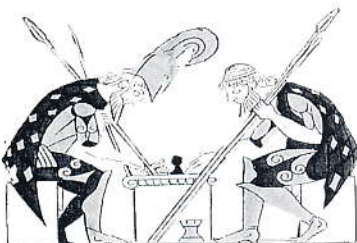
### **Minimum estimated participation level for all games**

Chess, Nintendo/Sega games: 250-300

Bridge, Computer Programming: 150-250

Crossword Puzzles, Scrabble, Backgammon, 8 x 8 Draughts, Monopoly, Trivial Pursuit, Puzzle Solving: 100-200

Cluedo, Cribbage, 10 x 10 Draughts, Gin Rummy, Go, Spelling, Chinese Chess, Creative Thinking, Decamentathlon, Diplomacy, Dominoes, Euchre, Fantasy &





War Games, Go-Moku, IQ Contest, Mah Jong, Memory Skills, Mental Calculations, Poker, Problem Solving, Renju, Reversi (Othello), Shogi, Skat, Vocabulary, Dama, Wari: up to 100

**Minimum Estimated Total: 2,500**

**Personal ratings and titles**

Applicants and competitors can initially work out what their own personal title and rating should be for most of the Mental Activities simply by consulting the chart. Other Mental Activities (e.g. chess) require more elaborate testing. Ratings in these activities can be obtained only from playing in competitions monitored by the appropriate organisations such as the governing National or International Federation or Association.

All subscribers who would like an MSO certificate of their achievements (includes rating and title) may obtain one by accessing with all the appropriate documentation included:

The Mind Sports Olympiad  
 The Harleyford Manor Estate  
 Marlow  
 Bucks SL7 2DX  
 Tel: + 44-(0)1628-482765  
 Fax: + 44-(0)1628-486545  
 E-mail: 1000675.1404@compuserve.com

The charge for confirming MSO ranking and status and providing the appropriate certificate is £15.00 (cheques or postal orders to Mind Sports Olympiad at the above address).

N.B. For a Mind Sport such as chess, go and shogi, where the respective Federations already publish ranking and title lists, applicants should submit verification of their existing rating *in order to obtain your parallel MSO rating and title.*

No MSO title or rating will be issued until we have received the £15.00 registration fee. If applying by post, remember to enclose a self-addressed envelope for Certificate despatch.

Applicants around the world may gain their ratings and titles by writing, faxing or e-mailing the Mind Sports Olympiad address above.

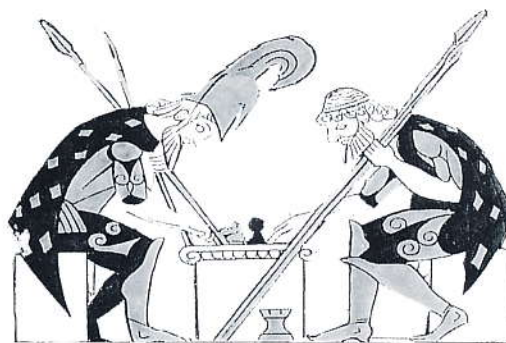
Levels will be graded much as levels are graded in the martial arts and music, there being ten levels toward master, and ten levels after initial mastership. Certificates will be awarded signifying the level attained.

The levels will each have a numerical

basis, and as an alternative shorthand, a colour code. The colour code is based on the Martial Art Belt system. If you are unsure of your level in any activity, simply send us your CV of achievement (club champion, city champion, social player, etc.) and we will assess your strength according to known statistical evidence, and issue a rating and title certificate immediately.

Here is a sample of the MSO Certificate which you too can receive on appropriate application. It has been filled in for Dominic O'Brien, the Supreme Memory Champion.

MIND SPORTS OLYMPIAD



This certificate is awarded to:

*DOMINIC O'BRIEN*

for mental excellence in the field of

*MEMORY*

COLOUR AWARD FOR *10th LEVEL BLACKBELT*

MSO TITLE *GRANDMASTER*

MSO RATING *2814*

Authorised by:

International Arbiters of Mental World Records:

TONY BUZAN .....

RAYMOND KEENE, O.B.E. ....

### Award of ratings and titles

Competitive games players love to compare themselves against their fellow competitors. However, only in a very few games, for example bridge, memory, chess, go and shogi, has the urge for comparison been formalised into a regularly published system of official ratings and titles.

The Olympiad will encourage and capitalise on this twin drive by awarding and publishing official titles based on performance in the Olympiad and related events, such as the World Memory Championships. For Mind Sports such as spelling, puzzle solving, etc., where no ratings or titles have existed, we have created them. For other Mind Sports, such as draughts, where ratings and titles have been inadequately catalogued, we have assisted in the regularisation of this process by sanctioning such titles as already exist informally and ensuring their official publication. Our conclusions are being published and updated regularly, and are included in our next best-seller, *Buzan's Book of Mental World Records*.

As the experience with chess and memory titles and ratings has proved beyond a doubt, the awards and prizes will prove an immense draw and will swell the numbers of our participants. Our titles and ratings are based on a new and

mathematically more sophisticated system than the excellent original and existing chess rating system which was devised and developed by Professor Arpad Elo of the University of Wisconsin. A player's rating is calculated on the basis of a percentage score in a tournament or match and the average rating of opponents in that event. A player who subsequently performs better than expected has his or her rating increased and conversely anyone who performs worse than expected loses rating points. Titles are awarded to players who take the top places in important events and to those who achieve predetermined 'norms' in tournaments.

### You can be a grandmaster and gain an official rating!

Everyone who takes part in a competitive activity wants to know where they stand in the hierarchy of strength. All competitors and followers of sport are fascinated by rankings and titles. The Mind Sports Olympiad will grade and rank everyone in every discipline who participates directly in the event, as well as those who apply via the internet.

One of the main goals of everyone who accesses the Mind Sports Olympiad on the internet can be to attain graded levels, with the ultimate goal of becoming a **Grandmaster**. Any person becoming a

## Which Mind Sports will be included in the Olympiad?

Board Games	Card Games	Computer Skills	Mental Skills	Social Games
Backgammon	Bridge	Computer	Creative Thinking	Cluedo
Chess	Cribbage	Programming	Tests	Diplomacy
Chinese Chess	Euchre	Nintendo and	Crossword	Dominoes
Dama	Gin Rummy	Sega Games	Puzzles	Fantasy and War
Draughts 8 x 8	Kalookie		IQ Competition	Games
Draughts 10 x 10	Poker		Memory Skills	Mah Jong
Go	Skat		Mental	(Chinese Rules)
Go-Moku			Calculations	Mah Jong
Renju			Problem Solving	(Japanese Rules)
Reversi (Othello)			Puzzle Solving	Monopoly
Scrabble			Spelling	Trivial Pursuit/
Shogi			Vocabulary	General
				Knowledge
				Wari



## MIND SPORTS OLYMPIAD - Ratings and Titles

The following scale indicates how various ratings on the Elo scale for chess correspond to players of differing strengths and titles:

RATING	PLAYING LEVEL OR TITLE	RATING	PLAYING LEVEL OR TITLE
2815	Garry Kasparov, World Champion - record rating	2200	US Master
2750	World Championship Challenger level	2000	Threshold for published FIDE ratings
2650	Potential World Championship candidate	1800	Strong club player
2500	Grandmaster	1600	Medium club player
2400	International Master	1400	Experienced social player
2300	FIDE Master	1200	Social player
		1000	Family player

### THE GRADING SYSTEM

This framework applies to all the skills in Mind Sports.

COLOUR AWARD	RATING	MSO TITLE
White	600-1200	Beginner
Green	1201-1424	Amateur
Green plus red band	1425-1472	Experienced Amateur
Red	1473-1528	Club Standard
Orange	1529-1592	High County Standard
Brown	1593-1664	Expert/1st Dan/Shodan
Yellow	1665-1736	International Expert
Blue	1737-1840	Master/Sensei
Indigo	1841-1944	International Master
Violet	1945-1999	Grandmaster
Blackbelt 1	2000-2160	World Championship Contenders
Blackbelt 2	2161-2224	
Blackbelt 3	2225-2288	
Blackbelt 4	2289-2352	
Blackbelt 5	2353-2424	
Blackbelt 6	2425-2500	
Blackbelt 7	2500-2576	
Blackbelt 8	2577-2656	
Blackbelt 9	2657-2744	
Blackbelt 10	2752 plus	



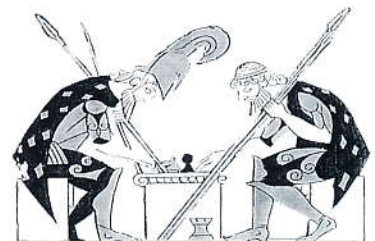
All other activities and games in the **Mind Sports Olympiad** will be pro-rated to this scale.

As can be seen from the table, the title of **Grandmaster** will be awarded for achievement equivalent to Blackbelt 7 level, or 2500 points.

It is interesting to note that at present, the highest ratings ever achieved in chess, memory and draughts are very close to one another, and are consistent with our rating system. They are:

<b>CHESS</b>	Garry Kasparov	2815
<b>MEMORY</b>	Dominic O'Brien	2814
<b>DRAUGHTS</b>	Dr Marion Tinsley	2812

In memory the rating categories are similar, the reigning World Champion and multiple world record holder, Dominic O'Brien, possessing a ranking of 2814. At the 1997 World Memory Championships he will be attempting to break Garry Kasparov's all-time Mind Sports pinnacle of 2815. At the end of each Olympiad all contestants will be given a published rating and the most successful will be awarded the titles of Master, International Master, Grandmaster and Olympiad Champion.



## Mind Sports (Board and Card Games) in the UK

A nationally representative sample of **1,407 adults** were asked by the British Market Research Bureau in 1988 to state in which of the listed activities they had participated for at least 1 hour during the week preceding the survey. The result showed that playing board and card games were:

**14%** more popular than swimming

**14%** more popular than playing snooker, billiards or pool

**60%** more popular than playing musical instruments or singing

**100%** more popular than attending evening classes

**300%** more popular than hobbies involving collecting

**700%** more popular than fishing

### How to enter

Send your entry, which, apart from your contact address, should include:

1. £25.00 entry fee payable to Mind Sports Olympiad.
2. SAE for us to send you information and starting time.
3. Name of single Mind Sport you wish to enter.
4. Please add an *additional* £25.00 if you wish to enter one Mind Sport, *plus* the decamentathlon.
5. If you only wish to enter the decamentathlon, please send £25.00 only (as per 1. above)
6. Your advance application for MSO rating and title (add additional £15.00).

To:

The Mind Sports Olympiad,  
The Harleyford Manor Estate,  
Marlow,  
Bucks SL7 2DX

Tel: +44-(0)1628-482765  
Fax: +44-(0)1628-486545  
E-mail: 100675.1404  
@compuserve.com

Grandmaster in ten different areas will gain the supreme accolade of **Grandmaster Decamentathlete (GD)**.

### Universal certification

This represents the first step in a major new initiative. At present, many Mind Sports and Mental Activities do not have any rating system which those participating can use to measure their achievements. Those that do, such as chess and bridge, have rating systems that are entirely independent and usually not comparable or compatible. The time has come to unify the measurement of Mental Achievement.

Each Mind Sport and Mental Activity in the **Mind Sports Olympiad** has been graded. The grades have been set, so that a good draughts player has the same rating in draughts as a good bridge player has in bridge, and so on. Further, for the first time, it will be possible to have a rating in such Mental Activities as Mind Mapping and creative thinking. We hope that setting goals in these activities will provide an extra motivation to work at them. *One of the major aims is to encourage and stimulate Mental Activity of all kinds.*

Grading in the Mind Sports Olympiad skills is initially based on trust. Once an internet accesser has reached a given skill level in any category, such as memory, a 'True Witness', who can be a family member, or a respected or professional member of the community, must observe the skill being performed to the required level, and must give witness. Alternatively, if an applicant already possesses a recog-

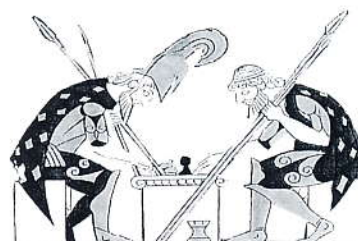
nised qualification, such as one in chess or bridge, we will automatically issue you with a Mind Sports Olympiad equivalent rating and title. For skill levels involving endurance or persistence over time, only a true witness verification of general continuous assessment will be required.

All MSO participants or internet subscribers will receive an official certificate of the level achieved. Should false evidence be submitted, all grades previously achieved will be revoked.

Should any subscriber wish to try to qualify directly for any advanced skill level at any time, without having progressed through previous levels, they will be permitted to do so.

### Annual events

Annual events are being held for official recognitions of MSO status, at which members may be publicly tested, graded, and certificated. Such events include the Brain of the Year Award, the Memoriad, the Mind Sports Olympiad itself and other Mind Sports Championships.





# BRAIN CLUB NEWS

## Global Brain News

### AGEPOWER

Back in the Spring of this year Vanda North was quietly power-browsing the *Daily Telegraph* and happened on an article about the inaugural weekend of AGEPOWER at the University of Sunderland. This was a huge coincidence given the fact that Tony Buzan and Raymond Keene's book *The Age Heresy* was about to be published in August. So what is AGEPOWER all about ...?

Bernice Weston is probably best known to millions all over the Western Hemisphere for founding the tremendously successful organisation 'Weight Watchers UK' in 1967. She is now the founder and driving force behind AGEPOWER and, following its inauguration in July, the concept is really catching on. A few statistics should put into perspective the reason underlying the idea, and I quote Bernice herself. 'The over 50's control 80% of the disposable income in this country. By the next century they will make up 42% of the population, but despite this spectacular power, they are being sidelined; many organisations and companies doing little to promote the **positive** aspects of growing old.'

AGEPOWER is a dynamic organisation for people over 50 who want the second half of their lives to be even more exciting and rewarding than the first. Through weekly classes, courses, all-day conferences and regular meetings, AGEPOWER is set to help you decide what you want to do with the rest of your life.

Six weeks of AGEPOWER classes began in October, in the following centres, North and Central London, Newcastle-upon-Tyne and Milton Keynes. Presentations at the moment include: Money Management; Memory and its Unused Potential (a number of Radiant Thinking Instructors have already been involved here); Exercise (taught by the 'Green Goddess', Diana Moran); and Computers and Technology.

AGEPOWER's goals are:

1. To increase awareness of the choices facing us in the middle and later years.

2. To help us take more responsibility for our own development.

3. To increase our recognition of the way today's choices will not only impact on the quality of our lives and our future, but also impact on the lives of future generations - yours and older.

4. To help us open ourselves up to the joy that comes as we honour our deeper longings and dreams.

5. To provide information, insight and services to the community and to one another as we work with educators, psychologists, physicians, scientists and all types of professionals.

6. To enable the individual to maintain a belief system, a set of reasons and attitudes regarding life and its purpose, or a cherished set of spiritual values.

Annual membership is £20.00 and each meeting £6.00. If you are interested in setting up an AGEPOWER group in your area or joining an existing one, please contact:

AGEPOWER Ltd, MacMillan House, 96 Kensington High Street, London W8 4SG.  
Tel: 0171 937 7733 Fax: 0171 938 5456.

### Mind Sports Book of the Year

The Mind Sports Book of the Year was inaugurated by the Brain Trust last year, to recognise the most outstanding contribution to mental sports each year. This year's winner, to be formally announced at the Brain Trust Charity dinner on Thursday 16 January, is games expert David Pritchard's *The Family Book of Games*, which includes everything from backgammon to whist, and from chess to snakes and ladders. *The Family Book of Games* (see jacket on page 15) is published by Brockhampton Press (ISBN 1 86019 021 9). Here is a sneak preview taken from the book jacket:

Games are a constant source of enjoyment and fascination to people throughout the world. Some have survived in



popularity for hundreds, even thousands, of years; others come in and out of fashion, or disappear as new ones are invented. This book includes every type of game except those that require physical exertion and ranges from simple children's games to complex adult games. It covers board and strategy, pencil and paper and word games, tile and dice games, card games, gambling games and popular commercial games.

The equipment and rules for each game are clearly described, but the book is not merely about how to play games but about how to play them well. Using his extensive knowledge of the subject, the author points out the distinctive features of a game, its strengths and weaknesses, and provides advice on the best strategies to employ. Many examples of play are given to explain how the rules operate and which tactics apply in the circumstances. Colour illustrations accompany the text throughout, showing clearly and attractively what equipment is used, how to set it out and the techniques of play at various stages of the game.

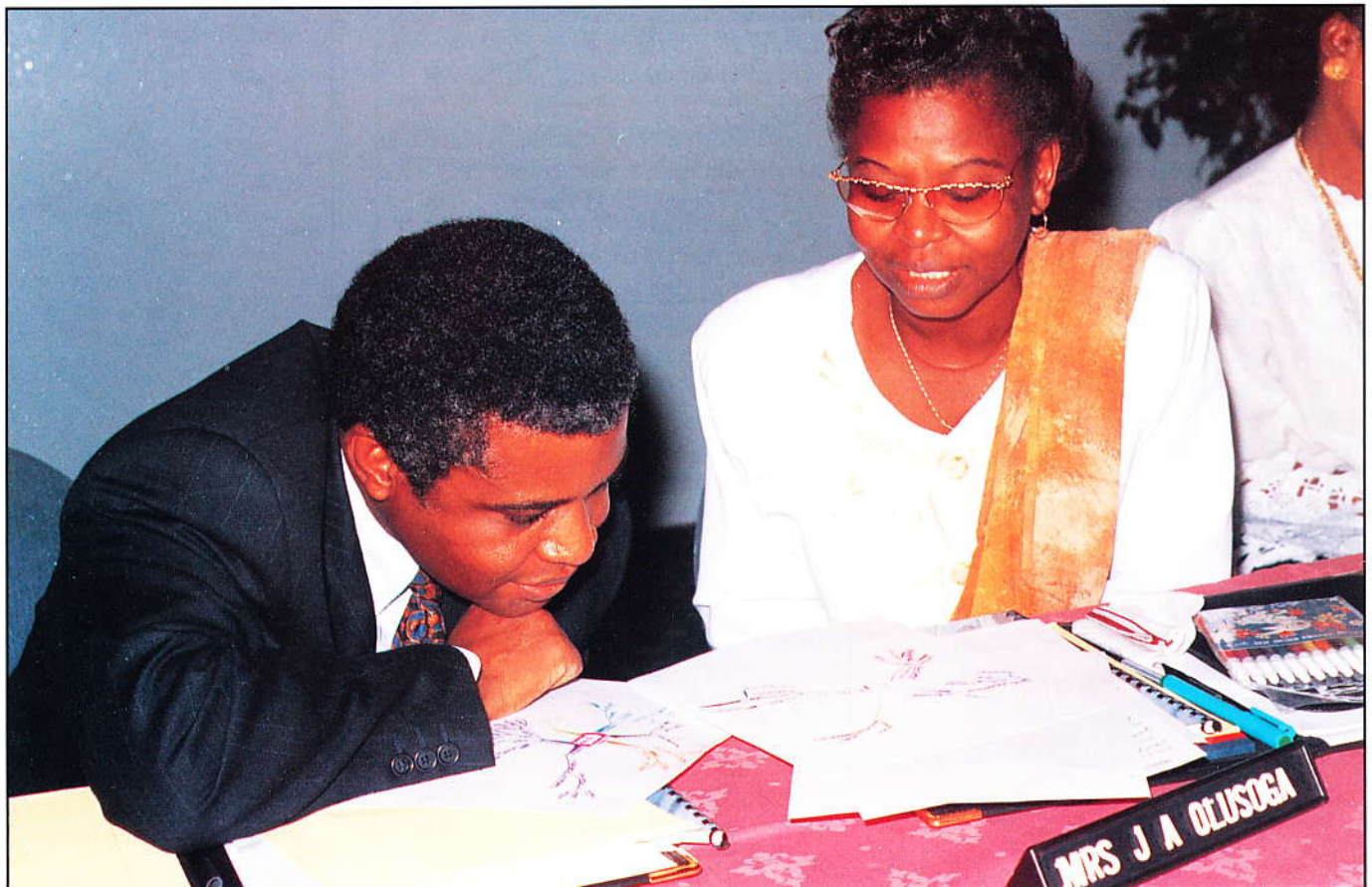
Many of the games here will be familiar - draughts, chess, bridge, dominoes, Monopoly, etc. - others may be little known in the West but popular in their countries or areas of origin; some are unusual and

included for their originality and merit. The aim has been to provide a practical thought-provoking guide to a wide range of games to suit people of all ages and tastes on a variety of occasions.

### Mapping in Nigeria

A first from Helen Whitten, a Buzan Centre Associate - Mind Mapping has now been introduced to Nigeria! Back in the Summer, Helen was approached by two very influential Nigerian ladies, Dr Olufemi Ogunsanya of Oxbridge Finishing School (Lagos) and Mrs Olumfumulayo Green of OPASS Ltd (based in Ikeja), after seeing an article in *Professional Manager*, the Institute of Management's Journal. Dr Ogunsanya and Mrs Green arranged and marketed the courses with organisations in Lagos and did extremely well to get 16 people on the first course and 9 on the second. The courses dealt with Mind Maps, positive thinking and client relationships. In Helen's own words: 'The Nigerians proved to be delightful people to do business with and are warm, articulate, intelligent, deep-thinking and fun. They really threw themselves into the Mind Map process and participated enthusiastically in all the exercises. One of them later described it as "a science of thinking".'

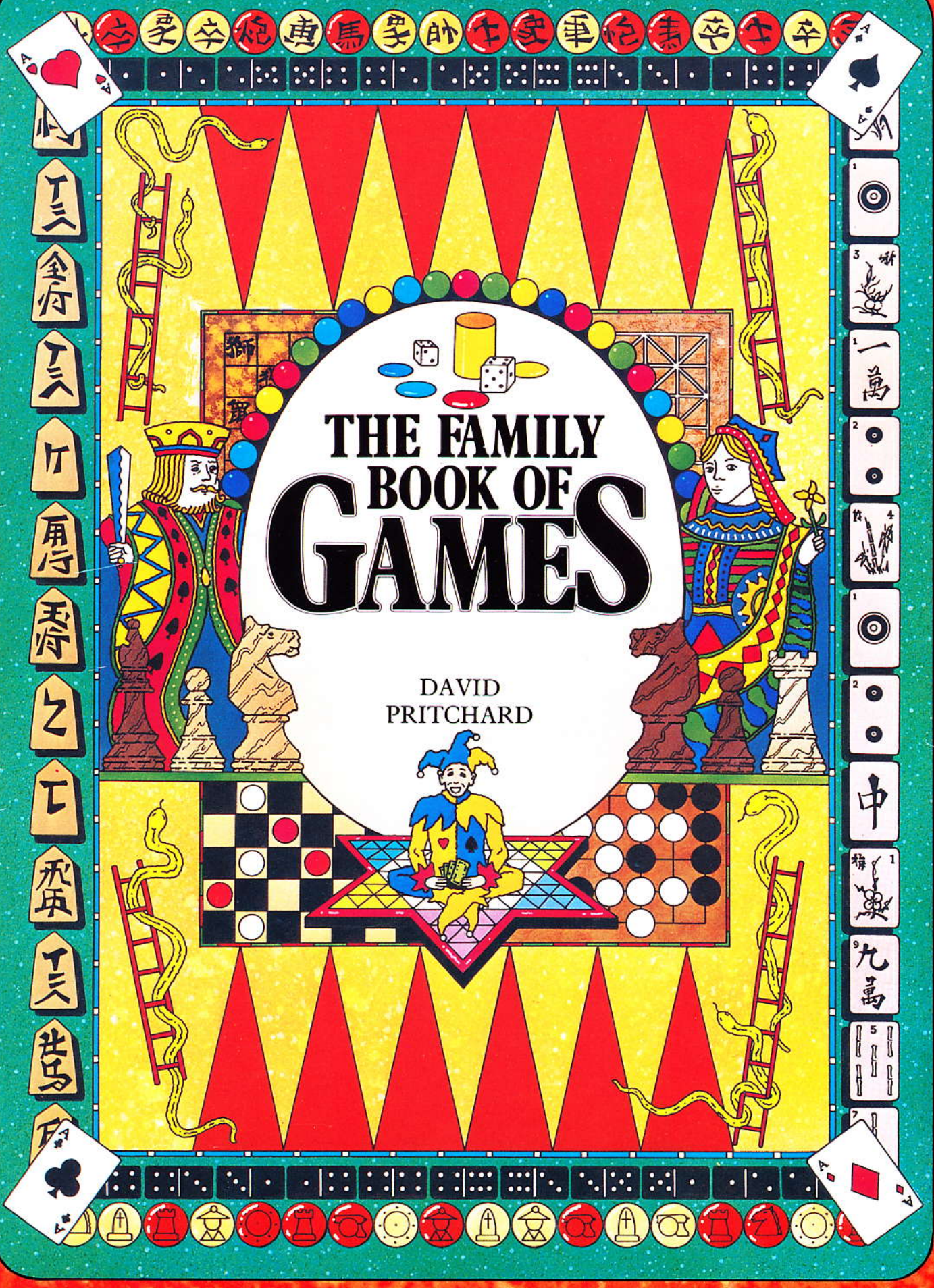
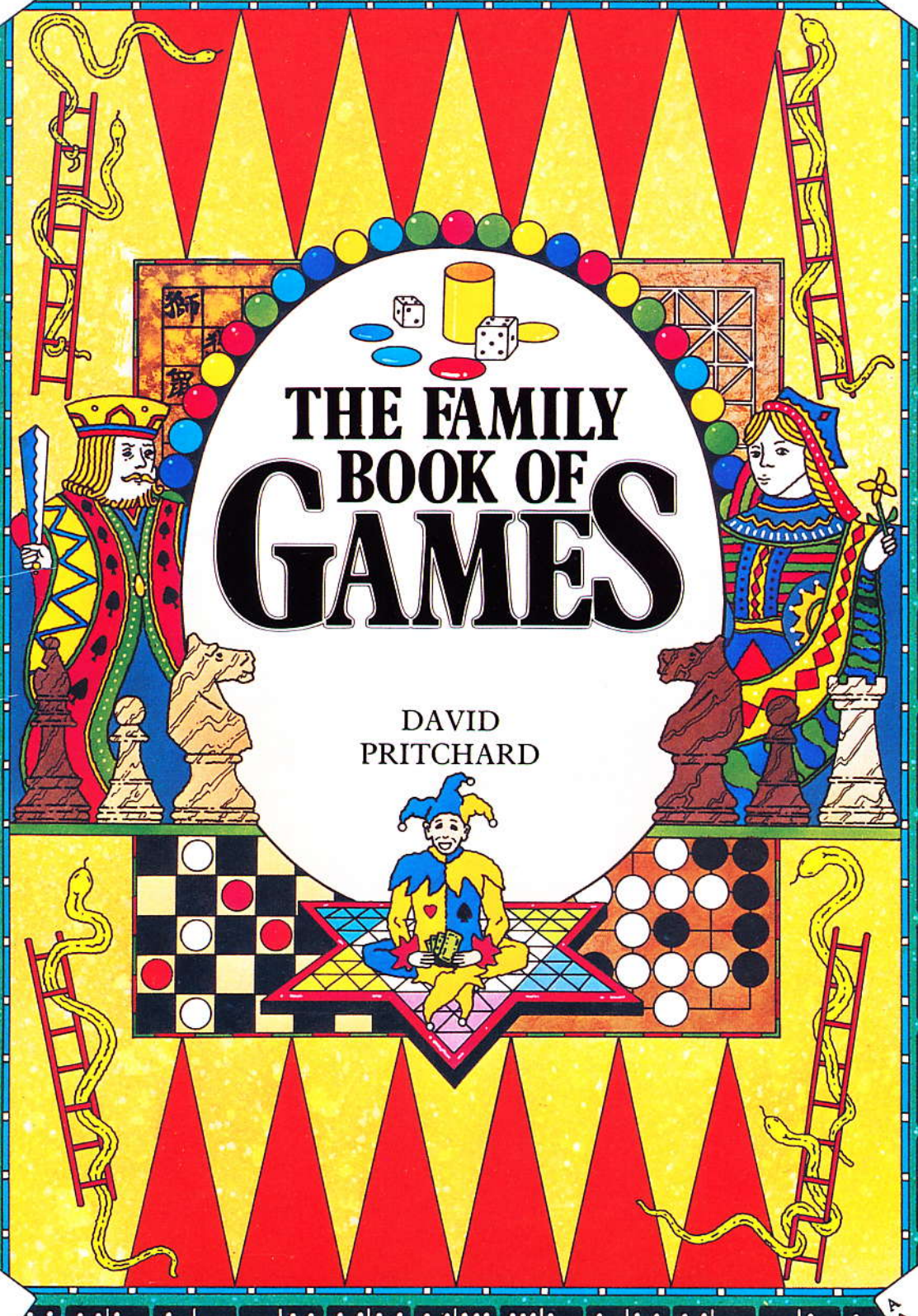
*The global growth of Mind Mapping continues in Nigeris*





# THE FAMILY BOOK OF GAMES

DAVID PRITCHARD





# ELEMENTARY MEMORY

**Philip Chambers, Scorer and Chief Statistician at Memoriad '96, examines various memory techniques, using the 'elementary' example of the Periodic Table.**

One of the recurrent themes of the recent International Brain Club Conference was the notion that, although there are certain correct principles of memory, there are several different methods that you can use to memorise things. Memory is an individual and personal quality and if a particular memory system works for you, then you should use it. If a system doesn't work, you should either modify it or reject it.

A good example of how the same information can be memorised in a number of different ways is the Periodic Table of chemical elements. The Periodic Table was independently developed by the Russian Dmitry Ivanovich Mendeleev and the German Lothar Meyer between 1868 and 1870. It is essentially a list of all the chemical elements arranged according to their properties - similar elements are placed near to one another. Important trends can be seen as you move down a column (called a group) or across a row (called a period). In fact these trends allowed Mendeleev to predict, with remarkable accuracy, the existence and properties of elements that at the time were still undiscovered.

So why memorise the Periodic Table? There are several good reasons. First, students of chemistry find it a great aid in exams. Second, it is a good basis to build your knowledge of chemistry - relating other information to the elements. Also, as many of those who have studied memory have found, the synergetic nature of the brain means that by improving your memory you improve your other mental skills as well. Besides that it is a very impressive feat to show off to your friends!

I have listed below, four different people's approaches to memorising the Periodic Table. Each one is subtly different. They are each suited to particular situa-

tions and have their own strengths and weaknesses ...

## **The Eleven Location System (Dominic O'Brien)**

Dominic O'Brien was asked to learn the periodic table in May 1994 on the way to Liverpool, where he was due to appear on the 'Richard and Judy' show to talk about memory for students. In the time that it took him to fly from Heathrow to the studios he memorised not only all 110 elements but also their groups and weights to four decimal places. Pretty impressive I'm sure you'd agree, but he is World Memory Champion after all!

So, how did he do it? He divided the periodic table into eleven groups as follows:

- 0) Noble gases
- 1) Alkali metals
- 2a) Alkaline-earth metals
- 2b) Zinc
- 3) Boron
- 4) Carbon
- 5) Nitrogen
- 6) Oxygen
- 7) Halogens
- Rare-earth metals
- Transition elements
- Actinides

He then assigned each of the groups of elements to a particular room. Each room was colour coded to give an extra link between the elements in each group. To remember the atomic numbers of each element he used the *Dominic System* of associating every number with a person (if you don't know how this works I suggest you read Dominic's book, details of which appear below). The people were then linked with the elements using imaginary objects triggered by the names of the



elements. It's easiest to explain with some examples.

Here is how Dominic memorised the first four Noble Gases: helium, neon, argon and krypton.

'As we're making a start, we might as well use the chemistry lab as a place to store these gases. To remind you that they belong to group **0**, picture a big **blue football** at the door of the lab. Football is a number shape for 0 and blue is the colour for that group.

'As you enter the room the first thing you see is **Otto von Bismarck** sitting in a tall, blue **helium-filled** balloon. This image will remind you that the atomic number of helium is 2. **Otto von Bismarck** (OB = **02**) from the *Dominic System* is used as the person, and helium balloon provides the prop for the action.

02	Helium
<b>Otto von Bismarck</b>	In <b>helium</b> balloon
Person	Action

'... Next, you find John Major (No 10) **Kneeling on** the floor. He is lit up by a bright **blue neon** light which makes his suit glow blue. This complex image makes it easy to remember that **neon's** atomic number is **10**.

'... Moving on, you see **Adolf Hitler** (AH = **18**) doing a spot of **argon** welding, causing blue sparks to fly off in all directions. Sitting studiously at her desk and wearing a blue dress is Claudia Schiffer (CS = **36**) trying to figure out a **cryptic** clue from a crossword. Perhaps she's training for the **Krypton** Factor.'

Dominic's system makes excellent use of visualisation and is flexible enough to add other information about the elements. My only slight concern is that using so few locations things may get a bit 'crowded' if you added a lot of extra information. For example the mass number of each element, their major uses and whether the element is a solid, liquid or gas at room temperature.

### The Auditory Nonsense System (Philip Chambers)

This system, once learned, allows you to write down the chemical elements with the only limitation being how fast you can write, thus making it great for exams. It has the disadvantage that you can't use it as a basis for associating other information about the elements. Another limitation is that this system doesn't allow 'random access'. In other words, if someone asked

you what the fifteenth element was, you would have to go right through from Hydrogen counting each element rather than saying 'Phosphorus' straight away.

The central principle is to simply take the symbols for the elements, in order of atomic number, and group them together to form pronounceable 'nonsense' words. For the first 20 this gives ...

'HHe Li BeB CNOF Ne NaMgAl SiPS  
ClArK Ca'

Which is pronounced something like this ...

'Her he lee beeb kern oft knee namgal  
sips clerk car'

As you can see it is quite compact and could easily be memorised by reading it out loud a few times, in much the same way as you would go about learning a phrase in a 'foreign language.

### The Visual Link System (Barry Mapp)

The beauty of the visual link system is its simplicity. You can use it to memorise the elements in order without knowledge of a 'pegging' system, or a method for converting numbers into letters such as the *Major System* and the *Dominic System*. The system does however suffer from the same disadvantage as the previous system that it doesn't allow 'Random Access'.

Barry describes the technique as follows ...

'Each element is converted into a single image or sequence of images on a "sounds like" or phonetic basis. A picture is then created on a "mental photographic slide" which connects the image of the previous element to the image of the element that follows it. There is no real storyline other than to create the picture associating the two element-images together. Note that there is a frequently recurring sound "IUM" which does not have an easily identifiable image, and for this I create the image of a monkey (you could use something different) called IUM (the Indestructible Uncouth Monkey) and the image of this monkey is added to the mental picture for all elements ending in "ium".'

Here is how Barry memorised the first six elements ...

'Slide 1: Hide (behind a) Row (or large) Gems. (Hide Row Gem - Hydrogen).

Slide 2: (Run and jump into a giant shoe) Heel (and join) IUM. (Heel IUM - Helium).

Slide 3: (Jumping from heel) Lithe IUM (supple) fails onto Beryl. (Lithe IUM - Lithium).

Slide 4: Beryl (takes off her beret and hits) IUM. (Beryl IUM - Beryllium)

Slide 5: (IUM throws her beret which lands on a) Boar (standing on a car roof). (Boar on - Boron).

Slide 6: (The boar jumps from the roof onto a) Car Bon(net - denting it). (Car Bon - Carbon).'

### The SEM<sup>3</sup> System (Tony Buzan)

The SEM<sup>3</sup> system or 'Self Enhancing Master Memory Matrix', to give it its full name, is a series of objects that act as mental 'pegs' to hang information from. The first 100 objects are based on the *Major System*. This works by converting numbers into letters using a special code that, by its very nature, allows itself to be memorised. The code is as follows ...

0 = s, z, soft c (The letter s, or z, is the first sound of the word zero.)

1 = d, t th (The letters d and t have one downstroke.)

2 = n (The letter n has two downstrokes.)

3 = m (The letter m has three downstrokes.)

4 = r (The letter r is the last [or fourth] letter of the word four.)

5 = l (L is 50 in Roman numerals. Or think of a hand with five spread fingers, the index finger & thumb making an L shape.)

6 = j, sh, soft ch, dg, soft g (The letter j is the mirror image of 6.)

7 = k, hard ch, ng, hard c, hard g, qu (The letter K contains two number 7s.)

8 = f, v (The letter f, when handwritten, has two loops, similar to the number 8.)

9 = b, p (The letters b and p are mirror images of 9.)

The code allows you to easily translate numbers into words. For example 82 becomes **f** (8) and **n** (2), adding a vowel gives the word **fan**. The same can be done for any number between 0 and 99. Women's World Memory Champion, Sue Whiting and the 'Mnemons' memory group have come up with a standard set of 100 words (see *Synapsia*, Autumn 1994).

Having established the basic 100, it is now possible to expand the matrix to 10,000. This is done by taking the 100

objects and multiplying by 10 and then by 10 again. You can do this by using your senses (see *Master Your Memory* for details).

Using the SEM<sup>3</sup> matrix you can assign one 'peg' to each element. For example element number 11 is sodium. 11 becomes 'dad' using the major system, so you could imagine squirting your dad with a **soda** siphon (associated with **sodium**). Element number 29 (Copper) becomes 'nab' so you could imagine a policeman or **copper**, **nabbing** a burglar.

With practice it becomes really easy and fun to create vivid images. The SEM<sup>3</sup> system has the added advantage that it is

## The Periodic table

I	II			
1	2			
3 <b>Li</b> 6.94	4 <b>Be</b> 9.01			
11 <b>Na</b> 22.99	12 <b>Mg</b> 24.31	3	4	5
19 <b>K</b> 39.10	20 <b>Ca</b> 40.08	21 <b>Sc</b> 44.96	22 <b>Ti</b> 47.90	23 <b>V</b> 50.94
37 <b>Rb</b> 85.47	38 <b>Sr</b> 87.62	39 <b>Y</b> 88.91	40 <b>Zr</b> 91.22	41 <b>Nb</b> 92.91
55 <b>Cs</b> 132.91	56 <b>Ba</b> 137.34	71 <b>Lu</b> 174.97	72 <b>Hf</b> 178.49	73 <b>Ta</b> 180.95
87 <b>Fr</b> 223	88 <b>Ra</b> 226.03	103 <b>Lr</b> 257	104 <b>Unq</b>	105 <b>Unp</b>
<b>Lanthanides</b>		57 <b>La</b> 138.91	58 <b>Ce</b> 140.12	
<b>Actinides</b>		89 <b>Ac</b> 227.03	90 <b>Th</b> 232.04	



very easy to add extra information by simply increasing the detail in each imagined scene. For example the Mass Number of Sodium is approximately 22.99 (which becomes **Nan, babe** using the *Major System*). So, after squirting your Dad with the soda siphon you could imagine your Nan drying him off and cradling him in her arms like a young babe.

You can see that with a bit of imagination and a basic knowledge of how your amazing memory works, memorising the chemical elements becomes easy. If you can memorise 110 elements think what else you could do. *Encyclopaedia Britannica* here I come!

Further details can be found in the following books ...

The *Dominic System - How To Pass Exams* by Dominic O'Brien, Headline (ISBN 0 7472 5047 2).

SEM<sup>3</sup> - *Master Your Memory* by Tony Buzan, David & Charles.

Philip Chambers & Barry Mapp are licensed 'Radiant Thinking Instructors' and can be contacted via Buzan Centres Ltd, 54 Parkstone Road, Poole, Dorset, BH15 2PX, United Kingdom.

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						1 <b>H</b> 1.008						2 <b>He</b> 4.003	1																																			
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24 <b>Cr</b> 52.01	25 <b>Mn</b> 54.94	26 <b>Fe</b> 55.85	27 <b>Co</b> 58.93	28 <b>Ni</b> 58.71	29 <b>Cu</b> 63.54	30 <b>Zn</b> 65.37	31 <b>Ga</b> 69.72	32 <b>Ge</b> 72.59	33 <b>As</b> 74.92	34 <b>Se</b> 78.96	35 <b>Br</b> 79.91	36 <b>Kr</b> 83.80	37 <b>Rb</b> 85.47	38 <b>Sr</b> 87.62	39 <b>Y</b> 88.91	40 <b>Zr</b> 91.22	41 <b>Nb</b> 92.91	42 <b>Mo</b> 95.94	43 <b>Tc</b> 98.91	44 <b>Ru</b> 101.07	45 <b>Rh</b> 102.91	46 <b>Pd</b> 106.4	47 <b>Ag</b> 107.87	48 <b>Cd</b> 112.40	49 <b>In</b> 114.82	50 <b>Sn</b> 118.69	51 <b>Sb</b> 121.75	52 <b>Te</b> 127.60	53 <b>I</b> 126.90	54 <b>Xe</b> 131.30	55 <b>Ba</b> 137.33	56 <b>La</b> 138.91	5															
74 <b>W</b> 183.85	75 <b>Re</b> 186.2	76 <b>Os</b> 190.2	77 <b>Ir</b> 192.2	78 <b>Pt</b> 196.09	79 <b>Au</b> 196.97	80 <b>Hg</b> 200.59	81 <b>Tl</b> 204.37	82 <b>Pb</b> 207.19	83 <b>Bi</b> 208.98	84 <b>Po</b> 210	85 <b>At</b> 210	86 <b>Rn</b> 222	87 <b>Rb</b> 85.47	88 <b>Sr</b> 87.62	89 <b>Y</b> 88.91	90 <b>Zr</b> 91.22	91 <b>Nb</b> 92.91	92 <b>Mo</b> 95.94	93 <b>Tc</b> 98.91	94 <b>Ru</b> 101.07	95 <b>Rh</b> 102.91	96 <b>Pd</b> 106.4	97 <b>Ag</b> 107.87	98 <b>Cd</b> 112.40	99 <b>In</b> 114.82	100 <b>Sn</b> 118.69	101 <b>Sb</b> 121.75	102 <b>Te</b> 127.60	103 <b>I</b> 126.90	104 <b>Xe</b> 131.30	105 <b>Ba</b> 137.33	106 <b>La</b> 138.91	6															
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59 <b>Pr</b> 140.91	60 <b>Nd</b> 144.24	61 <b>Pm</b> 146.92	62 <b>Sm</b> 150.35	63 <b>Eu</b> 151.96	64 <b>Gd</b> 157.25	65 <b>Tb</b> 158.92	66 <b>Dy</b> 162.50	67 <b>Ho</b> 164.93	68 <b>Er</b> 167.26	69 <b>Tm</b> 168.93	70 <b>Yb</b> 173.04	71 <b>Lu</b> 174.97	72 <b>Hf</b> 178.49	73 <b>Ta</b> 180.95	74 <b>W</b> 183.85	75 <b>Re</b> 186.2	76 <b>Os</b> 190.2	77 <b>Ir</b> 192.2	78 <b>Pt</b> 196.09	79 <b>Au</b> 196.97	80 <b>Hg</b> 200.59	81 <b>Tl</b> 204.37	82 <b>Pb</b> 207.19	83 <b>Bi</b> 208.98	84 <b>Po</b> 210	85 <b>At</b> 210	86 <b>Rn</b> 222	87 <b>Rb</b> 85.47	88 <b>Sr</b> 87.62	89 <b>Y</b> 88.91	90 <b>Zr</b> 91.22	91 <b>Nb</b> 92.91	92 <b>Mo</b> 95.94	93 <b>Tc</b> 98.91	94 <b>Ru</b> 101.07	95 <b>Rh</b> 102.91	96 <b>Pd</b> 106.4	97 <b>Ag</b> 107.87	98 <b>Cd</b> 112.40	99 <b>In</b> 114.82	100 <b>Sn</b> 118.69	101 <b>Sb</b> 121.75	102 <b>Te</b> 127.60	103 <b>I</b> 126.90	104 <b>Xe</b> 131.30	105 <b>Ba</b> 137.33	106 <b>La</b> 138.91	8
91 <b>Pa</b> 231.04	92 <b>U</b> 238.03	93 <b>Np</b> 237.05	94 <b>Pu</b> 239.05	95 <b>Am</b> 241.06	96 <b>Cm</b> 247.07	97 <b>Bk</b> 249.08	98 <b>Cf</b> 251.08	99 <b>Es</b> 254.09	100 <b>Fm</b> 257.10	101 <b>Md</b> 258.10	102 <b>No</b> 255	103 <b>Lr</b> 260.10	104 <b>Hf</b> 178.49	105 <b>Ta</b> 180.95	106 <b>W</b> 183.85	107 <b>Re</b> 186.2	108 <b>Os</b> 190.2	109 <b>Ir</b> 192.2	110 <b>Pt</b> 196.09	111 <b>Au</b> 196.97	112 <b>Hg</b> 200.59	113 <b>Tl</b> 204.37	114 <b>Pb</b> 207.19	115 <b>Bi</b> 208.98	116 <b>Po</b> 210	117 <b>At</b> 210	118 <b>Rn</b> 222	119 <b>Rb</b> 85.47	120 <b>Sr</b> 87.62	121 <b>Y</b> 88.91	122 <b>Zr</b> 91.22	123 <b>Nb</b> 92.91	124 <b>Mo</b> 95.94	125 <b>Tc</b> 98.91	126 <b>Ru</b> 101.07	127 <b>Rh</b> 102.91	128 <b>Pd</b> 106.4	129 <b>Ag</b> 107.87	130 <b>Cd</b> 112.40	131 <b>In</b> 114.82	132 <b>Sn</b> 118.69	133 <b>Sb</b> 121.75	134 <b>Te</b> 127.60	135 <b>I</b> 126.90	136 <b>Xe</b> 131.30	137 <b>Ba</b> 137.33	138 <b>La</b> 138.91	9

# BRAIN OF THE YEAR 1997

**The winner of the 1997 Brain of the Year will be announced at a Brain Trust Charity dinner on Thursday, 16 January 1997. Past winners include Gene Roddenberry, Garry Kasparov, Dr Marion Tinsley, Dominic O'Brien and Lana Israel. Here we preview the leading contenders for 1997.**

**To recognise Superlative Mental Achievement each year, Tony Buzan, Raymond Keene, Vanda North, Sir Brian Tovey and Lady Mary Tovey inaugurated the Brain Of The Year Award, sanctioned by the Brain Trust Charity in 1990. To qualify for and to receive this prestigious award, individuals must meet the following requirements:**

1. The candidates must be pre-eminent in their chosen field of endeavour.
2. The candidates must have contributed major new creative developments to their field of endeavour.
3. The candidates must have made a notable effort to educate others in their chosen discipline.
4. The candidates must have incorporated the principle of *Mens sana in corpore Sano* (a healthy mind in a healthy body) in their lives.
5. The candidates must have exhibited persistence and stamina over time.
6. The candidates must have demonstrated a general cultural awareness.
7. The candidates must have demonstrably contributed to their society.
8. The candidates must have also demonstrated a concern for humanity.
9. The candidates must be active and known on a global level.
10. The candidates must be a good role model for those in their field and for youth in general.

## **Deepak Chopra**

Deepak Chopra is a Professor of Medicine and Director of the Institute for Mind Body, Medicine and Human Potential. He is a best-selling author of many books on health and the mind, including *Ageless Body Timeless Mind* and *The Seven Spiritual Laws of Success*.

## **Jacques Cousteau**

Jacques Cousteau is a world famous oceanographer and marine biologist who has revolutionised the way in which the world views the oceans and the life within them. To further underwater research he has invented many seagoing craft and bathyspheres. He is also a producer of innumerable films, documentaries and videos on ocean life, always emphasising the intelligence of marine animals.

## **Bobbi DePorter**

Bobbi DePorter's career path began at Hawthorne/Stone Real Estate and Investments in San Francisco where in a short time she went from agent to junior partner and became a millionaire. She went on to co-found the Burklyn Business School and was so intrigued with how people learn that she studied with Dr Georgi Lozanov, founder of accelerative learning, and applied his methods at the school. She later co-founded Learning Forum, a company now headquartered in Oceanside, California, which produces SuperCamp, learning-to-learn and self-esteem programs for youth, and trains educators in Quantum Learning methods. Her first book, *Quantum Learning: Unleashing the Genius in You*, continues to influence the expansion of Quantum Learning programs and draws interest from around the world.



**Carl Sagan**

Carl Sagan, Professor of Astronomy and Space Science at Cornell, has been involved in ground-breaking work on the physics and chemistry of planetary atmospheres and surfaces. He has also investigated the origin of life on earth and the possibility of extraterrestrial life. He is best known to the general public through books and his television series, *Cosmos*, with which he has done much to raise interest in science and astronomy-

**Anton Mossiman**

Anton Mossiman is a world famous chef and record winning gold medal laureate in international cuisine competitions. Not only a great chef, but also a teacher who has spread the gospel of healthy and nutritious as well as luxurious cuisine. He has also established his own culinary academy.

**Judith Polgar**

Best known for breaking Bobby Fischer's record as the youngest ever grandmaster, this Hungarian teenage prodigy has since become the first woman to enter the world's top twenty. Recently she played on top board for the Hungarian team in the Chess Olympiad in Armenia.

**Jane Goodall**

Jane Goodall is a world renowned expert on the behaviour of chimpanzees, having studied them for more than 35 years. She is the author of numerous award-winning books on the subject and her career has inspired many people to follow in her footsteps. She has received honorary degrees and awards from numerous universities and colleges around the world including Cambridge University, the National Geographic Society and the Encyclopaedia Britannica Award for excellence on the dissemination of learning for the benefit of mankind.

**Carl Lewis**

Multiple Olympic Gold Medal winner, World Record Holder, and easily the world's most consistent and persistently dominant athlete for a decade in the 100 metres, 200 metres, 100 metres

relay, and long jump. Known for an unhesitatingly positive attitude, and his ongoing work for education and charity.

**Steve Redgrave**

The star result of a disappointing British performance in the 1996 Atlanta Olympics was the rowing gold medals obtained by Steve Redgrave and Matthew Pinsent. This was a particularly remarkable result for Redgrave, as it gave him a fourth consecutive Olympic gold medal, a feat only achieved twice previously in the entire history of the Olympics. He recently demonstrated his commitment and determination by announcing that he would be aiming for an unprecedented fifth gold medal in the 2000 Olympics at Sydney.

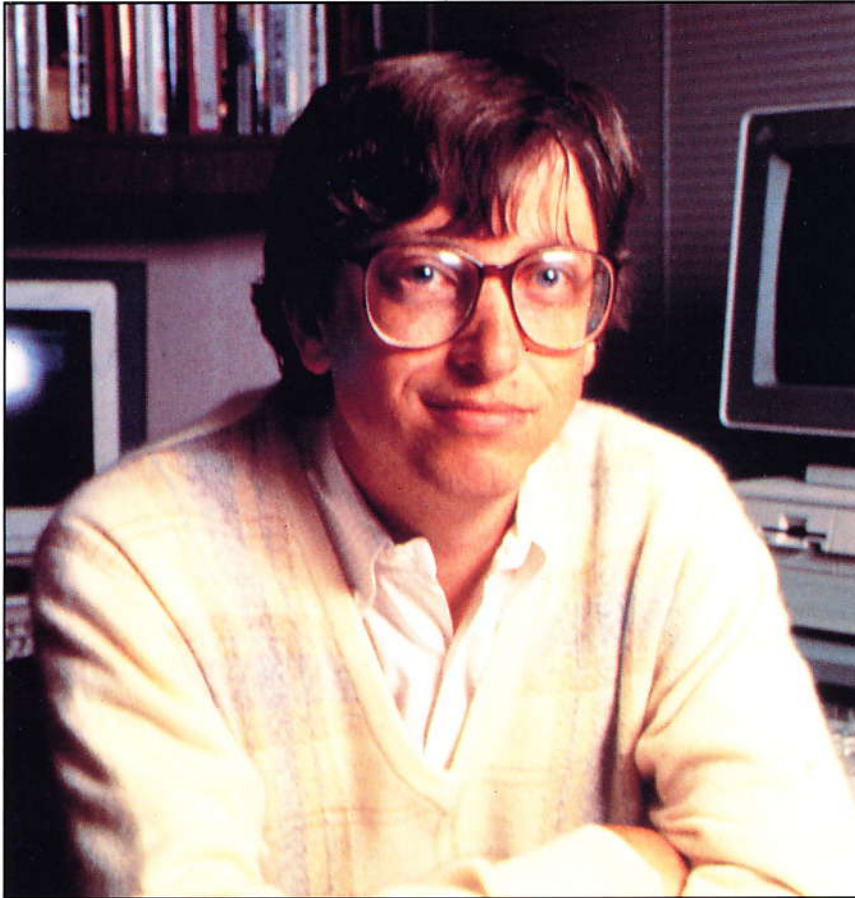
**Damon Hill**

Damon Hill clinched the Formula One World Championship with a drive at Suzuka, Japan, that was so courageous and flawless, that he became a hero, not

*Judith Polgar - first woman chessplayer to enter the world's top twenty.*







*Bill Gates - chairman of the company providing the software for the vast majority of the world's computers.*

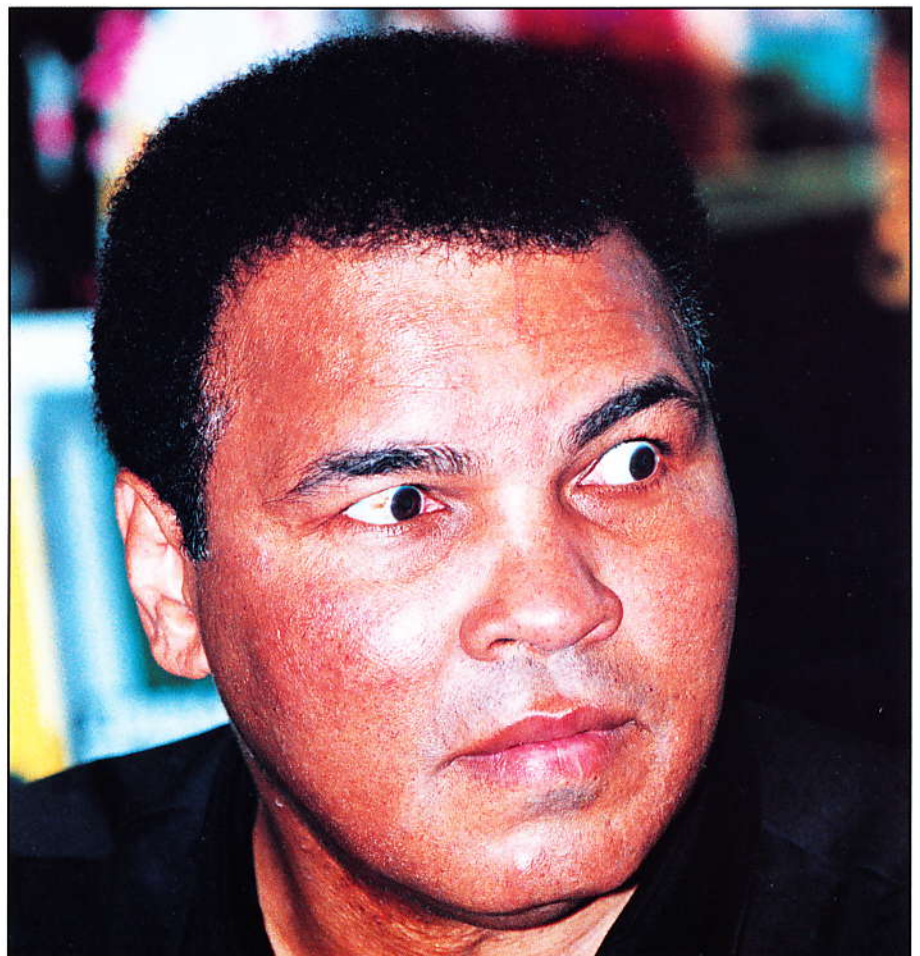
just a victor. He demonstrated immense determination and persistence throughout the season, and his last race for the Williams team, was a potent mixture of poignancy and success.

### **Bill Gates**

Bill Gates is the founder and chairman of the Microsoft company which designs the software that runs on the great majority of the world's personal computers. At the age of 36 his business success has made him America's youngest billionaire. Gates' motto is 'I can do anything I put my mind to' and he is well known for encouraging greater intelligence and cultural awareness within his company. He is also noted for a prodigious memory, astounding energy and stamina.

### **Muhammad Ali**

Muhammad Ali, the former heavyweight boxing World Champion, has the most recognised face in the history of the world. Despite suffering from progressive Parkinson's Disease, he has maintained an exceptionally active schedule for promoting reading schemes and literary projects while seeking to emphasise the



*Muhammed Ali - considered by many to be the greatest athlete of the twentieth century.*





Nelson Mandela - exceptional stamina and determination

World Chess Federation champion, Anatoly Karpov - demonstrating consistently brilliant play

intelligence of the athlete. He is still considered by many champions, to be the greatest athlete of the twentieth century.

### Michael Gelb

Michael Gelb is a black belt and teacher at Aikido as well as being the author of four best-sellers on the body, the brain and thinking. Gelb is a master juggler, TV brain star and top mental coach to Chief Executive Officers in the USA. His book, *Body Learning*, has become an international best-seller, while his latest achievement is to introduce and explain the concept Synvergent Thinking in his recent publication *Thinking for a Change*.

### Anatoly Karpov

Karpov was World Chess Champion between 1975 and 1985. Although he has had to be content with the status of world number two since being defeated by Garry Kasparov in 1985, he has consistently performed brilliantly in tournament play and has managed to sustain the number two position in the face of great strides by the younger generation. Furthermore, following the split in the chess world, he regained the FIDE World Championship title, by defeating Jan Timman of the Netherlands. In 1996 he

convincingly defended his title against the young American Gata Kamsky.

### Nelson Mandela

Nelson Mandela has masterfully handled the transition of power in South Africa. In this, he has shown exceptional stamina and determination. He is dedicated to education as a means of bringing about change.

### Dominic O'Brien

As you will see from the Autumn edition of this magazine, Dominic has once again proved his dominance in the field of memory. On the way to winning the 1996 World Memory Championship he smashed four world records: One Hour Numbers - 1392; One Hour Cards - 710; Speed Numbers - 200; Images on Screen - 48. A truly remarkable performance.





## ANIMAL INTELLIGENCE

### Heading South for the Winter

**... birds navigate by processing a number of different inputs: the stars, the Sun, visible landmarks, and, most surprisingly, the Earth's magnetic field.**

As the nights close in and the temperature drops, most of us would love to take off to sunnier climes for a while. Although for most of us this is just a dream, many species of bird do just that, sometimes flying thousands of miles via seemingly circuitous routes for a few months away from the European winter. For decades, scientific wisdom has held that birds rely primarily on visual aids for navigation during migration, but recently this theory has been shattered by a trio of German scientists.

In the September issue of *Nature* Peter Weindler and Wolfgang and Roswitha Wiltschko of the University of Frankfurt am Main claim that birds navigate by processing a number of different inputs: the stars, the Sun, visible landmarks, and, most surprisingly, the Earth's magnetic field. The latter had been thought to be an unlikely part of a bird's navigational machinery because the Earth's magnetic poles do not coincide with true north and south, and even shift around, which would suggest that they might be of little use for navigation. It was thought that the Earth's magnetic field was probably only used as a last resort, when the stars and other visual clues were obscured by cloud.

The Frankfurt research is based on experiments with the garden warbler, millions of which take off from northern

Germany and head south-west, heading for Africa via Spain, thereby avoiding the Alps and Mediterranean. In order to discover how the young warblers make their first trip, the researchers raised chicks indoors under an artificial night sky. Half of the warblers were placed inside giant magnetic coils that countered the earth's field, while the other half were brought up in an environment that mirrored their natural surroundings. Under conventional theory, one might have expected all the birds to fly off in the same direction, but in fact those who had been exposed to the Earth's magnetic field went the right way, south-west, while the others headed south. This would suggest that the birds rely on either visual or magnetic information to find south, and then locate any deviation solely by magnetic means.

However, there are still many questions about bird navigation that scientists have not really got to the bottom of. For example, it has been shown that even if a bird has only ever made one migratory round trip, it can still find its way home if it is dumped hundreds of miles from its normal starting point. It is possible that birds even remember the smells that they experience during their travels and that these are stored for future reference.





# INTELLIGENCE ABOUT INTELLIGENCE

## *The Road to Colossus*

It is a little-known fact that one of the most significant contributions to the Allied effort in the Second World War was made, not by a soldier, but by a computer, Colossus. According to German historians, intelligence gained from the codes that were cracked by Colossus shortened the war by two years, thereby saving the thousands of lives on both sides and averting the possibility of nuclear war in Europe. However, if you were to look at it, this machine would bear scant resemblance to the modern personal computer, of which it was an important forerunner. Standing 8ft high, 3ft deep and 16ft long, you could hardly transport it in a truck, let alone a briefcase. Yet this machine, built by Post Office engineers in 1943 to decode messages that had been deciphered using the Lorenz machine, could be considered Britain's most important technological achievement of the twentieth century, anticipating developments such as parallel processing by a quarter of a century. By the time of D-Day there were actually ten Colossi in operation, all working to establish such important information as the fact that the Germans were unprepared for the assault on Normandy, and that panzer divisions were being held in reserve in Belgium rather than being sent to counter the Allied forces.

The Lorenz machine, which was used by the Germans to scramble messages between members of the Nazi High Command, enabled a much more sophisticated level of encryption than that being used by the British armed forces. As a result, the Germans believed it to be unbreakable: 'As an example of their blind faith in the Lorenz, not only did they allow Hitler to speak directly to his generals using this machine, but on two occasions they actually sent out the cipher-setting sheets for the next month on the Lorenz machine itself,' says Tony Sale, an electronics and computer buff who finally revealed the design and capabilities of Colossus earlier this year after decades of government secrecy.

For the past five years Sale has been involved in a remarkable project to recre-

ate the original Colossus to display at Bletchley Park, the home of British wartime intelligence, alongside the world's sole surviving Lorenz machine. Initially he met a wall of silence: even after 45 years, former workers at Bletchley Park were still bound to the Official Secrets Act. However, in 1993 he received special security clearance to rebuild Colossus and was permitted to interview former employees. It turns out that the 'need to know' policy at Bletchley Park meant that none of these people knew what people in the next room were doing. (Indeed, the engineer who designed Colossus, Tommy Flowers, was led to believe for a long time that he was working on an entirely different project!) However, in a remarkable display of perseverance, Sale was able to persuade 2,000 of these workers to submit written accounts of their work, enabling him to gain a unique insight into the intelligence network at Bletchley Park, which the general public can now share at his code-breakers' museum.

**Yet this machine ... could be considered Britain's most important technological achievement of the twentieth century, anticipating developments such as parallel processing by a quarter of a century.**





# BUSINESS BRAIN

## Managing the Overload! Vanda North explains how.

- Are the piles on your desk getting taller?
- Do you now have several in-trays?
- Can you find stacks of unruly bundles hidden in corners?
- Do you feel overwhelmed? over-worked? tired? worried?
- Don't know where to start?
- Is everything *urgent*?
- Are faxes, e-mails and bulletins bulging your computer's memory and your brain cells?
- Are you constantly being interrupted?

**If you have answered 'Yes' to even one of these, read on ... help is at hand.**

Tony Buzan has created a brilliantly simple yet highly efficient process for studying called MMOST - the Mind Map Organic Study Technique. I would like to suggest the same process can be used to get on top of your work, with just the same superb results and feelings of satisfaction - interested?

In order to take best advantage of your note-taking opportunities, it is important for you to organise your approach in a way that allows you to build up a clearly structured Mind Map as your note-taking progresses. MMOST is the optimum way for you to do this. There are eight basic steps:

1. Very quickly browse or look through the entire book or article, getting a general feel for the way it is organised.
2. Work out the length of time to be spent studying and determine the amount of material to be covered in that time.
3. Mind Map what you already know in that subject area in order to establish associative mental 'grappling hooks'.
4. Define your aims and objectives for this study session and complete a different Mind Map of all the questions that need to

be answered.

5. Take an overview of the text, looking at the table of contents, major headings, results, conclusions, summaries, major illustrations or graphs, and any other important elements which catch your eye. This process will give you the central image and main branches (or Basic Ordering Ideas) of your new polycategorical Mind Map of the text. Many students report that they have often completed 90 per cent of their learning task by the time they finish the overview stage. By focusing on the overall structure and major elements of the text, the author's essential ordering impetus rapidly becomes clear and can easily be Mind Mapped.

6. Now move on to the preview, looking at all the material not covered in the overview, particularly the beginnings and ends of paragraphs, sections and chapters, where the essential information tends to be concentrated. Add to your Mind Map.

7. The next stage is the inview, in which you fill in the bulk of the learning puzzle, still skipping over any major problem areas. Having familiarised yourself with the rest of the text, you should now find it much easier to understand these passages and bulk out your Mind Map.

8. Finally there is the review stage, in which you go back over the difficult areas you skipped in the earlier stages and look back over the text to answer any remaining questions or fulfil any remaining objectives. At this point you should complete your Mind Map notes.

The process can be likened to building up a jigsaw puzzle, beginning by looking at the complete picture on the box, then putting in the corners and outside edges, and gradually filling in the middle until you have a complete replica.

(see Mind Map on page 27)

Let's put MMOST to work for your business.

**Business brain guru  
Vanda North explains  
how to get on top of  
your paperwork before  
it gets on top of you.**



**Preparation stage**

**1. Browse** (This should take no longer than 45 minutes.)

a) Think what may be the Basic Ordering Idea headings that your work will happily fall into. For example I use the following:

- Phone calls
- Letters
- Meetings
- Projects
- Think
- Miscellaneous

b) I make symbols for each and draw them on separate sheets of paper, so that I can easily group the papers as I sort them.

c) Then I quickly look through *all* the bundles, piles, stacks and trays. (If you like music as you work, choose a fast paced piece to keep your speed up.)

d) Do *not* get involved with any papers, just a quick look at each piece of paper

only once.

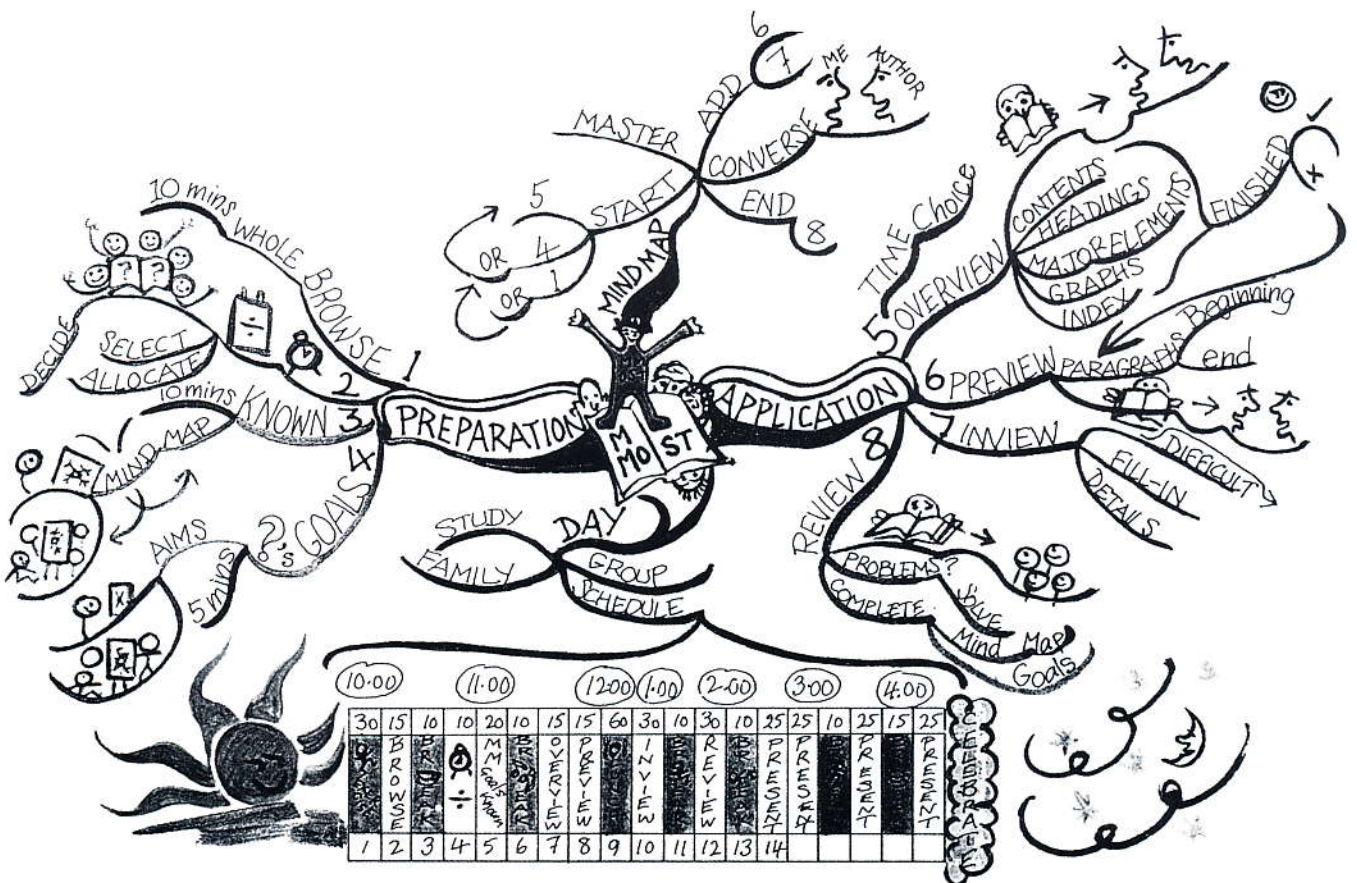
e) Place the paper on one of the Basic Ordering Ideas sections.

f) Make this fun, dance as you do it! Look with surprise, anticipation, interest and most of all *detachment* as you fly through the papers.

g) If you find something you think you can throw away, put it by - not in - the waste paper basket.

h) Take a short break. This is a very intensive process. You may feel better, just because you now know what is actually there. You may also feel a little more overwhelmed, but only the first time that you do this, because thereafter you will know that you are on the way to that fabulous feeling of a really productive day, with the right things accomplished at the right time.

**2. Goals and 3. Mind Map** (These stages are best put together and should take up to 45 minutes.)





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**Getting back in touch with your vision and purpose is always invigorating as there is much energy stored there.**

---

a) Begin your Mind Map with a branch for your company, department, or personal vision.

b) Next a branch with your particular focus in relation to the vision.

c) Followed by a brief summary of the present situation.

d) In relation to the three previous branches, which would be considered important issues?

e) What things are wearing the urgent tag at this time? - Do this primarily from memory, though it is quite alright to have a look through your sections. You are still in an overview mode; however you are now considering all of the content of your papers in relation to the context of what is really important.

f) Another branch is pending. These are things that are either far off and so do not need to be handled now, however you want to keep them in the back of your mind, or are low level items that you may either like : -) to do, or not : -( !

g) A final branch for this Mind Map is goals. Here thinking about the next week and month, consider what you will feel very pleased to have completed in light of the important issues that get you towards your vision.

**4. Time and Amount** (This should take a maximum of 5 minutes.)

a) This can be added as a branch on the previous Mind Map, or put on to the end of some of your action branches.

b) You are only making a generalisation at this time as you will work more specifically on timing after the start of the application stage.

c) Now you deserve another break. While you are resting your brain is automatically considering, sorting, integrating and assessing all the things to do.

d) Getting back in touch with your vision and purpose is always invigorating as there is much energy stored there. This can sometimes be lost in the everyday content. Context puts the content in place. You are probably already feeling much better.

### Application stage

**5. Browse with Sorting** (This stage may take up to an hour. You may wish to take a short break mid-way.)

a) Initiate the Three D's: do, ditch, delegate

b) Go through each of your sections and create three piles:

i. Is there anything that you can get rid of (letters, old information, filing, past dated data)?

ii. Is there anything that could be delegated? Someone may be happy for a new responsibility or learning, or it may fit into something they are doing anyway, or really love to do.

iii. What remains, is to be done!

c) Divide the 'to be done' section into the important and urgent sub-sets.

d) Place the important in order in relation to the vision accomplishment, or if something requires only a relatively small amount of work to complete, then it may be high in the ranking for the satisfaction of completion.

e) Go through the urgent and assess very carefully. In this age of faxes and e-mail, it seems every piece of paper comes across the desk with urgent stamped on it, just the same as crying 'wolf'. I find that I now do not believe it. I ask all who work with me only to use the term when it really is.

So look at each piece:

i. Is it a request from your boss? If yes, when you have sorted out the order of all your outstanding work, go to him/her show what you think is important and why, then ask where the request falls. They may know something that changes the priorities, or may reassess in the light of your clear presentation, or may just want it done anyway (they are the boss), so discuss what may be delayed. At least this way you are both making an intelligent decision.

ii. Ask what would be the repercussions if it were not done?

iii. Is it because someone else did not do what they should have in the right time and where does that rest as your responsibility?

iv. Discuss other strategies; e.g. less, later, others, re-use. I have so frequently found that after I went to a lot of work to meet an 'urgent' deadline, it sat unused, or wasn't really needed ...

v. Ask for flexibility. I have also found that if I say I wish to help, however now is difficult, people find all sorts of ways to help, time lines can be extended or need abated.

vi. However, sometimes it is a golden opportunity that will move you towards your vision, and it is worth extra effort to take the initiative. Then it becomes important and urgent.

The really important issue here is to be wary of the tyranny of the urgent instead of



the *power of the important*.

f) Now it is really starting to take shape. It is time for a good break, lunch and a walk to get some fresh air, or end of day with a fresh start tomorrow.

**6. Preview** (This includes Group Tasks, Balance Energies and Mind Map. Approximately 45 minutes - after the first time. Allow two sessions of 45 minutes initially.)

#### Group Tasks

a) Each section (phone calls, letters, meetings, etc.) now contains four levels of action: ditch, delegate, do - urgent and do - important.

b) The ditch level will have two actions:

i. File those items that need to be kept, but not needed now.

ii. Hold other items for one week 'just in case'. If they have not been needed, then throw them away a week later.

c) The delegate level will require thinking:

i. How important is the task, in relation to your goals Mind Map?

ii. How quickly does the task need to be done, so when should it be delegated?

iii. How much explaining or training will be needed to pass the task on?

iv. Who is the best person for the task?

iv. When will you pass it on?

d) The do levels, of both the important and the urgent, that do need to be done, require:

i. Group tasks, so all letters, phone calls, etc., are together. It is much easier to get into the swing if you block a time for phoning, or have a 'hold calls' while you do all your dictation, or group meetings together.

ii. When you do the tasks will be governed by the consideration of your Energy Balancing.

iii. As you order the important tasks, use the following criteria:

- gets you closer to the vision
- brings in good income
- can leverage other actions
- will facilitate others work
- will provide care and support for your team
- add your own considerations.

#### Balance Energies

e) There are many ways you can make good use of your natural rhythms. This knowledge applied to your work day can

increase the energy and work effectiveness dramatically.

i. Consider your 'biorhythm': are you a morning, afternoon or night person? Plan your work accordingly. Use your best time for the most difficult or brain requiring tasks, use your down-time for repetitive or less thinking tasks.

ii. Balance things you prefer to do with things you do not like as much, so you get a reward when you have completed a need-to-do task.

iii. Mix people and non-people activities, use whichever gives you most energy or relaxation, again as a form of reward.

iv. Consider working flexi-hours. Often coming in an hour before, or staying an hour later, can be more productive than a whole day with interruptions

v. Plan for interruptions!! This makes such a difference in your feeling towards them. Allow a certain amount of time each day for the unexpected. If it does not happen, work on a top important item.

vi. Stop interruptions!! Have some times when you are using the 'Quiet Please' or 'Thinking in Progress' signs - just so you can think something through. An hour spent like this can be highly productive, with the interruptions handled together in one time.

#### Mind Map

f) With all this information now organised and prioritised make a Mind Map with the main branches your key sections.

g) Activities may be given a time frame and/or show others who may need to be involved.

h) Order the papers to follow the Mind Map. My office manager in the USA puts a number by the branch that links with a folder where the relevant papers are.

### Overview of MMOST

#### Preparation

1. Browse - create the central image of the Mind Map (10 minutes)
2. Setting time and amount targets (5 minutes)
3. Mind Mapping existing knowledge on the subject (10 minutes)
4. Defining and Mind Mapping goals (5 minutes)

#### Application (times dependent on material studied)

5. Overview - add main Mind Map branches
6. Preview - first and second levels
7. Inview - fill in the Mind Map details
8. Review - complete the Mind Map





i) Place the Mind Map in a prominent position. The Mind Map should cover either a week or a month. This means you will only need 52 or 12 to provide a complete summary of a whole year's activities.

j) Tick off each item as you accomplish it. If it is a big item, Mind Map the sub-set steps that you will take and tick those.

k) Delight in watching those ticks grow!

l) After you are comfortable with these considerations, they will become second nature and this stage will not take long. However on the first occasion this may take a second session of 45 minutes.

**7. Inview** (The time taken here may be a week or a month as you have Mind Mapped.)

This is when you *do* the work.

- a) Remember to *skip* over the *problems*.
- b) Get on with what you *can* do.
- c) Delightedly follow your Mind Map ... Determine what you will get done on a day and *do it!*

**8. Review** (The final stage, will take up to any time remaining, or finish early!)

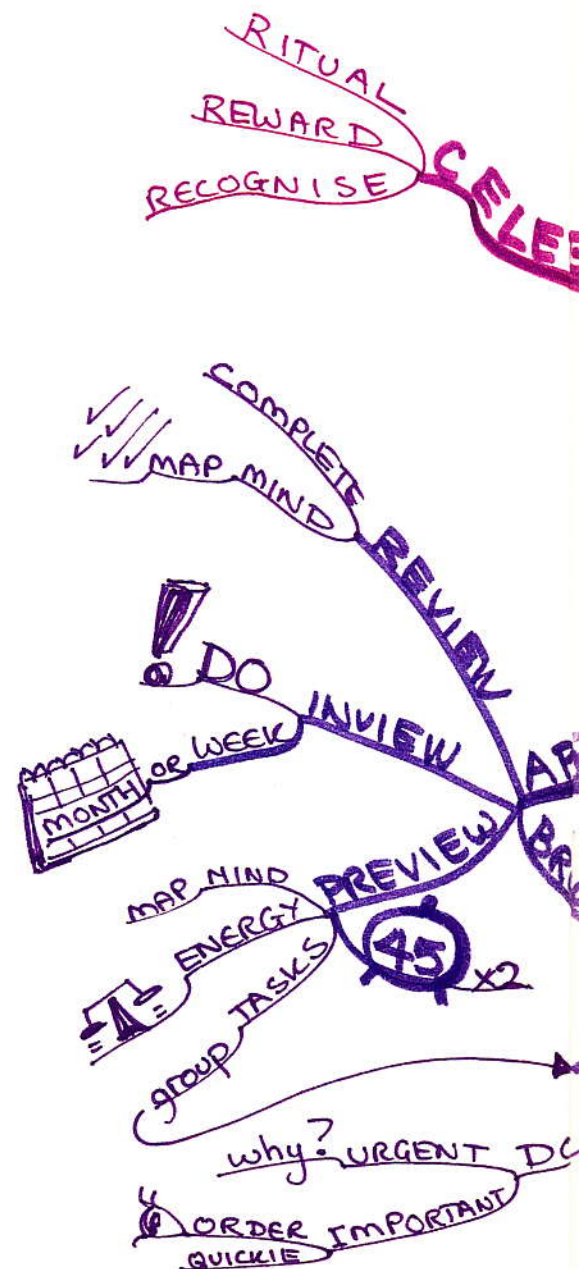
- a) Go back to your first Mind Map of Goals and see how well your actions have matched.
- b) Go over your Actions Mind Map and make sure all are ticked. If something could *not* be completed, then roll it over to the next week/month. Use a highlighter to show that it has come from the previous week.
- c) Make sure all the problem areas have been resolved. A good quote came from an IBM employer who is using Mind Maps to identify and solve problems, that if you work on a 'twig' of the problem, the 'branch' sometimes falls off on its own!
- d) File the Mind Map carefully after you have used it to create the next steps on the next Mind Map.

**Note**

- 1. As work comes in, it is now much easier to slot it in, in relation to the other activities and where it should fit.
- 2. As you start to feel less on top, or at least once a month anyway, go back through the process. It is much faster the

second time because you have a basic structure and you have the energy and momentum from all you have already accomplished.

3. Depending on your work, it may make more sense to group section tasks according to projects. Then you would focus on one project at a time. The Mind Map would help you to keep all projects in mind and address them in a timely manner.



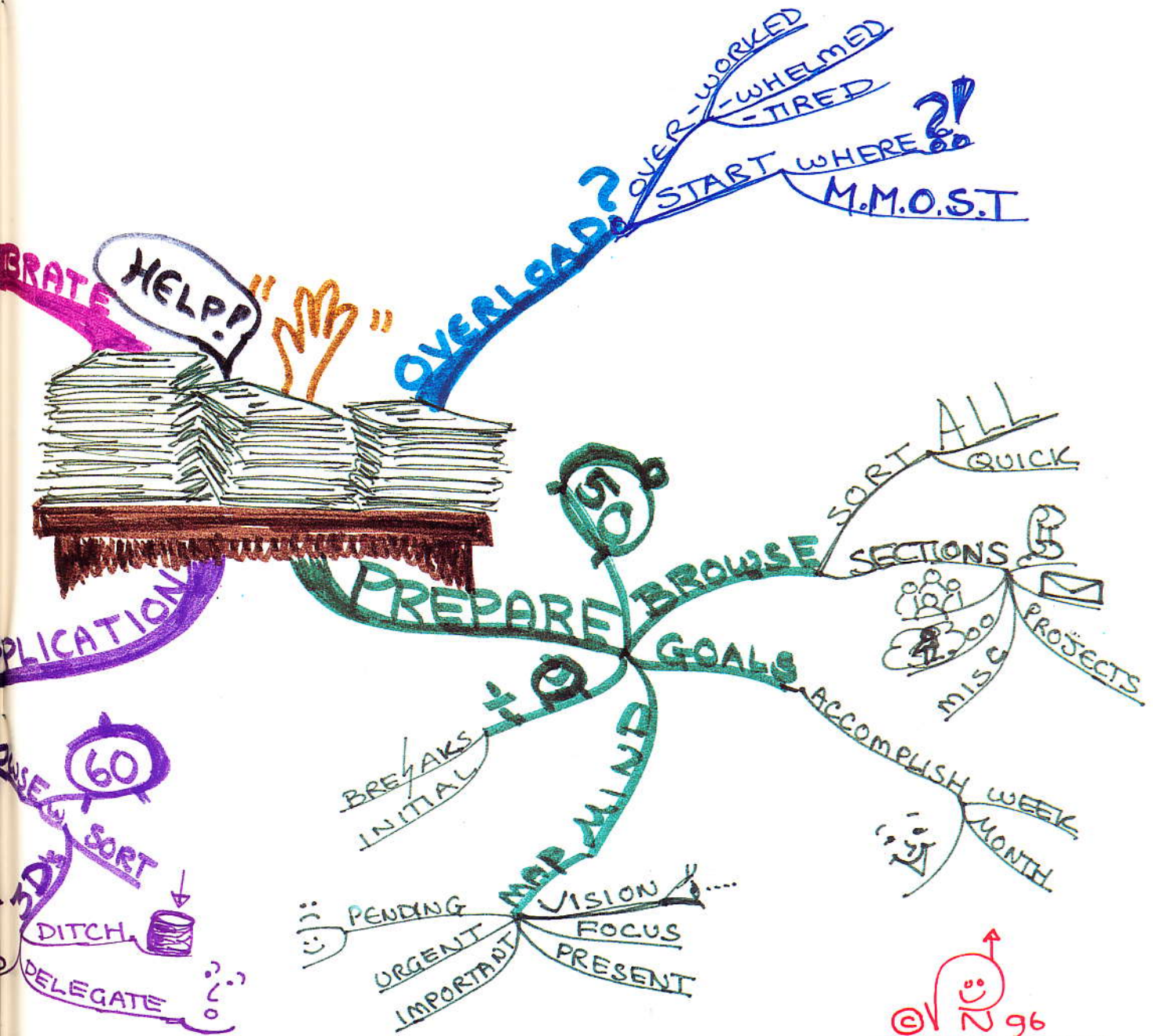


**Celebration!**

The final, and most *important*, stage of the MMOST process, is to celebrate! Too often we rush on to the next project or step, without considering and recognising how much we and our teams have accomplished. It is very important to make a ritual - to stop and appreciate what has

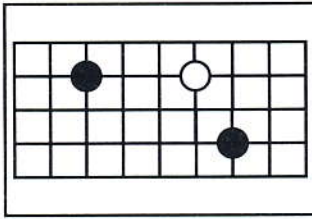
been done. It also adds to the enjoyment and satisfaction of your work.

I have used this process for years and find it helps me to feel on top whenever I begin to feel snowed under, but even more makes me feel that I have accomplished the important things. That makes you feel really good at the end of a day.



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## MIND SPORTS: GO

**John Fairburn**

It's a little frustrating to start a new column when there is so much to write about. But I'll begin with a tour d'horizon, pointing out highlights I hope to discuss in more detail later. I won't ignore beginners, but nowadays so many westerners know something about go I feel I can skip straight to the more interesting stuff.

The first thing many people latch on to is the age of the game. The physical evidence for go goes back nearly 2,000 years in China - 3,000 years if the recent find of Shang dynasty go stones is substantiated. Written evidence goes back further, to Confucius, who disapproved of the game. But he admitted playing go was better for the mind than doing nothing!

The game reached Korea and Japan and even then was known as the game favoured by the educated. It has retained this status despite eventually having to play second fiddle, in terms of numbers playing, to each country's variety of chess.

Go was one of the four main accomplishments of the Chinese gentleman, for its intrinsic value as a brain game - not because it was played by emperors (though it was). The earliest surviving go manual dates from the 12th century.

Players reached a very high level in China in the 17th century, mainly through patronage from wealthy merchants, as did the Japanese through patronage from the Tokugawa shoguns. Although the Japanese like to claim that their players were superior to Chinese players from then until modern times, they are deluding themselves. But the claim is justified for the late 19th and 20th centuries.

Apart from the disintegration of Chinese institutions then, the Japanese were boosted by sponsorship from newspapers. The first go column was inspired by *The Times* of London, but in the Japanese case the newspapers also sponsored regular tournaments. They remain the main sponsors today, and provide enough money to host around a dozen major tournaments and a prize fund sufficient to allow the top players to earn the sort of money we associate with golf pros.

The Chinese have been miffed at the domination of the game by Japanese pro-

fessionals, and it was a cause for national celebration when, under the guiding hand of deputy premier Chen Yi, they recently caught up with the Japanese, and then (they claim) overtook them.

The joy was premature, as in the last five years or so Korea has overtaken both. Looking at underlying trends, Korean domination is likely to continue - they have the sponsorship and the youth programme - though the Chinese will keep challenging them. Japan's youth has succumbed to video games.

It would be nice to say that the west has made its mark too, but I'm afraid we remain far adrift. Go has been well known in the west for about 100 years, and several Europeans and Americans have been invited to Japan to study there as apprentice professionals. Except for one American, Michael Redmond, none has made it even to the middle ranks.

I have my own ideas about why westerners fail to match the orientals. If chess is a game of way, go is a game of coexistence: the harmonious yin-yang elements that imbue oriental culture may make their minds more suited to the game. The importance of pattern recognition may be heightened by the oriental written languages - they are used to learning several thousand pictorial characters and claim to use the right side of the brain more than we do. The Korean and Japanese languages, and thus modes of thought, differ even more in that they are what linguists call synthetic languages (ours, and Chinese, are analytic). We know of their talent for synthesising ideas (though we usually call it copying and improving!). Perhaps synthesis = strategy = go; analysis = tactics = chess?

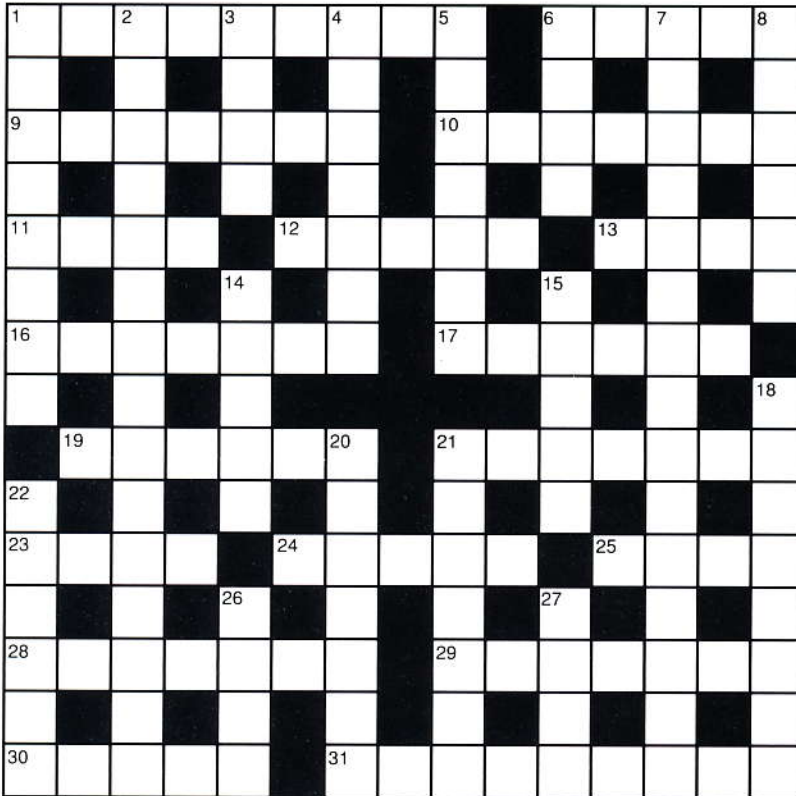
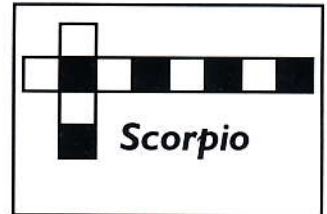
Another important factor is that the orientals treat skill in the game as a craft that can be taught and learned, whereas we are prone to assume that flair is needed to play chess (as with music and mathematics). It is amazing how many families of go and shogi (Japanese chess) players there are even in the highest echelons - a typical case might include grandfather, father, mother and three or four siblings, all professionals.

**John Fairburn is a London-based journalist and translator. His go career spans 30 years, in which time he has produced numerous books and articles, many translated from Japanese or Chinese. His latest translation, *Golden Opportunities*, appeared in Autumn 1996. He has also written *Shogi for Beginners* and was a member of the British team that wrote the world's strongest shogi (Japanese chess) program.**



# MIND SPORTS: CROSSWORD

Compiled by Richard Browne



**ACROSS**

- 1 Exert oneself to get professorial rank - one's very young to be in this (9)
- 6 True stories make fine book (5)
- 9 Happen to have left part of church (7)
- 10 Asian country needs vigour to contain volcano (7)
- 11 Boy seen with unknown woman (4)
- 12 Some acres supplying salad plant (5)
- 13 Shortly, we shall get fit (4)
- 16 Not the racecourse for trainee to go round? (7)
- 17 City said to be gettin' twice as big (6)
- 19 Since dispatched to get approval (6)
- 21 Announces to audience girl is famous artist (7)
- 23 Girl is right in blossom (4)
- 24 A bishop always gets an imposing outfit (5)
- 25 Eager to sing at funeral (4)
- 28 Dirty money one got in work team (7)
- 29 Comfort criminal given solitary (7)
- 30 Top man in Venice brought round about daughter's wheeze (5)
- 31 Amorous singer less troubled about his age (9)

**DOWN**

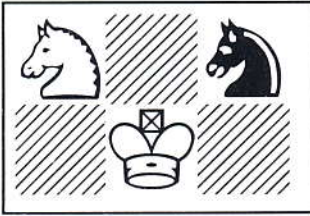
- 1 Unusual: I clear up after work (8)
- 2 Don't budge - tolerate dungeons or torture (5,4,6)
- 3 Leaves stimulant in care of accountant (4)
- 4 In general, not in captivity (2,5)
- 5 Did final work for exam that was altered (7)
- 6 Available without charge (4)
- 7 It's designed to be easy, but make a meal of it (11,4)
- 8 Tester offered by representative in auction (6)
- 14 Naive, but environmentally aware (5)
- 15 In excited activity, getting a phone call (5)
- 18 Dancer, for example, is part of gifted team at Christmas (8)
- 20 I stared, broken by denunciations (7)
- 21 One's taking a risk, getting 9 to change sides at last (7)
- 22 Am found employment, unlike Victoria? (6)
- 26 Illness going over English channel (4)
- 27 Soon there's refusal from Paris (4)

Richard Browne is a professional crossword compiler, one of the very few who make their living from this most English of pastimes. He has contributed to *The Times* crossword for nine years, is the sole compiler of the *Times Two* crossword, which he created in 1993, and in 1995 he became the regular Tuesday compiler for the *Daily Telegraph*. His work appears in various house journals and other magazines, including the *London Magazine*.

He was born and brought up in Surrey, and read classics at Trinity College, Oxford. He joined IBM (where he came across the teachings of Tony Buzan) after graduation, leaving in 1993 to become a full-time compiler. As a former member of Mensa, he enjoys mental challenges of all kinds.

*Solution next issue*





## MIND SPORTS: CHESS

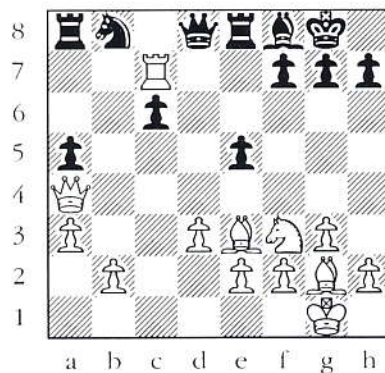
**Raymond Keene**

### Mikhail Botvinnik: The Soviet Juggernaut

Mikhail Botvinnik, who died in Moscow in mid 1995 at the age of 83, was the last link with the old generation of greats. Botvinnik played against, defeated, or taught every single world champion apart from the very first one, Wilhelm Steinitz. Both Karpov and Kasparov were his pupils, with Botvinnik famously saying of the latter in his early days: 'In the hands of this young man lies the future of chess.'

What fascinated me about Botvinnik was the way in which his play seemed to become deeper, richer and more aggressive, and certainly more experimental in the mid to late 1960s. It seemed to me that Botvinnik saved his best until last and the games he played between the ages of 53 and 59 were his finest legacy. Here are two samples of the peaks of creative artistry he achieved in his final years.

**White: Botvinnik; Black: Portisch  
Monaco 1968  
White to move**



Here, White has already sacrificed rook for bishop but the question remains, is White's remaining rook on c7 a source of aggression, or is it trapped? Botvinnik immediately provides the answer, tearing into Black's position with volcanic force.

**1 Rxf7!! h6**

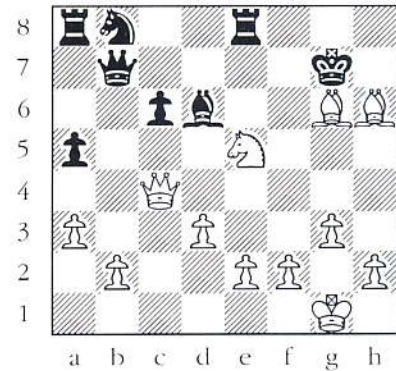
Black cannot play 1 ... Kxf7, e.g. 2 Qc4+ Kg6 (if 2 ... Qd5 3 Ng5+) 3 Qg4+ Kf7 4 Ng5+ Kg8 5 Qc4+ Kh8 6 Nf7+.

**2 Rb7 Qc8 3 Qc4+ Kh8 4 Nh4**

A fantastic move, leaving the other rook to its fate in the interests of hound-

ing the black king. If White took off time to retreat his rook Black might have consolidated with a move like ... Qe6.

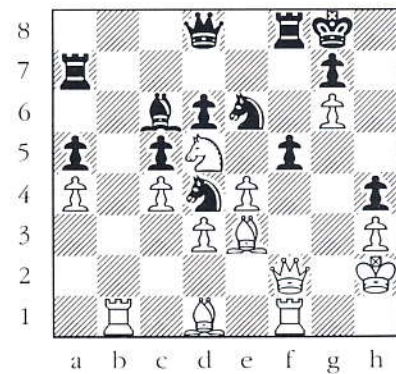
**4 ... Qxb7 5 Ng6+ Kh7 6 Be4 Bd6  
7 Nxe5+ g6 8 Bxg6+ Kg7 9 Bxh6+**



**Black resigns**

Botvinnik's final sacrifice has utterly destroyed the black position. For example 9 ... Kxh6 10 Qh4+ Kg7 11 Qh7+ Kf6 12 Ng4+ Ke6 13 Qxb7 when Black's position is laid waste.

**White: Botvinnik; Black: Keres  
USSR Team Ch. Moscow 1966  
White to move**



In this complex situation, Botvinnik suddenly brought down the curtain with **1 Rb8!!**

After this coup, Black resigned, since his queen has been wrenched by force from its defence of the pawn on h4. After, for example,

**1 ... Qxb8 2 Qxh4**

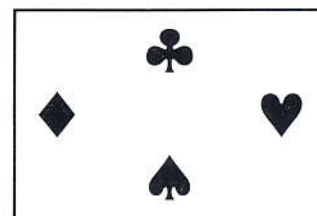
Black has no defence to mate starting with Qh7.

Raymond Keene is the chess correspondent of *The Times* and *Sunday Times* and, being a frequent contributor to *Synapsia*, needs little introduction.



# MIND SPORTS: BRIDGE

**Robert Sheehan**



People who don't play bridge are often surprised to hear that after a hand a top-class player can remember the exact sequence in which each of the 52 cards was played. As I get older and lazier I don't claim I can do that, but nevertheless I can recall the details of each of the thirteen tricks. And I can always tell you how many cards of each suit the other three players had. In addition, I always know during the hand which are the highest cards currently outstanding. That is because throughout the hand I am building up a picture of the unseen hands. Any player of county standard does the same, and so can you.

Yet at gin rummy (an excellent game by the way) I am incapable of remembering more than four or five of the discards. But good gin players know every card played. If I remembered the cards in the associative way that the memory champions do, I would be able to do it equally well at both games. So it follows that I, and indeed the vast majority of bridge players, do it in a different way.

The first thing you have to follow is the distribution of the various suits. In bridge, the cards conveniently appear in groups of four, usually made up of cards from the same suit. So you should get into the habit of noting that, say, the first two tricks were all hearts, and then there was a trick which was all spades, and so on. If someone doesn't follow suit, you register that, and store away the consequences. For example, if you are defending and your partner shows out on the second round of a suit, not only do you know something about his hand, you also know that the declarer has all the other missing cards not held by you or dummy. If you feel that you can't keep an eye on all the suits, start by concentrating on the trump suit.

The second thing to keep track of is the trick-taking status of the remaining cards in the individual suits. See if you can work out the status of South's small cards in the suit in the diagram below. It is a No-Trump contract. Try just to study the North-South cards (at the top and bottom of the diagram). I always use the convention that South is the declarer.

**Dummy**  
K6  
(QJ93)                      (A85)

**Declarer**  
10742

First round of suit: West leads the queen, dummy plays the king, East the ace and South plays the two.

Second round of suit: East leads the eight, South plays the ten, West the jack and dummy follows.

Third round of suit (after East has won a trick in another suit): East leads the five. What should South do? (His holding is now seven-four.)

If you are a keen pip-watcher, you will know that the problem in the suit is now equivalent to this lay out:

A2	-	Q led
	KJ	

This is the actual position:

93	-	5
	74	

Obviously you would cover the queen with the king in the second diagram; the position in the third diagram is no different - by covering the five with the seven, the declarer ensures that his four will be the master.

The technique for remembering the status of the pips comes with practice, but the first rule is that you must watch them all the time. This is what would go through my mind if I were declarer.

First round: the three highest cards in the suit have gone, so now the jack, ten, and nine are the critical cards. No sign of the three.

Second round: eight, ten and jack have gone, leaving the nine the highest outstanding, and my seven the second highest. The three is still missing.

Third round: let me put this together: covering the five with the seven will force the nine, and that will leave my four master over the remaining card, the three.

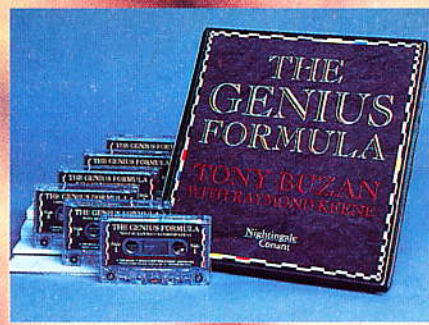
**Robert Sheehan is bridge correspondent of The Times.**



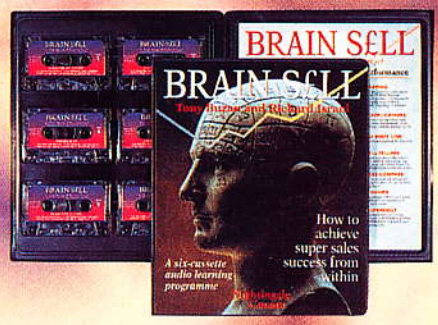


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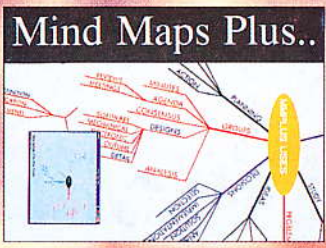
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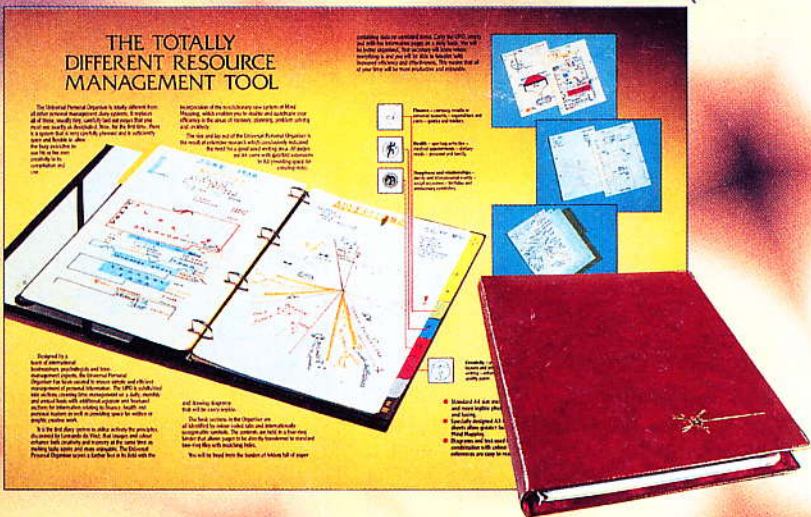
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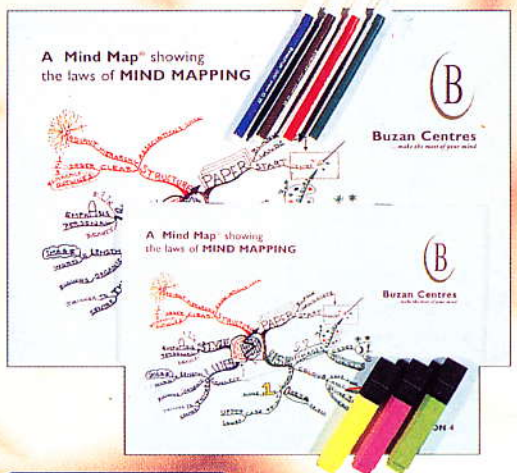
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