

# USA's Average Rhythmicity is Really Quite Poor

By Rodger C Bailey, MS

Since early 2001, I have been unblocking PDD and releasing ADHD symptoms with over 300 children and adults in the DFW Metroplex. I have been achieving this by teaching Rhythmicity (the ability to maintain a steady beat) in a 5-6 week, rhythmic, physical activity training program.

With this, I have been helping my clients re-build their timing circuits. These circuits are in the basal ganglia of the brain. These timing circuits (neurologists call them oscillators) provide the timing relationships between brain and body for all *motor planning and sequencing* activities. This is the method by which focus and coordination is managed in the human body.

Without good rhythmicity, people do not move appropriately through their normal developmental stages. As they learn rhythmicity, the blockages in their developmental process fade away and they get a chance to re-visit and re-create those lost developmental stages. After they get through those blocked stages, they move toward and into age-appropriate behaviors. Over the period of some months, PDD symptoms stop or fade away.

Athletes use rhythmicity training to maintain their timing, coordination, and accuracy at peak levels. We have developed a generic scale for measuring rhythmicity. The Rhythmicity Index™ (patent applied for) is a tool for understanding the level of rhythmicity a person has. The index ranges from 0 (zero), which means the person has no ability to follow a steady beat, to 100 which means the person is absolutely perfect in their ability to follow a steady beat. In the USA, the average Rhythmicity Index™ (RI) is around 48 to 68, and professional athletes have an RI above 90.

The average for the USA means that when we take 1000 folks off the street and measure their RI, we get about 58 as the average. This RI is really quite poor. With an RI of 58, a person is not very coordinated and they pop-out of focus easily and often. The RI target for most people should be over 80. At this level there is still some occasional pop-out, but it is not very often and the pop-out duration is short. When people take our rhythmicity training, we urge them to continue until their RI is at least 85.

## **If our RI should be over 80, why is the current average so much less?**

I think it is a cultural issue. Early man took thousands of years to learn the patterns of living which meant success for themselves and their family clans. They figured out which plants were good to eat and which plants to avoid. They figured out how to build their homes for the best defense of the village. They figured out which animals to eat

and which to avoid. They figured out which water was good and which was bad. They figured out how to domesticate animals and how to plant food for harvest later. They did this by observing the patterns of all the people in the village and the patterns of the plants, animals, and land around themselves.

These patterns are complex. Sometimes these observations required generations of observers who passed down their observations to get the best patterns for clan, village, or culture. To be able to figure out the patterns across generations required strong and committed intention to find the best patterns and to teach others the patterns of success.

Based on what we now know about rhythmicity's place in coordination and accuracy, It is likely that primitive man recognized that the best hunters were highly rhythmic. It is likely they started teaching rhythmicity in each clan and village to improve the results of the hunt.

Primitive cultures which survive today have rhythmic games for the children. And most of the village ceremonies are rhythmic, using percussive instruments or chants. All primitive cultures, which still exist today, have this same trait; games and ceremonies are rhythmic.

So, primitive man figured out the need for rhythmicity training as a pattern for success for the family and village, and they devised ways to carry the rhythmic traditions forward. We teach rhythmicity by providing a steady beat from a computer. I think primitive man provided a steady beat by banging a tree with a stick. I think this need to teach rhythmicity was the driving force for the human development of drums and other percussive instruments. I believe music came later.

Our modern culture has lost those lessons about the significance of rhythmicity. As a culture, we are moving away from rhythmicity and moving toward non-rhythmic activities (for instance: videogames and cartoons). The result is that modern children are experiencing growing levels of PDD, including ADHD. Autism is now at an alarming rate of one child out of every 166 children. If we could learn anything from our primitive neighbors, it is that strong, culture-wide rhythmicity training would prevent the overwhelming majority of these cases.

Over the last few centuries, the average rhythmicity level of our culture has dropped to a point where Our Average RI is Really Quite Poor. Your children need to learn rhythmicity to operate and to sustain peak performance levels.

**What is your RI? Get into our website and take a free, online RI test:**

<http://www.personalsynctrainer.com/>