



by Günter D. Klein



Successes to wonder at - wingwave coaching for handball players

Günter Klein has been working successfully as a handball coach with teams since he was 17. Under time, success and performance pressure, he has led them to peak performance. His speciality is to solve stress, fears, blockades and other performance-inhibiting problems - and to do so in the shortest possible time thanks to special techniques. In this way, previously unused resources of the personality can be harnessed.

From team to individual

For many years, "the team" was at the forefront of considerations. Team building was and is a big hit. However, my work has made it increasingly clear to me that a team can only develop optimally if the team members also receive optimal support according to their abilities. The long-held phrase "everyone must be treated equally" seems wrong in today's light. Since every person is different and unique, everyone must be treated differently if they are to receive equal support. The individual thus becomes the centre of attention again.

Because if the individuals are really strong individually, then the team will also have all the prerequisites for an enormous performance capacity.

In search of new processes

In the search for new methods that can improve the performance of individuals, something disturbing got in the way: there are so many things that prevent us from showing what we can do. Suddenly, simple things no longer succeed. We feel blocked, anxious and unable to perform. When I was looking at these various hindering causes and their treatment and elimination, I came across a procedure called wingwave coaching when I was unable to solve a very stressful issue on my own. My interest led me to undergo training as a wingwave coach. In this very practice-oriented training (in contrast to the more medically oriented EMDR direction), successes were achieved in an unbelievably fast way. And often in just one session: miraculous successes. ▶

What is wingwave coaching?

The theoretical basics are only briefly explained here. The focus is on practical application. The interested reader will find suitable literature at the end.

It is based on the mechanism of our brain to store negative experiences in the subconscious and to immediately sound the alarm when similar situations are recognised; without having to switch on the consciousness in a time-consuming way. This mechanism

mus has often saved humans from harm, and probably even allowed them to survive. Since remembering all the threatening events of a lifetime would overtax us and would also be pointless, nature uses a "healing procedure": Rapid Eye Movement. Our brain uses this "natural healing procedure" at night. During the usually five to six dream phases, our brain re-dreams what we experienced during the day, and with an intensity that seems like reality. All unpleasant memories that have left traces in the subconscious (such as fear, shame, sadness) are experienced again in the dream.

At this moment, our right brain hemisphere, in which the images and associated feelings are stored, is neuro- nally highly active. The left hemisphere of reason is at rest. At this moment, our eyes suddenly whiz back and forth.



wingwave at the dentist

This phase, which is called REM (Rapid Eye Movement) phase, ensures that both sides of the brain are activated. On the one hand, this stimulates the rational side and on the other hand, it calms the emotional side: fear, shame or sadness are erased in the brain.

In the wingwave intervention, the coach moves his hand in front of the athlete's eyes so that his eyes move back and forth quickly as if he were asleep (see picture). In other words, a REM phase is created in the waking state. The effect is the same. Unpleasant and disturbing memories and feelings fade away.



Mimi Kraus was the surprise player at the 2007 World Cup: explosive, a goal-scorer, self-confident - and successful.

TO THE PERSON

Günter D. Klein not only wrote the first article (introduction of a move through complex exercises) in this journal 30 years ago, but also many other trend-setting ideas.

and suggestions to an ever-growing community of readers. As a member of the DHB teaching staff for many years, he is still active today within the A-trainer training, but no longer on the topics of technique, tactics, conditioning, but in particular as the person responsible for the area of "coaching and leadership training".

His coaching stations (e.g. Bayer Dormagen, LTV Wuppertal, TBV Lemgo), and many assignments for IHF, EHF and IOC at home and abroad, as well as teaching at the German Sport University Cologne, have resulted in a wealth of experience in almost all areas of our sport. At the moment, he is therefore also in demand in the business world as a coach for athletes, trainers and managers.



Psychological injuries

A significant result of the examinations in the magnetic resonance tomograph (and similar imaging procedures) is the realisation that our brain apparently does not distinguish whether an "injury" is of physical or psychological origin. Whether I suffer a low blow in the pit of my stomach or a psychological low blow due to an insult or humiliation, both become neuronally visible in the pain centre of the brain. That's why we also say that something has hit us very hard or hurt us deeply. In the past, these phrases were thought to be just an image, but today we know that we have to understand it literally. In the following I describe two concrete cases that I was able to treat successfully with the wingwave method.

Mimi Kraus (TBV Lemgo):

Disturbed rest - no regeneration



In the week before our national team's first match at the 2007 World Cup, Mimi Kraus complained about an annoyance that was acutely affecting him. The tiresome but often lamented topic: Mimi had a contract with a different outfitter than the national team, from football sufficiently discussed as "shoe dispute". Unfortunately, those responsible for the companies thought that Mimi per

I have to put a lot of pressure on them with text messages or calls on my answering machine. In Mimi's words: "The messages upset me so much that I don't even want to go into my room any more. I get soooo sick when I receive these bombardments of messages." In this mood, it was impossible to rest or talk with friends or family after work.

My wingwave intervention used Mimi's evil look at his display to make all the anger and rage come alive. And these feelings truly came alive. But after a short time and a few sets of eye movements, he calmed down and the vehemence of the feelings gave way - completely surprisingly even for Mimi - to a calmness and the statement "they can all go fuck themselves". When I then asked Mimi in the evening in the team room if he wanted to test how things were going now, he asked me in astonishment: "What should I test?" His problem, which had bothered and preoccupied him for days, had disappeared, and nothing stood in the way of concentrating on the World Cup. Immediately after winning the final, as world champion and freshly crowned best centre back of the World Cup, I was then allowed to take Mimi's

He experienced "spontaneous competence" first-hand. Beaming with joy, he ran up to me and called out to the stunned press representatives, explaining: "He has solved my blockade!" - Wonderful.

Dorian Hüser (B-youth TSV Dormagen):

Fear of failure



But the problem may well be within ourselves. With left-handed player Dorian Hüser, the TSV Dormagen B-youth team has a great talent. Dorian therefore confidently formulates his big goal: to become a professional handball player. In the past, however, it became clear that Dorian was only able to show his class in "relatively insignificant" games. But when

a very important match, he complained of insomnia and, before the match, of "a fluttering in his stomach" to the point of great nausea during the warm-up. Some times so severe that he had to vomit. In the past, the fear of making mistakes too often led to him playing totally uptight because he wanted to do everything right at all costs. Our subconscious reacts to this fear with the (actually sensible) attitude of avoiding this frightening situation at all costs. Unfortunately, our subconscious doesn't know anything about competitive sports, but has been given the task by evolution to protect us from negative consequences. Therefore, it sends Dorian fear and nausea, simply to help him avoid this situation. This mechanism can be treated by wingwave, the feeling of fear with all its consequences can be erased. After about an hour, Dorian also tested positive and went to the training session exhilarated and full of hope. According to his trainers, he was transformed from then on. He himself wrote me an email.

Here are some excerpts: "trained as if unleashed (!)", "felt free of fear of failure", "secured victory with stable, confident form", "was as good as invincible", "now I am convinced that I have made the leap".

Important: Even now, five months into the treatment, Dorian remains stable. No more thoughts of fear or nausea, instead full concentration on the game. ▶



"The phenomenon of human performance under extreme conditions is fascinating. Time pressure, performance pressure, social pressure: everything can be experienced first-hand in sporting contests. However, top team results can only be achieved by optimising all individual performances."



The kinesiology O-ring test

In wingwave coaching, the so-called O-ring or Omura ring test is used, as this test has been confirmed by a scientific study to be particularly reliable. In this test, the client holds his thumb and index finger firmly together in the shape of a ring while the coach tries to open this ring. If the client thinks something stressful, he cannot hold the O-ring, the fingers open. However, if the client thinks something pleasant, the ring remains fixed. In this way, stressful and strengthening memories, images or feelings can be identified. Therefore, the test can also be used as a test before and after treatment to indicate a possible success.

This is how a wingwave session works

- 1 Find a problem

- 2 O-ring test: Is the situation really stressful? Muscle test weak = the fingers cannot hold the O.

- Imagine a situation and name the associated feeling.

- 4 Where in the body can you feel the sensation (e.g. fear in the chest, lump in the throat ...)?

- 5 The intervention: Have the eyes move (waving set) when the image, the feeling and the place are present in the body; waving several times until the athlete visibly shows relaxation.

Final O-test, which indicates that the stress is over if the reaction is stronger (= fingers can hold the O). The athlete can remember the scenes and literally "cope" with them, the negative feelings are erased.

▲ Things to know

The best introduction and orientation can be found at www.wingwave.de.

1. Further areas of application of wingwave coaching: Regulation of performance stress

Effective stress compensation for e.g.: social tensions in the team or with customers, stress in the limelight, neck-breaks on the way to the goal, fears (fear of flying, fear of heights, fear of the dentist, etc.) and blockades.

Resource Coaching

Here we use the interventions for success topics such as increasing creativity, self-image coaching, convincing charisma, positive self-motivation, strengthening the inner team, goal visualisation and for mental preparation for peak performance - such as an important appearance or sports competitions (in vivo coaching).

Belief Coaching

Performance-limiting beliefs ("we have never won here before", fearful opponents) are made conscious and transformed into resource reliefs.

2. Visit with a wingwave coach

A session costs between 80 and 150 €. Unfortunately, health insurance companies do not cover the costs of coaching because it is seen as "improving performance" and not as treatment for an illness. Therefore, coaches have to be honored privately. Experience shows, however, that in most cases a one to two hour session is sufficient - in contrast to lengthy processes in behavioural therapies and analytical procedures. There are now about 800 licensed wingwave coaches in Germany, who have had great success in various areas. All of them can be found on the above website with their areas of specialisation.

Physical injuries

After the treatments for so-called head issues as described on the previous pages brought such impressive successes, it occurred to me whether similar mechanisms might be effective after an injury has been cured. If it is true that our subconscious wants to protect us from unpleasant situations in the future, then this should also apply to physical injuries. The first test was the treatment of Roman Pungartnik.



Roman Pungartnik after treatment: a player full of power and determination.

Roman Pungartnik, left (then HSV Hamburg): Cruciate ligament rupture

During the 2004 European Championships, Roman had torn the cruciate ligament of his right knee due to an opponent's attack. After nine months, the doctors gave the green light: medically OK. But during training, his coach and himself noticed: Something was wrong here. Whenever there was a threat of contact with an opponent, Roman did not courageously enter the 1-on-1 situation as he used to, but played the ball on quickly. His former strength of playing man-to-man was blocked, even though Roman felt totally fit. Some instinct made him act differently than he wanted to. Roman was about to end his career because no doctor could help.

The call from the coach at the time, Christian Fitzek, made me come to Hamburg to look for solutions with Roman.

I suspected that the subconscious protective automatism described above prevented Roman from putting himself in a dangerous situation similar to the experience of injury. His subconscious seemed to be much stronger than Roman's will. The memory of the accident was extremely stressful for Roman. During the treatment, we went through the entire accident again and found the moment when Roman, lying injured on his back, thought "now something really bad has happened" to be the most intense moment of stress. So that was the moment when all possible disaster scenarios went through Roman's head: Pure stress. At this point, we can explain how our brain works. Since its development has come to a standstill for several thousand years (doesn't sound nice, but unfortunately that's the way it is), the head associates a rupture of the cruciate ligament with the end. So it really is a catastrophe. Roman also thought of invalidity. Unbeknownst to the brain, medicine has made great progress and a torn cruciate ligament is really no longer a big problem these days. Therefore, the reaction of the subconscious is understandable. With wingwave, this moment of greatest stress was then aroused.

The work took about two hours. Three days later, Roman was able to play in a Bundesliga match for the first time. To his own surprise, he was able to contribute to the team's success with five goals. And this was to continue: In 32 subsequent games, he was back to his old self; throwing 132 goals and becoming his team's third-best scorer. Bravo Roman.



"Players and coaches are constantly under the influence of various 'stress triggers': (fearful) opponents, the hall, spectators, referees, the press, the board of directors, sponsors etc. What actually stresses the head can be identified via muscle testing and fortunately also treated."



▲ Literature reference

The fear of flying had to do with kindergarten? The work inhibition with a Christmas fairy tale? People who get involved in wingwave coaching can come to such astonishing conclusions. Read 50 and a story here.

successes to marvel at - www.junfermann.de

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Sebastian Preiß (TBV Lemgo): Torn muscle fibre

My presence with the national team before the 2007 World Cup also brought me together with a sad Sebastian Preiß, to whom something quite "mundane" had happened: in a preparatory match against Hungary, he felt a hardening in his calf, which, however, was relieved at

the magnetic resonance imaging proved to be a torn muscle fibre. That was 11 days ago, during which he was able to receive treatment and care. But when he went to warm up for the next training session, he felt a suspicious twinge in his calf. Three days before the first



Preiß in top form: important offensive and defensive corner in the

fear spread: would he miss his big goal?

During the treatment, Sebastian was supposed to remember the injury situation. Immediately the thought surfaced: This is the end of the World Cup! His speech got stuck in his throat, he only felt a thick lump. This thought was "unspeakable". Fortunately, his thoughts and feelings calmed down after only a few eye-movement sets. The thought of going back onto the pitch, training and playing was again conceivable without the calf making itself known. So the mechanism of the brain worked again like it did for Roman Pungartnik: Don't go where you hurt yourself, otherwise there is a risk of re-injury. Through wingwave coaching, this mechanism was extinguished and Sebastian's performance just two hours later at training and on Friday in Berlin at the opening game left him beaming with anticipation.



Alexander Koke (then TSV Dormagen): Grip in the throwing arm: Impingement

I would like to mention the case of Alexander Koke's diagnosis because Alexander's throwing arm was so badly injured for over five weeks after a foul by a teammate during training that it was impossible to think about throwing or even playing.

What followed was an odyssey to doctors with different orientations, but also with very different diagnoses.

One doctor said it was impingement syndrome, but the next said it was more like slaplaision. In his helplessness, Alexander went to see other doctors, but without gaining any certainty about the injury or even the necessity of an operation, which one doctor considered sensible. Since Alexander was taking part in one of my sports college courses, I knew the status of his efforts for weeks. When there was no improvement, I suggested wingwave treatment to him. Alexander agreed to demonstrate this intervention even in front of the assembled class of 20.

He was supposed to remember the foul situation, which was now five weeks ago. He still had everything very vividly in his mind. The game situation, the obstruction of his throw and the pain that followed. Of course, the muscle test was weak because his subconscious remembered this painful event very well and reported it as stress. After three sets of beckoning, Alexander tested strong again already when remembering the scene. The stress effect was extinguished. In the evening he was already able to train again as he had always done and at the weekend he was also happy to be back in Bundesliga action.

Remarkable was an additional test. Alexander could not remember who had grabbed his arm, as the action took place in his back. I claimed that his subconscious might have noticed and stored more than his conscious perception. The muscle test brought it to light. Alexander named names that came into question and in fact the test responded weakly to only one name. After checking back during the evening training, it turned out that the unconscious knowledge store was correct. Our brain really does amazing things. ■