

Christians Beitrag zur Präsentation auf der Velo-City, Sevilla, 23. März 2011 - die fett gestellten Begriffe wurden auf Folien projiziert.

Ladies and gentlemen, dear friends,

my Name is Christian Burmeister - I started with cycling courses in 1988 - many thousands of people participated successfully - I designed the concept for our association.

I want to describe, why our concept of getting people on a bike is so **exceptional** and so **extraordinary** and why it **works so well**. But first I want to tell you, what it is not and what you should try to forget for the next 5 minutes - or possibly even longer.

Forget about correct behaviour while riding a bicycle in public,

forget about the technical aspects – gears or tires for example

forget about ergonomics - how to sit properly on a bike

I can hear you thinking- but, these things are important, how can you ignore them? And of course they are important, but only as second stage issues!

In the first stage, and as underlying basis for the process of learning how to ride a bike, what we need is the **development of perception, mobility and action** – developing sovereign cycling.

All over the world teaching goes like this: Explain it, show it, it is very easy, you can do it. This classical way of teaching works for second stage issues as in traffic rules. All you need is some structuring and pedagogical flair - everyone can do it, and everyone does it. This "method", this ordinary strategy is unfortunately used by teachers all over the world. To explain, to show and to hope - that their pupils can do it. It comes from a purely adult way of constructing a picture of how things are supposed to work. Adults look at the final result, and assume that they can construct how to get there.

But: **Development is not teachable! "If you want to 'be', make it your own affair."** Goethe, Faust II, Mephisto

To be curious, to ask questions, to get into a working dialog with the bicycle, to experience the feel of movement, to continuously create different feelings while using a bike - **that** is how skill and experience grow, that, what children do every day of their life, ... that is not teachable! All skills and abilities need to grow - always and ever!

For this reason **our concept is based on philosophy, psychology and biology.**

So how does our concept of developing abilities work?

Out of a **network of diverse and comprehensive exercise principles**,

I created and developed a **foundation of exercise modules**,

it takes different **physical phenomena** into account.

It describes a natural development strategy. It is named:

moveo ergo sum - I move - so I am.

The moveo ergo sum concept has very special features and characteristics:

- it is the **first and only** of its kind

- the teacher is more like a **companion, than a master**

- it encourages the urge for **achievement** and brings unbelievable, **phantastic results**

- despite all the theory the concept works **very well and is easy to use.**

moveo ergo sum learning works and opens the mind for new experiences, it is

- **natural, efficient, balanced and without fear** – this way of learning feels very good.

Our concept sets standards and ensures success in many areas:

Sovereignty, authenticity, sustainability - it integrates and emancipates.

People grow together while sharing this learning experience. To see how much they enjoy the process of developing their abilities – you only need to look into their eyes.