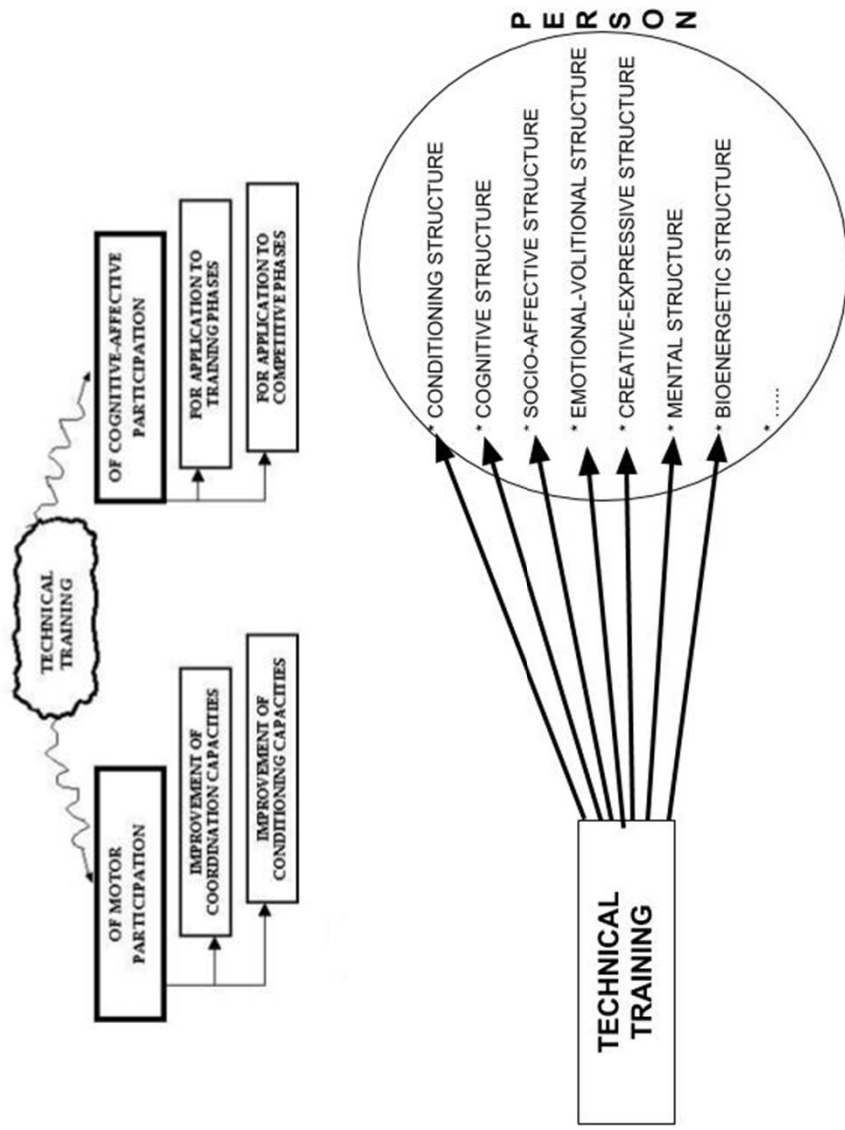


# Coordinative Optimization Intra-Inter Systemic

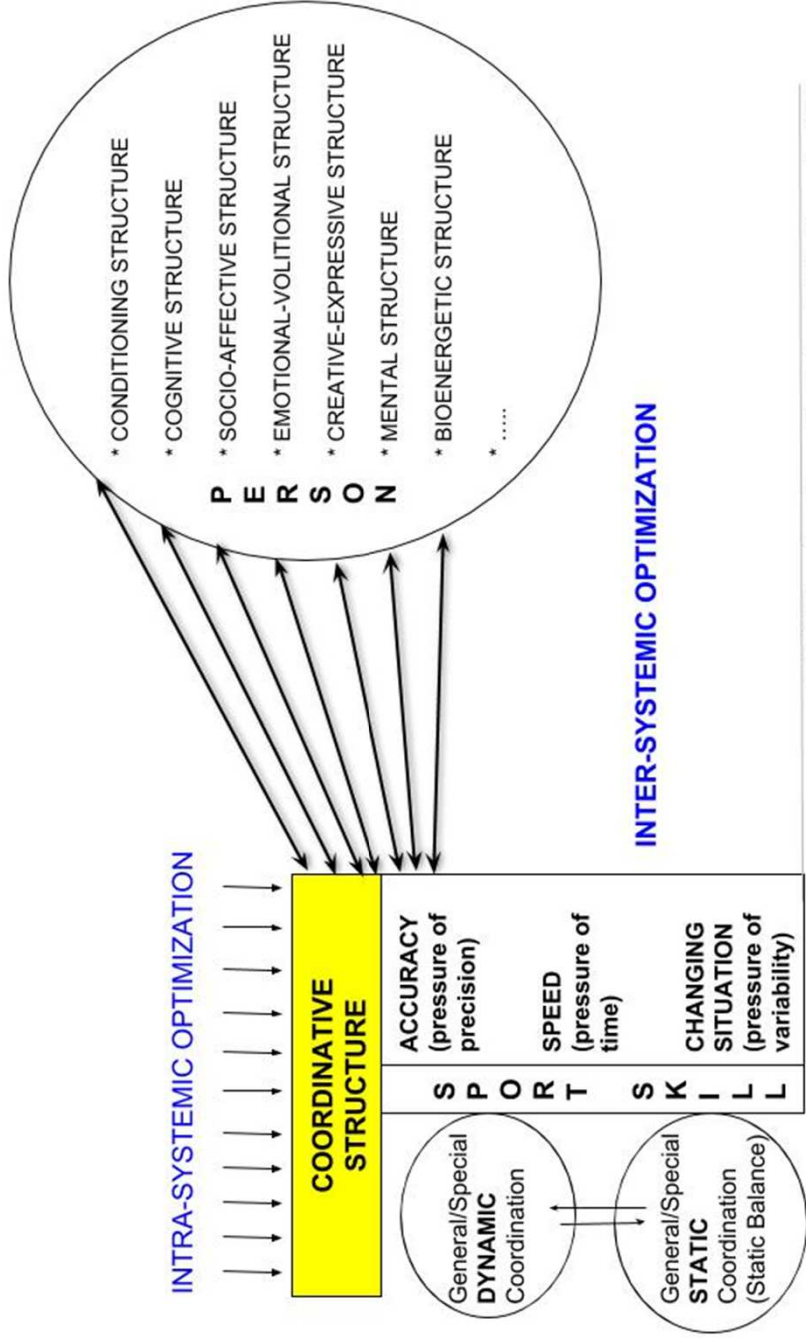
David Ribera-Nebot

copying and interpreting professor Fco. Seirul-lo since 1985

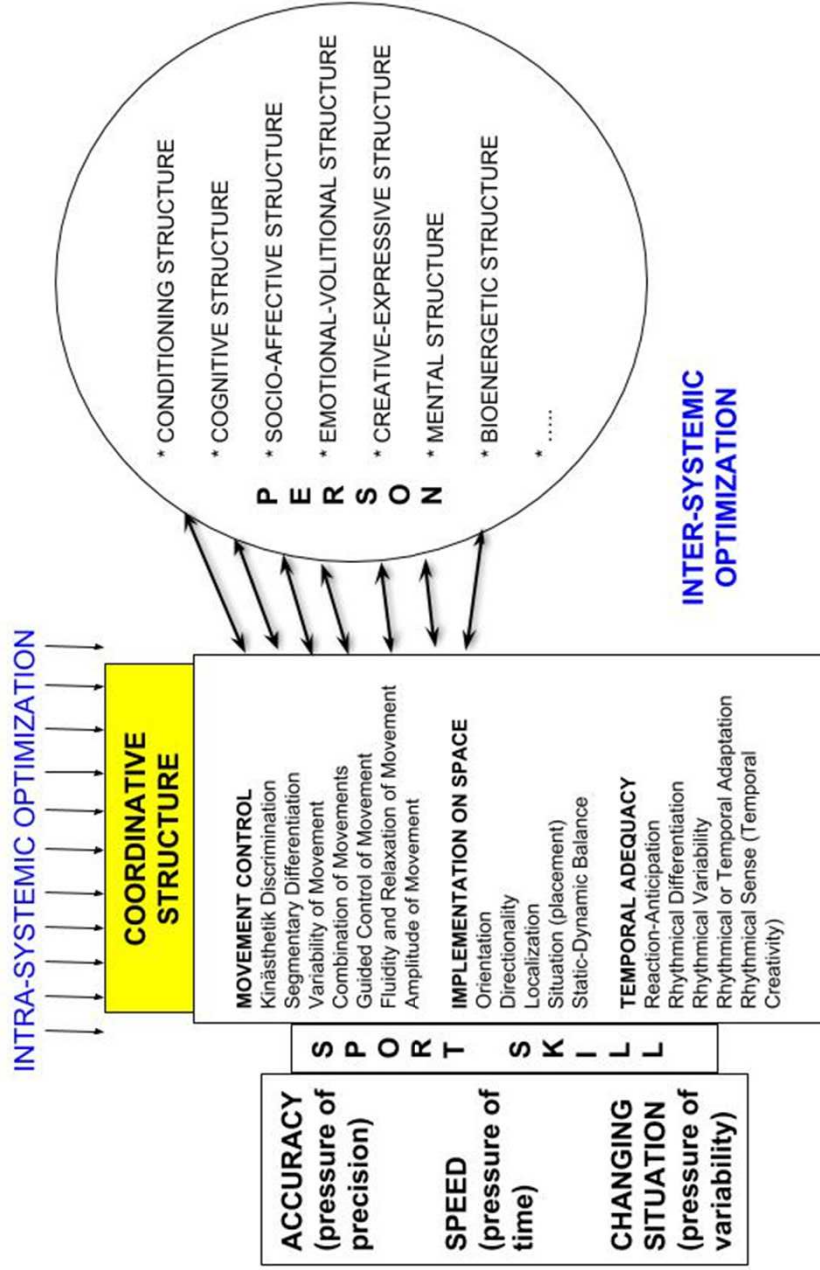


**Complex dynamic systems conception of technical training by Seirul-lo since 1987**

DRN, 2015, copying and interpreting Professor Seirul-lo Vargas since 1987



DRN, 2015, copying and interpreting Professor Seirul-lo Vargas since 1986



DRN, 2015, copying and interpreting Professor Seirul-lo Vargas since 1986

EXAMPLE 1

INTRA-SYSTEMIC OPTIMIZATION



COORDINATIVE STRUCTURE

Example 1a

**MOVEMENT CONTROL**

- Kinästhetik Discrimination
- Segmentary Differentiation**
- Variability of Movement
- Combination of Movements**
- Guided Control of Movement
- Fluidity and Relaxation of Movement**
- Amplitude of Movement

Example 1b

**SPATIAL IMPLEMENTATION**

- Orientation
- Directionality
- Localization
- Situation (placement)
- Static-Dynamic Balance

Example 1c

**TEMPORAL ADEQUACY**

- Reaction-Anticipation
- Rhythmical Differentiation
- Rhythmical Variability
- Rhythmical or Temporal Adaptation
- Rhythmical Sense (Temporal Creativity)

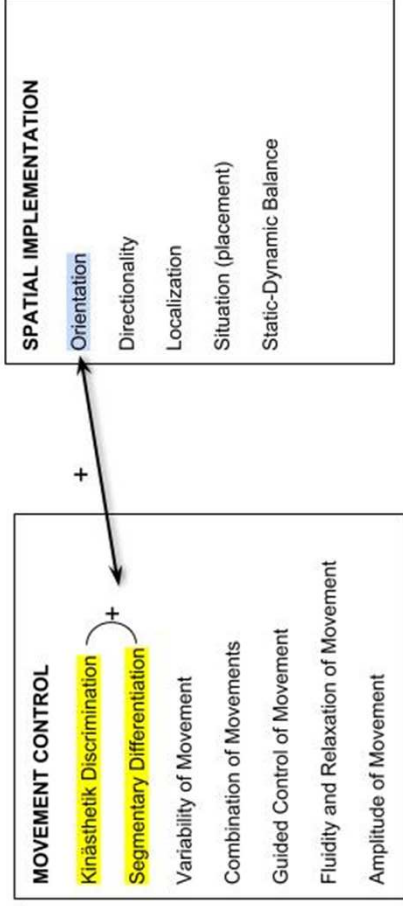
Preferential interactions within one type of coordination capacities

EXAMPLE 2a

INTRA-SYSTEMIC OPTIMIZATION



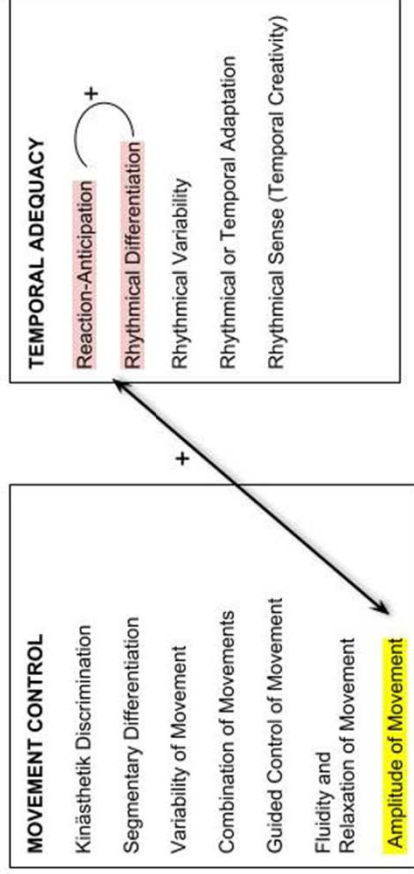
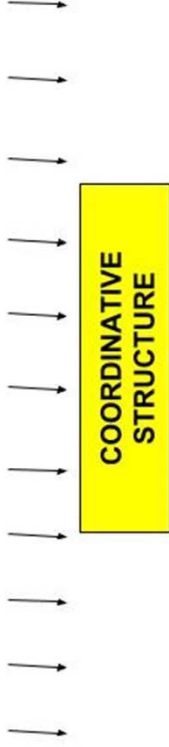
COORDINATIVE STRUCTURE



Preferential interactions **between** two types of coordination capacities

EXAMPLE 2b

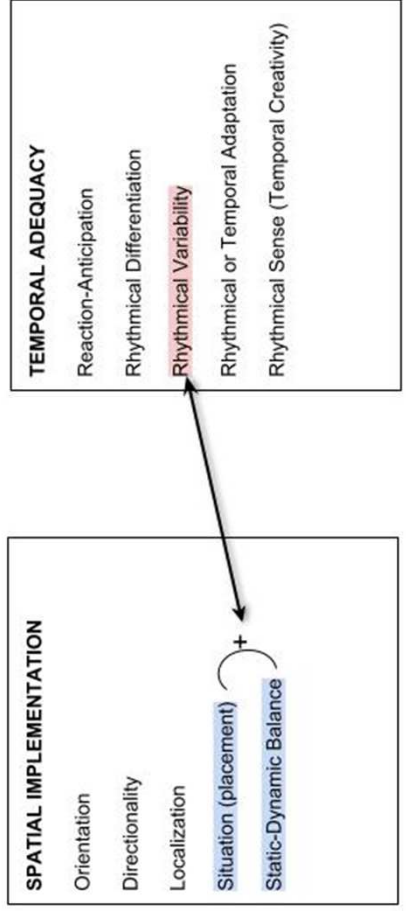
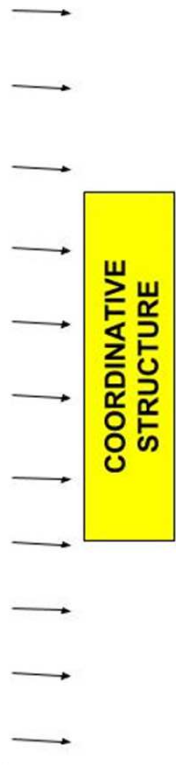
INTRA-SYSTEMIC OPTIMIZATION



Preferential interactions **between** two types of coordination capacities

EXAMPLE 2c

INTRA-SYSTEMIC OPTIMIZATION



Preferential interactions between two types of coordination capacities

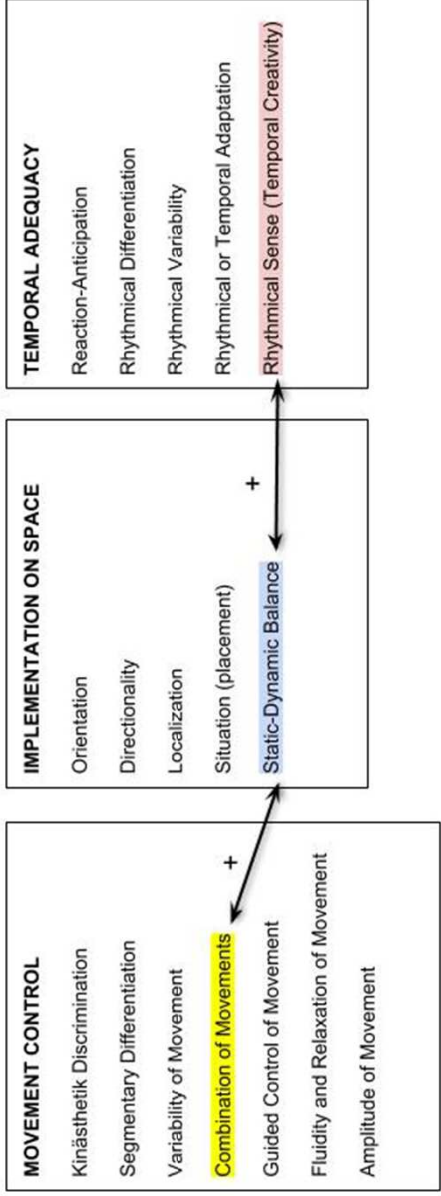


EXAMPLE 3

INTRA-SYSTEMIC OPTIMIZATION



COORDINATIVE STRUCTURE

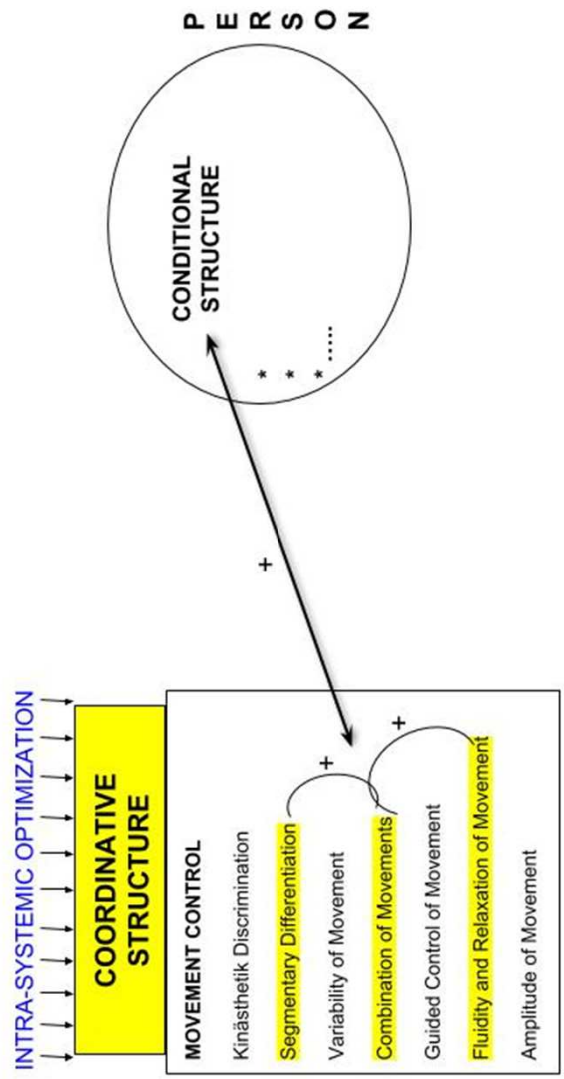


Preferential interactions among three types of coordination capacities



**EXAMPLE 1A**

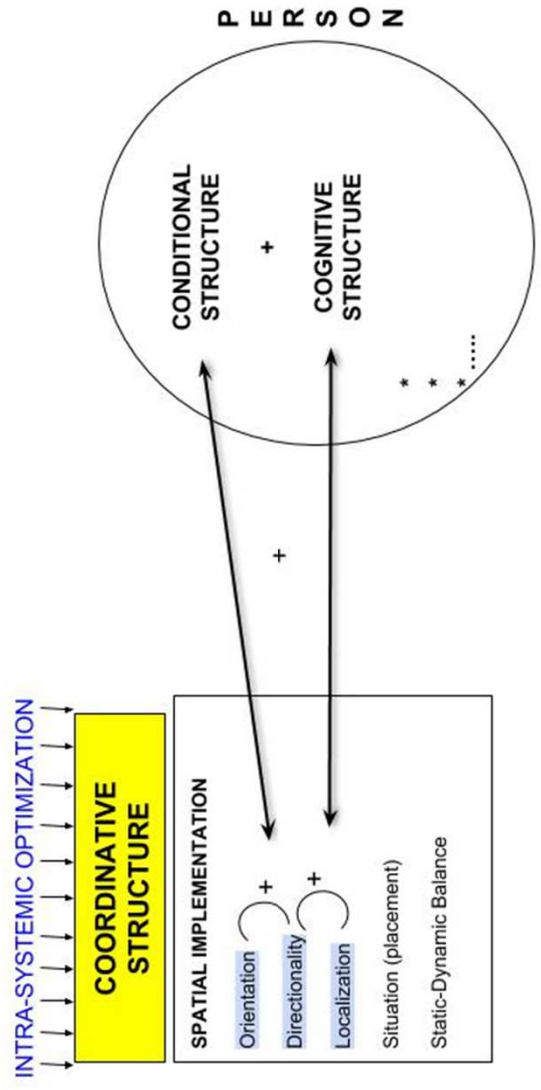
**INTER-SYSTEMIC OPTIMIZATION**



Preferential Coordinative interactions with Conditional Structure

**EXAMPLE 1B**

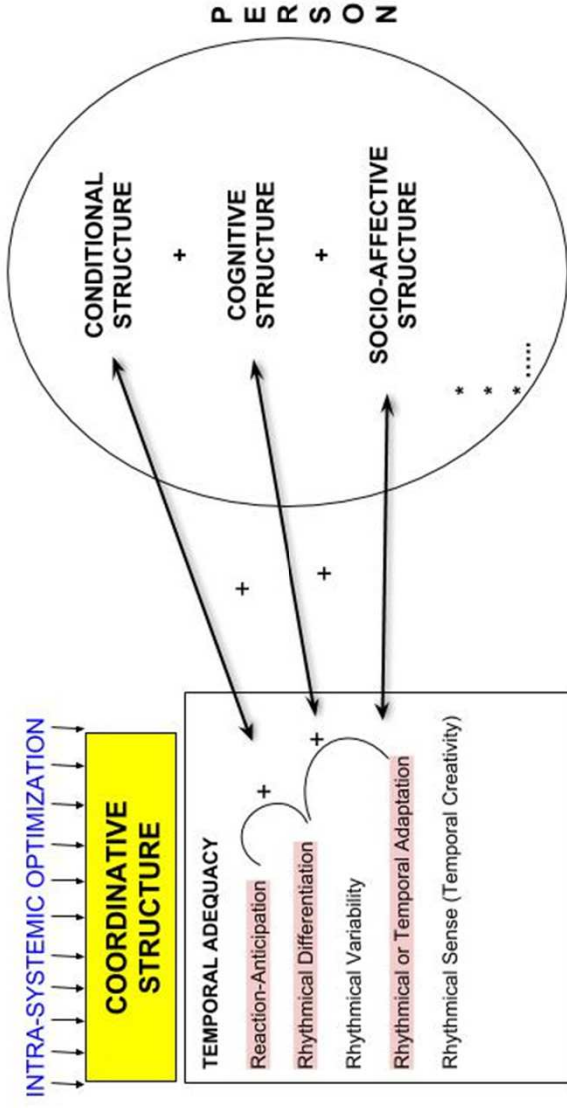
**INTER-SYSTEMIC OPTIMIZATION**



Preferential Coordinative interactions with Conditional and Cognitive Structures

**EXAMPLE 1C**

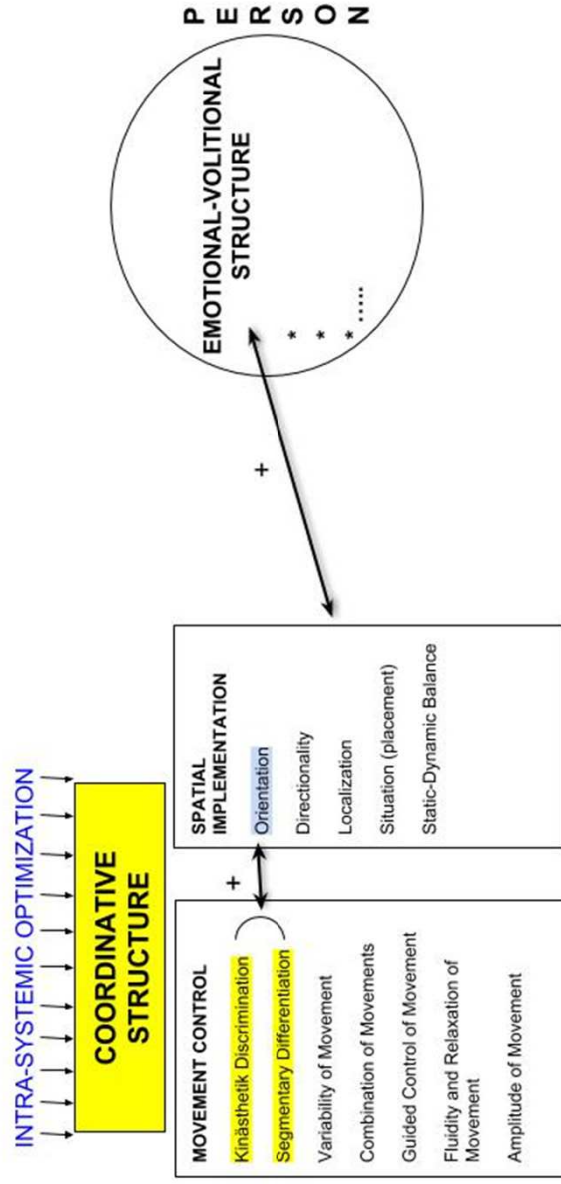
**INTER-SYSTEMIC OPTIMIZATION**



Preferential Coordinative interactions **with** Conditional, Cognitive and Socio-Affective Structures

**EXAMPLE 2A**

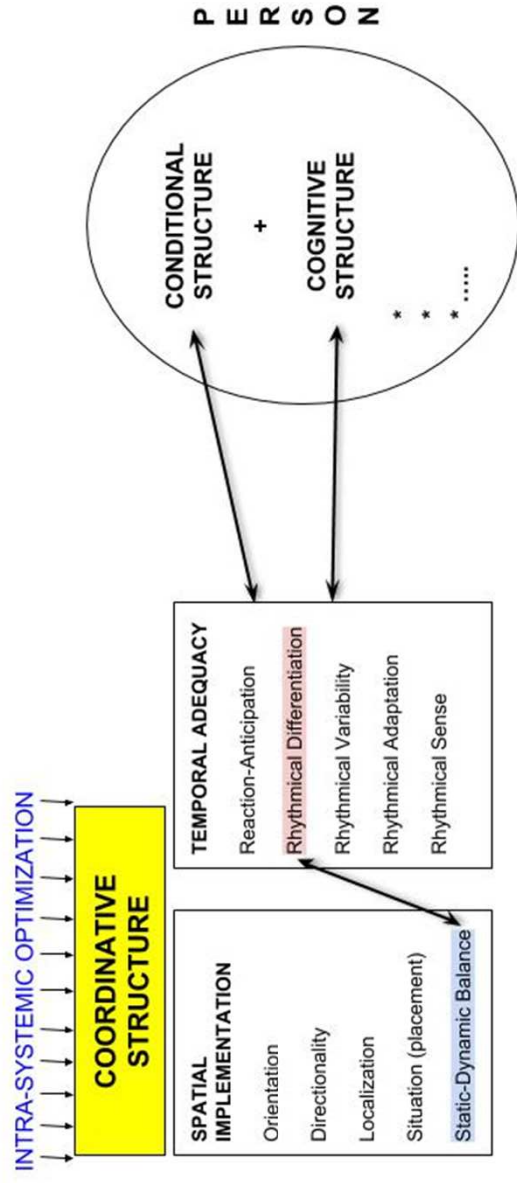
**INTER-SYSTEMIC OPTIMIZATION**



Preferential Coordinative (2 types) interactions **with** Emotional-Volitional Structure

**EXAMPLE 2B**

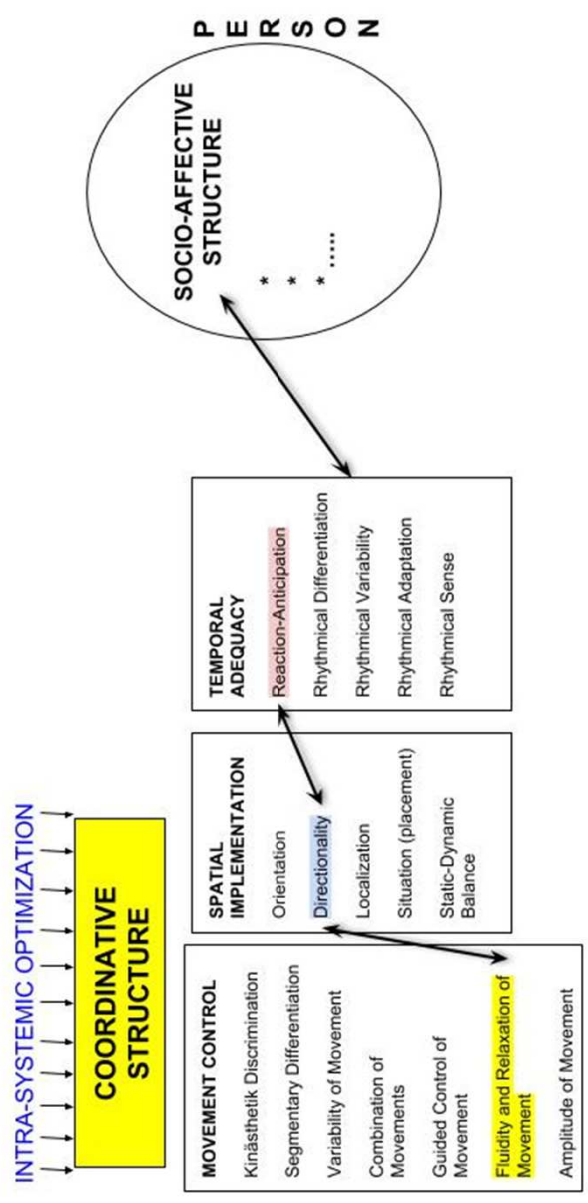
**INTER-SYSTEMIC OPTIMIZATION**



Preferential Coordinative (2 types) interactions **with** Conditional and Cognitive Structures

**EXAMPLE 3**

**INTER-SYSTEMIC OPTIMIZATION**



Preferential Coordinative (3 types) interactions with Socio-Affective Structure



