



Press release

BBC chooses Mindball for Brain-Jitsu “black belt” decider



CBBC, the children’s arm of the BBC, has chosen Mindball for the “black belt” decider in its series Brain-Jitsu ([watch](#) on BBC iPlayer).

Brain-Jitsu is a six week series of daily programmes starting on 25 February 2008 in which children learn about the power of the mind. The programme, presented by Simon Greenall, focuses on the ability of the brain to improve its performance through appropriate exercises.

In each programme eight children are given a series of brain exercises, followed by knock-out games to select the best performing competitor for that particular brain skill.

Losing any round means taking “the Walk of Eternal Regret” and taking no further part in the contest. The remaining players get to progress to the next colour of karate belt challenge, with Mindball providing the final, “black belt” challenge – “the Table of Supreme Focus” - for the last two competitors.

Brain-Jitsu includes scientific explanations of which parts of the brain were being used and gives worked examples and tips for viewers to improve their performance.

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