



Mind Sports

What are Mind Sports?

On the 19th of April 2005, four federations met together under the aegis of the General Association of International Sports Federations (GAISF) and decided to constitute the International Mind Sport Association (IMSA).

The IMSA consists of five games namely, Bridge, Chess, Draughts, Go and Xiang Qi. There are over 400 National federations and 500 million players involved.

Mind Sports are, firstly, a support tool for schools especially for those students with learning difficulties.

Mind sports intervene in the areas of

- Behaviour (civic education)
- Structuring the mind, reasoning
- Techniques (mental arithmetic, probabilities....)
- Memory
- Concentration

Mind sports games are taught in schools in many countries all over the world and are part of a diploma in various top universities.

If physical activity is a fundamental necessity for human beings, the same can be said for mental activity which is an indispensable complement.

Mind Sports are an excellent gymnastic of the mind for men and women of all ages.

Mind Sports enhances the immune system, according to a preliminary study by researchers at UC Berkeley.

Playing bridge or another mind sport significantly lowers the risk of developing Alzheimer's disease or other forms of dementia, according to the most comprehensive study that examined the benefits of challenging intellectual activity among the elderly.

The report bolsters a growing body of evidence that exercising the mind through board games, social activities and education offers powerful protection against mental deterioration and disease.

Mind Sports, therefore, are good for people of all ages and Bridge, in particular, can be played by the whole family and benefit everyone throughout their life.