

Jun Konno, in memoriam

I (Johan Lambeck) met Jun at the ATRI aquatic therapy symposium in 1998 in Las Vegas. Ai Chi was presented for the first time and immediately I saw resemblances with Water Specific Therapy in its approach to postural control. During a few years afterwards, we met annually at the symposium. Meanwhile our aquatic therapy course in Valens, Switzerland, was well established and in 2004 we invited Jun for the whole course, teaching an Ai Chi module and a post-course education of one day. We learned about his connection with CHI, and we learned about Ai. We discovered his flexibility: incorporating ideas was good for him, which was also a part of his curiosity about (aquatic) life. Jun was pure and open-minded: he trusted people unconditionally.



Jun, Anne, Urs and Johan in Heidiland ,Switzerland, 2004

The last time in 2006, we also drove to the Netherlands for 2 workshops, together with Anne Bommer who then was certified by Jun as Ai Chi lecturer, just as Urs Gamper and me. Meanwhile Jun invited me to Japan in 2005, where I met his wife Yoko and his daughter Ai. We met again in 2008 in South-Korea; the Korean Aquatic Therapy Association organized a congress because of 10 years Water Specific Therapy in which we invited Jun for a lecture and a course. In 2010 Jun and me were able to register (®) the Ai Chi logo and name for the European Union in 2010.

The time together gave possibilities to discuss about aquatic therapy, in particular the power of Ai Chi. In all its apparent simplicity, Jun created a concept with a wide spectrum of therapeutic possibilities, which we developed later to Clinical Ai Chi: applications to specific patient groups. Jun was not a researcher. But the power of Ai Chi raised interest amongst researchers, resulting in dozens of publications showing the measurable effects on e.g. postural control in various patient groups. Posture was a topic that was important for Jun,

often he remarked about good or bad postures of persons he observed, fitting with our ideas of positioning Ai Chi in health care.

It is just happiness that during our meetings we were able to get to know Jun beyond “the creator of Ai Chi”, discussing many topics, enjoying nice food, sharing memories.

Dear Jun, it was an honor to learn from you and we will continue to teach (Clinical) Ai Chi based on your spirit.

Johan Lambeck
Anne Bommer
Urs Gamper
Association IATF