

SEE QUICKER
PERFORM BETTER


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Imagine you could see, think and act quicker than the opposition whatever your sport.
Well, that's what OKKULO can do for you.

Our specialist training technology and environment use light science to override the biological process of the brain and adapt the athlete's visual system to improve their perception and reaction. When training in the changing light levels of the system an athlete's visual processing of information accelerates.
When performing back in normal light levels the athlete finds that a recalibration of the brain has taken place and that the improved visual processing continues, allowing them to consistently perform better.

In other words, we speed up the athlete and slow down their sport.

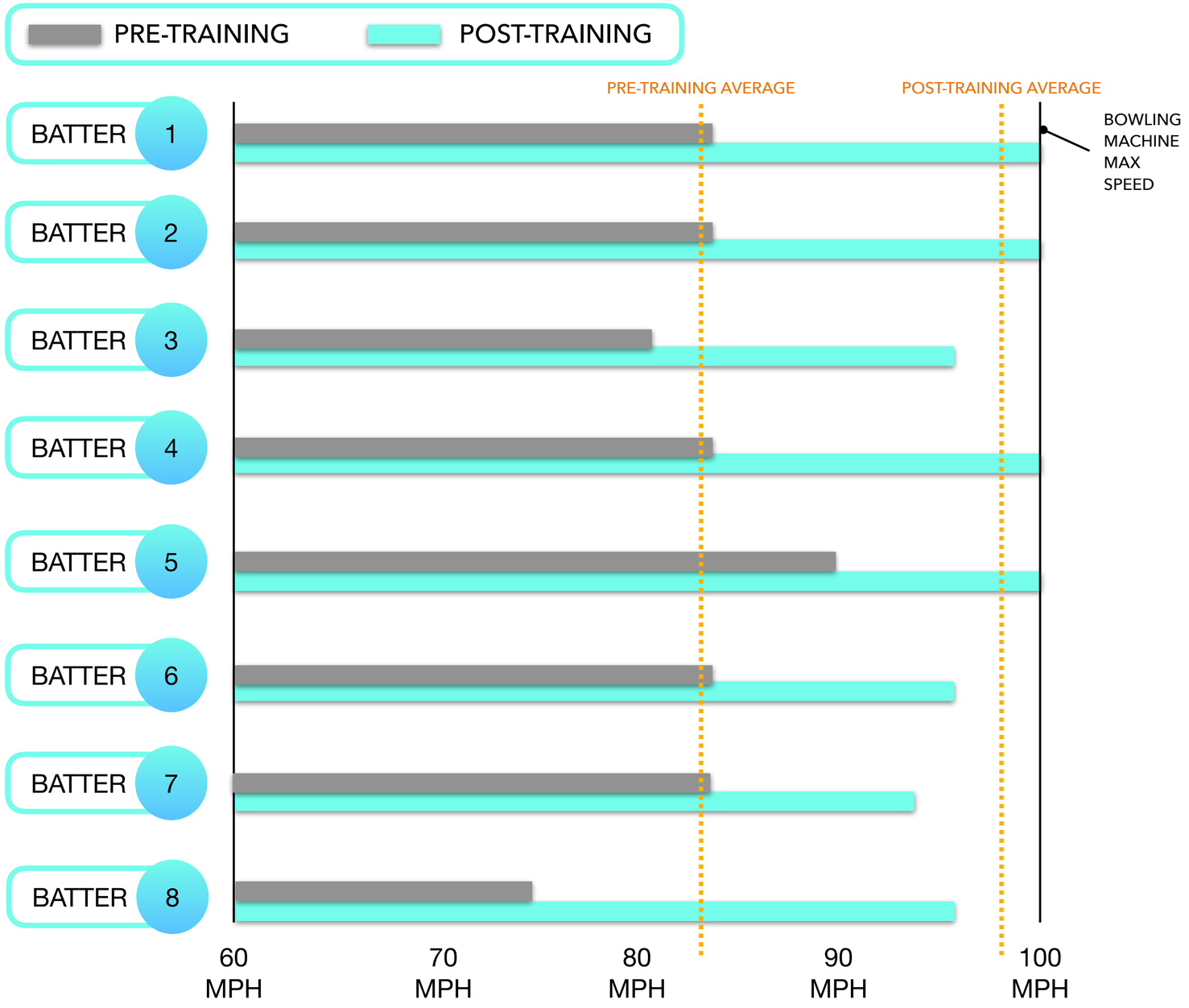
OKKULO technology is revolutionising training for teams and individual athletes, improving performance by as much as 64%

An OKKULO case study.

Elite Level Cricket

An OKKULO case study with the elite level cricketers from Durham University and Durham CCC





The pre-training performance assessments are shown by the striped bars in the above graph. The mean best pre-training performance speed was 83.0 mph with a standard deviation of 4.5 mph, as shown by the lower dotted white vertical line. (Batters 1 and 2 are professional cricketers.)

Batters were then trained for 8 weeks with two fifteen-minute training sessions per week under the Okkulo training conditions. After 8 weeks of training, the performance of each batter was reassessed under the same conditions as the pre-training measurements. The results of the post-training assessments are shown by the coloured bars in the graph. The mean best post- training performance speed was 97.2 mph with a standard deviation of 2.0 mph as shown by the upper dotted orange vertical line. The performance of all batters improved by between 10 and 30% with a mean improvement of 17%. After training, all batters could perform at or above 94 mph. Moreover, the performance improvements for Batters 1, 2, 4 and 5 were limited to the fastest speed of 99 mph that could be produced by the bowling machine.

Okkulo training consistently improved the performance of all eight participants.



17%

BATTERS HAD A MEAN IMPROVEMENT OF 17%

10% - 30% IMPROVEMENT

ALL BATTERS IMPROVED BY 10% - 30%

94%

AFTER TRAINING ALL BATTERS COULD PERFORM AT OR ABOVE 94%

OKKULO

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