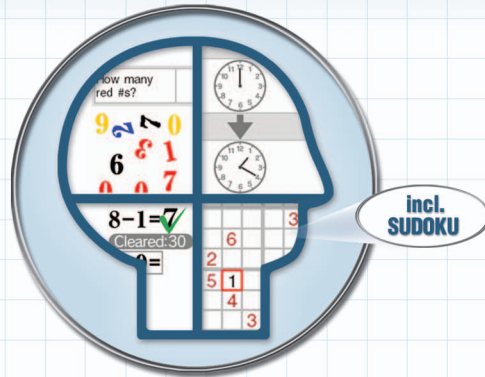


NINTENDO DS™



NTR-ANDP-UKV

Dr Kawashima's
**BRAIN
TRAINING™**
How Old Is Your Brain?



INSTRUCTION BOOKLET

(CONTAINS IMPORTANT HEALTH AND SAFETY INFORMATION)

This seal is your assurance that Nintendo has reviewed this product and that it has met our standards for excellence in workmanship, reliability and entertainment value. Always look for this seal when buying games and accessories to ensure complete compatibility with your Nintendo Product.



Thank you for selecting the DR KAWASHIMA'S BRAIN TRAINING™: HOW OLD IS YOUR BRAIN? Game Card for the Nintendo DS™ systems.

IMPORTANT: Please carefully read the important health and safety information included in this booklet before using your Nintendo DS system, Game Card, Game Pak or accessory. Please read this Instruction Booklet thoroughly to ensure maximum enjoyment of your new game. Important warranty and hotline information can be found in the separate Age Rating, Software Warranty and Contact Information Leaflet. Always save these documents for future reference.

This Game Card will work only with Nintendo DS systems.

IMPORTANT: The use of an unlawful device with your Nintendo DS system may render this game unplayable.



2-16

WIRELESS DS SINGLE-CARD DOWNLOAD PLAY
THIS GAME ALLOWS WIRELESS MULTIPLAYER GAMES
DOWNLOADED FROM ONE GAME CARD.



Contents

Foreword by Dr Kawashima	5	Quick Play	33
Effective Use of the Prefrontal Cortex	6	Quick Brain Age Check	33
Brain Training Based Upon the Latest Medical Science	7	Quick Training	34
Brain Training Using Dr Kawashima's Brain Training	9	Quick Sudoku	35
Nintendo DS System Controls	11	Sudoku	36
Getting Started	12	Download	40
Modes	13	Calculation Battle X 30	40
Daily Training	14	Send Demo	43
Your First Training Session	14	DS Wireless Communications (Single-Card Play)	45
Determining Current Brain Age	15	Tips For Better Results	47
Create Personal Data	17	Profile	48
Brain Age Test Results	18	Staff Credits	49
Training	19		
Brain Age Check	27		
Graphs	30		
Other Options	31		

In this Instruction Booklet, the Nintendo DS Display Screen is framed in **red** and the Touch Screen is framed in **blue**.

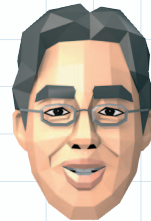
Foreword by Dr Kawashima

Once maturity is reached, certain functions of the brain may begin to slow down with age. This is no different from the reduction in stamina and physical strength that accompanies increasing age under a regular lifestyle. However, exercising every day can help prevent such physical decline.

Recently I have come to realise that the same is true of the human brain. Getting into the habit of training your brain every day can help to keep it fit.

Have you started to find yourself becoming more forgetful, or that you just can't seem to find the right words to get your point across? Training the brain can help boost your memory. For younger participants, training can help consolidate creativity and memory, and may hopefully help develop a resistance against decline in later life.

Dr Kawashima



Effective Use of the Prefrontal Cortex

An area called the “prefrontal cortex” functions as the command centre of the brain. The prefrontal cortex determines how the knowledge stored in your brain is used in any given situation; in other words, “real intelligence”, e.g. the good functional use of the stored knowledge and the appropriate handling of a situation, depends on how well you are able to make use of the prefrontal cortex effectively to employ stored information and manage it successfully.

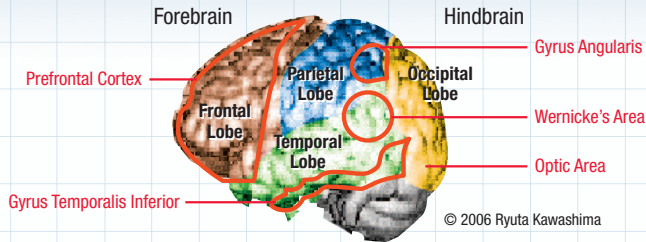
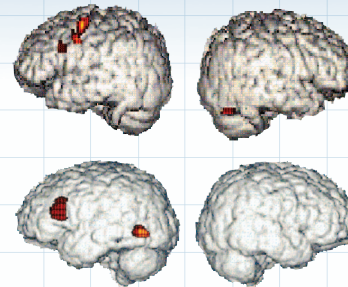


Diagram Notes

The left and right sides of the human brain are divided into four areas: the frontal lobe, parietal lobe, occipital lobe, and temporal lobe. The “prefrontal cortex” that comprises most of the frontal lobe is unique to humans. It is the source of creativity, memory, communication, and self-control, giving it the well-deserved name of “brain within the brain”.

Brain Training Based Upon the Latest Medical Science

My latest research has revealed that reading aloud and doing arithmetic can be effective methods of training the brain. The images below are representations of blood flow within the brain as measured by functional magnetic resonance imaging (MRI). The red and yellow areas show the parts of the brain that are engaged in activity, with yellow indicating more activity than red.

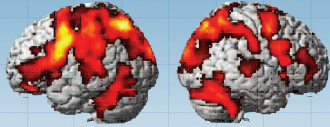


When thinking

The left side of the brain is working slightly, but the right side of the brain is totally inactive.

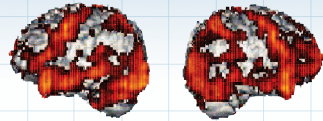
When trying to solve difficult mathematics

Even though this requires a lot of effort, the brain does not show very much activity.



When solving simple mathematics quickly

When trying to solve simple problems quickly, many areas in both the left and right sides of the brain are showing significant activity.



When reading aloud

The faster the material is read, the more activity can be seen.

© 2006 Ryuta Kawashima

As you can see, solving quickly simple mathematic problems and reading appear to be highly effective ways of training the brain.

Based on these results, I performed a memory test using subjects ranging from elementary school pupils to adults. The results of these tests showed that the memory of a person was 20 to 30 % better following the simple mathematics and reading aloud training than before such training. Furthermore, I had dementia patients perform simple mathematics and read aloud two to five days a week over a period of six month. When compared to those patients who did not perform the exercises, the results of those who did showed that activity levels in the prefrontal cortex that can affect cognitive functions, were increased.

Brain Training **Using Dr Kawashima's Brain Training**

It is vitally important to continue training. DR KAWASHIMA'S BRAIN TRAINING™: HOW OLD IS YOUR BRAIN? provides simple mathematics, reading aloud, and other exercises, offering the best in brain training that is also fun to play every day. The best time to train is in the morning, when your brain is at its most active. It only takes a few minutes each day, so make a little time and keep on training!

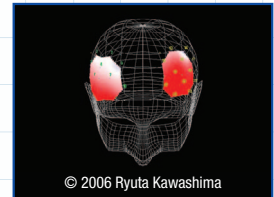
Verification of Training **Using the Latest Technology**

I used an optical topography system (Picture 1), a device that creates images of the activity in the human brain, to scientifically verify how the prefrontal cortex can be stimulated while training with DR KAWASHIMA'S BRAIN TRAINING: HOW OLD IS YOUR BRAIN?



(Picture 1) Measuring blood flow in the brain.

Many different types of exercises were tested; only those exercises that demonstrated a clear increase in brain activity (Picture 2) were selected for use in the software.



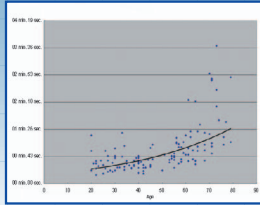
© 2006 Ryuta Kawashima

(Picture 2) The 3D image produced.

The Brain Age Check

I created a best-fit approximation (Figure 1) from data collected from 120 subjects, 20 in their twenties, 20 in their thirties and so on up to 20 in their seventies. The results of your BRAIN AGE CHECK in DR KAWASHIMA'S BRAIN TRAINING: HOW OLD IS YOUR BRAIN? are calculated using this approximation.

Please note that the BRAIN AGE CHECK has been created to enable you to monitor the progress of your brain training when using DR KAWASHIMA'S BRAIN TRAINING: HOW OLD IS YOUR BRAIN? only and for no other purpose whatsoever.



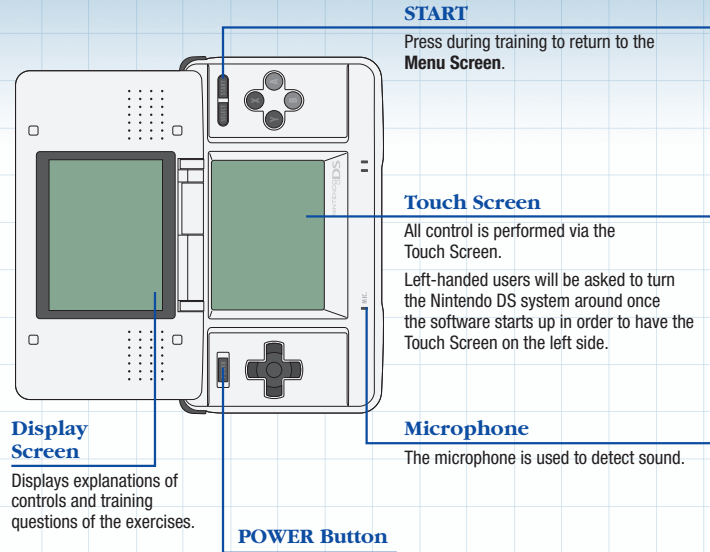
(Figure 1)

I'll be here to support
your training!
Nice to meet you!



Nintendo DS System Controls

DR KAWASHIMA'S BRAIN TRAINING: HOW OLD IS YOUR BRAIN? is played by turning your Nintendo DS system vertically.



Getting Started

Make sure that the Nintendo DS system's power is off and insert the DR KAWASHIMA'S BRAIN TRAINING: HOW OLD IS YOUR BRAIN? Game Card into the Game Card slot on the back of the system and push until it clicks into place.

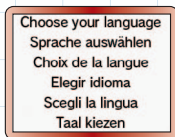
Turn the power on and the **Health and Safety Screen** shown to the right will appear. Once you have read it, touch the Touch Screen.

To turn the power off, press and hold the POWER Button.

On the **Nintendo DS Menu Screen**, touch the BRAIN TRAINING: HOW OLD IS YOUR BRAIN? Panel to progress to the **Title Screen**.

If your Nintendo DS system is set to **AUTO MODE**, you can skip the previous setting process. See the Nintendo DS Instruction Booklet for more details.

In this software you can choose between six different languages: English, German, French, Spanish, Italian and Dutch. The language displayed during use of the software does not depend on the one set on the console, rather the one selected in the software at the first start-up. Please note: the software's title on the **Nintendo DS Menu Screen** will appear in the language that your Nintendo DS system is set to, and may not correspond with the language you selected in the software.

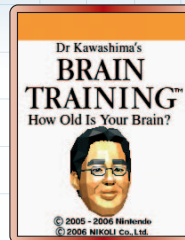


Modes

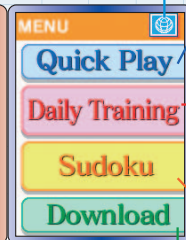
Follow the instructions and advice displayed on the Display Screen to progress through DR KAWASHIMA'S BRAIN TRAINING: HOW OLD IS YOUR BRAIN?

Language Selection

This icon allows you to select one of the six available languages for this software.



Display Screen



Touch Screen

Quick Play

Undergo a QUICK BRAIN AGE CHECK, a QUICK TRAINING and a QUICK SUDOKU.

Daily Training

Perform your daily training and a full brain age test.

Sudoku

Solve sudoku puzzles to stimulate your brain.

Download

- Play mathematics training against other users using DS Wireless Communications.
- Download the Quick Play version to another Nintendo DS system.
- Download a sudoku puzzle on your Nintendo DS system.

If you close the Nintendo DS while the power is on, it will automatically switch to power-saving **Sleep Mode**. It will resume normal mode when opened again.

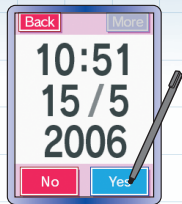
Daily Training

Your First Training Session

First you must create personal data to save your daily records. A maximum of four different personal data can be created. Touch NEW DATA FILE and follow the instruction.

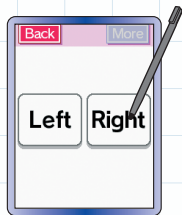
Confirm the Date

Confirm that the DATE displayed is correct. Touch YES if the date and time are correct and proceed to the next step. Touch NO if they are incorrect. To change time settings, you must first turn the Nintendo DS system's power off. See the Nintendo DS Instruction Booklet for more details on time settings.



Writing Hand

Select your writing hand. If you are right-handed, touch RIGHT and proceed to the next step. If you are left-handed, touch LEFT, then follow the instructions to turn the Nintendo DS system upside down and bring the Touch Screen around to the left side.



Determining Current Brain Age

First you will be presented with an explanation of the brain. Once this has finished, you must determine your current score in the form of a "brain age".

Parts of this test may require you to speak the answers, so you will be asked if your surroundings are quiet and if you can speak freely. If you can, the Colour Recognition Test (STROOP TEST) will begin; otherwise, you will start taking the CALCULATIONS X 20 test.

NOTE: The effectiveness of voice recognition varies depending upon the individual. Young children or women may find it especially difficult for their voices to be recognized perfectly. Young children or women may find that recognition of their voices improves if they speak a little more deeply than normal.

STROOP TEST

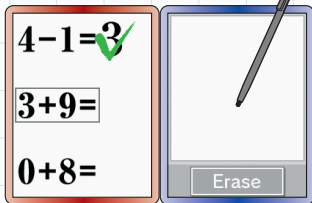
Say the colour of the letters of the displayed colour name into the Nintendo DS system's microphone. There are four possible answers: red, blue, yellow, and black. The word written itself is usually not the answer.



In this case, the answer is red.

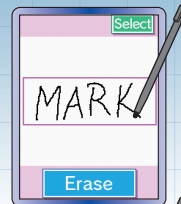
CALCULATIONS X 20

On the Touch Screen, write the answers to the simple sums shown on the Display Screen as fast as you can. You must answer 20 sums in a row.

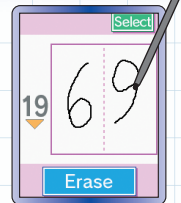


Create Personal Data

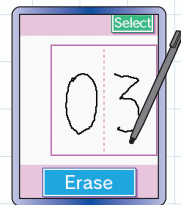
When the test is finished, you must give the personal data a name. Use the stylus to write a name within the box provided.



Touch SELECT to proceed to date-of-birth entry. Using the Touch Screen, enter the final two digits of your year of birth. Touching the arrow below the 19 will change it to a 20 for anyone born after the year 2000. Touch SELECT when finished.



Enter your month and day of birth in the same way, then touch SELECT.



A **Confirmation Screen** containing your entered information will be displayed. If everything is correct, touch **SELECT** to proceed to the next step. If you wish to change anything, touch **REVISE** to return to the **Name Entry Screen**.

A confirmation screen with a pink header. It contains the following fields: 'Signature' with the name 'MARK' in a handwritten font; 'Birthday' with 'Day: 14', 'Month: 3', and 'Year: 1969'. At the top, there are two buttons: 'Revise' (pink) and 'Select' (green).

Brain Age Test Results

Your current score will be displayed in the form of a “brain age”*. Once you have accepted the score, touch **TO DATA SELECT SCREEN**. The **Personal Data Selection Screen** will appear.

*Please see “The Brain Age Check” on page 10 for more information.

A screen with a pink header and a green 'More' button. The text reads: 'Your brain age is 53'.

If you wish to continue and begin brain training, touch the data you just created. The **Stamp Calendar Screen** will appear.

Training

The Stamp Calendar Screen

Today's date will flash.



A menu screen with a pink header and an 'End' button. It contains four options: 'Brain Age Check' (pink), 'Training' (yellow), 'Graph' (green), and 'Other Options' (blue). Navigation arrows are at the top.

Perform a BRAIN AGE CHECK.

Undergo TRAINING.

View Graphs of your Daily Results.

Change OTHER OPTIONS.

Stamps are awarded on days you have trained.

Events

Depending on the day and on the time, an event will occur when you touch your personal data.

Memory Quiz

A random question will appear. Write the answer to the question in the space provided. You will be asked the same question a few days later, so remember exactly what you write.

Picture Quiz

You will be asked to draw a picture of a certain object, person, animal, or the like. Touch NEXT and an answer picture will be displayed. Compare it with your own.

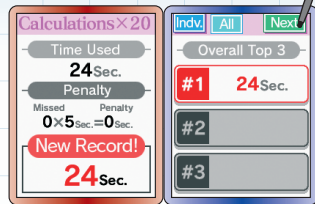
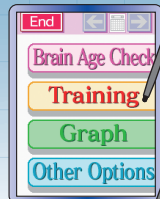
Starting Training

Touch TRAINING on the **Stamp Calendar Screen** and the **Training Menu** will be displayed. Touch the training you wish to perform.

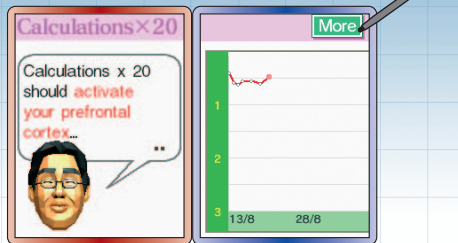
Touch RULES to the right of each training title to view a description of how to perform that training.

When the training is complete, your results will be shown on the Display Screen. The Touch Screen will display the top three records for that training. Touch NEXT to proceed. You will be shown to an animation depicting the rank of your results.

You can perform the same training as many times as you like each day, but the results will only be recorded the first time.



Some advice and a graph of your recent training results will be displayed. Touch MORE and at the end NEXT to proceed.



If you perform at least one type of training, you will be awarded a stamp on the stamp calendar for that day. Performing more than one type of training will not award extra stamps.

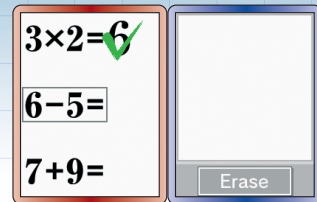
You can also change your stamp design. See page 32 for details.

Types of Training

There are only three types of training available at first. Fulfilling certain conditions will increase the types of training you can perform.

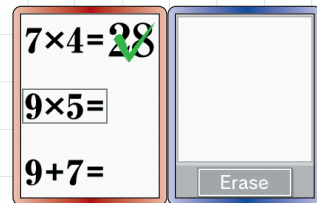
CALCULATIONS X 20

Helps train your brain through the high-speed solving of simple sums. The sums appear on the Display Screen. Write the answer on the Touch Screen as quickly as possible. Your total time for solving 20 sums will be recorded.



CALCULATIONS X 100

Same as the above, but with 100 sums.



READING ALOUD

Reading aloud helps stimulate the prefrontal cortex. While reading out loud is the most effective, silently reading to oneself also works. Read the displayed text as quickly as possible. Touch NEXT at the top of the Touch Screen to flip the pages. Your time for reading the entire text will be recorded.

Charles Dickens: Great Expectations My father's family name being Pirrip, and my Christian name Philip, my infant	Next tongue could make of both names nothing longer or more explicit than Pip. So, I called myself Pip, and came to be called Pip.
---	---

LOW TO HIGH

Numbers will appear in the boxes on the Display Screen for only an instant. The same boxes, empty, will then be displayed on the Touch Screen. Touch them in order of the lowest number to the highest.

Touch #s from low to high. <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	9 8 6 4
---	--------------------------

SYLLABLE COUNT

The Display Screen features a sentence. Count the number of syllables contained in the sentence and write it on the Touch Screen.

Winners never cheat, and cheaters never win.	Erase
---	--------------

HEAD COUNT

People will go in and out of the house on the Display Screen. Keep track of how many remain in the house at the end and write that number on the Touch Screen.

	Erase
---	--------------

TRIANGLE MATH

Add or subtract the adjacent numbers at the top of the triangle on the Display Screen according to the symbols between them. Then add or subtract the two product numbers to get the answer and write this on the Touch Screen.

$\begin{array}{r} 7 \ 5 \ 4 \\ + \ + \\ \circ \ \circ \\ + \\ \boxed{21} \end{array}$	21 Erase
---	---------------------------

Negative numbers are treated in the following way:

$$1 - (-2) = 1 + 2 = 3$$

$$1 + (-2) = 1 - 2 = -1$$

$$(-1) - (-2) = -1 + 2 = 1$$

$$(-1) + (-2) = -1 - 2 = -3$$

TIME LAPSE

On the Touch Screen, write the time difference between the top clock and the bottom clock.

The screen displays two analog clocks. The top clock shows 12:00 and the bottom clock shows 1:00. Below the clocks is a digital input field with '1' in the 'Hrs.' position and '0' in the 'Min.' position. To the right are 'Erase' buttons for both 'Hrs.' and 'Min.'.

VOICE CALCULATION

Answer simple sums out loud.

The screen shows three math problems: $10 - 1 = 9$ (with a green checkmark), $8 + 0 =$, and $13 - 7 =$. To the right is a 'Quit' button.

Brain Age Check

Touch BRAIN AGE CHECK on the **Stamp Calendar Screen**.

Three tests will be performed in a row. Quitting at any time will not produce a result.

The interface shows a 'Stamp Calendar Screen' with a calendar for August 2005. The date 13th is highlighted. To the right is a menu with 'Brain Age Check', 'Training', 'Graph', and 'Other Options'. Below the menu are three screens from the 'Brain Age Check' sequence:

- Screen 1: 'Remember, 20 years old is the best possible score.' with a character's face.
- Screen 2: 'Your brain age is 40' with a 'Next' button.
- Screen 3: 'But with regular training, you can sharpen that brain even more!' with a character's face and a line graph showing a peak at 40 and a subsequent decline. The graph has a y-axis from 30 to 80 and an x-axis with '13/8' and '26/8'.

Your current brain age result will be displayed. Touch NEXT to proceed.

A graph of your brain age results will be displayed. Touch NEXT to proceed.

You can perform the brain age test as many times as you like each day, but the results will only be recorded the first time.

Brain Age Tests

CALCULATIONS X 20

Also used in full brain age testing. Write the answers to simple sums on the Touch Screen as quickly as possible.

STROOP TEST

Also used in full brain age testing. Say the colour of the letters of the displayed colour names into the microphone.

WORD MEMORY

Remember as many of the 30 displayed words as you can in two minutes. You then have three minutes to write as many of the words as you remember on the Touch Screen, one after the other.

vane	axis	1 Min. 26 Sec.	
monk	hunt	nary	pick
exam	wind	calf	feud
zany	rung	tyre	crib
idea	rent	best	toll
join	love	item	epic
user	race	cell	pest
zeal	than	cake	rely

SPEED COUNTING

Touch PRESS HERE TO START and a count-down will appear. When the countdown reaches zero, count out loud from 1 to 120 as fast as you can. Be sure to pronounce each number clearly. Touch DONE! when you have finished the counting.

Count from one to 120.	
	DONE!

CONNECT MAZE

Link the displayed characters

A ► 1 ► B ► 2 ► C ► 3...

in alternating sequential order using a single line. Be as fast as possible and do not touch the wrong character.

Use lines to join them in order. A → 1 → B → 2 → ... → M → 13	
---	--

NUMBER CRUNCHER

Numbers with various characteristics will be scattered across the Display Screen. Write on the Touch Screen the answer to the question above them.

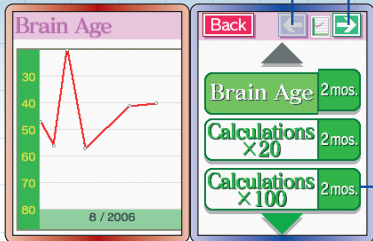
How many red #'s?		
9	4	
2	4	
7		
		Erase

Graphs

Your training and brain age histories are displayed as easy-to-read graphs.

Change Month Icon

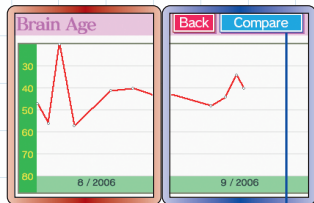
Change the month displayed on the graph.



Two Months Icon (2 MOS.)

Switch to a graph showing two months' worth of results.

Two Months Graph



Compare Results Icon (COMPARE)

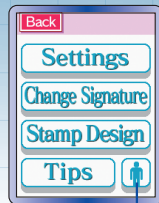
Compare the results of multiple sets of personal data. Only displayed when at least two sets of personal data have been created.

Other Options

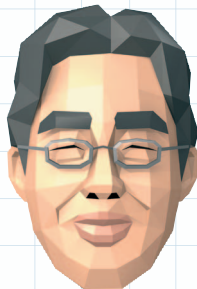
SETTINGS

From here you can CHANGE READING FONT SIZE displayed during the reading aloud exercise, CHANGE HANDEDNESS setting, and ERASE PERSONAL DATA.

Once personal data is deleted, it cannot be restored.
Be careful!



Touch here to see the credits.



Fulfilling certain conditions also allows you design your own original stamp and view my TIPS. The key is to keep on training!

CHANGE SIGNATURE

Change the signature used to name the personal data.

STAMP DESIGN

Design a new stamp to use on the stamp calendar. Touch DESIGN STAMP and the **Stamp Design Screen** will appear. Draw your new design in the space provided and touch SELECT when finished.

Creating a new stamp will also turn all previously stamped stamps into the new original design.

TIPS

View the advice you have received after completing training.

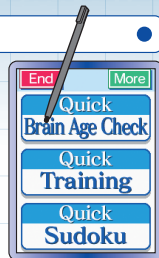


Quick Play

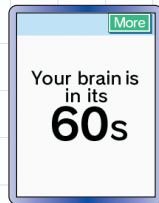
Try a QUICK BRAIN AGE CHECK, a QUICK TRAINING or a QUICK SUDOKU. Great for testing your friends' brains.

Quick Brain Age Check

Undergo a simple brain age test without having to create personal data. Touch QUICK BRAIN AGE CHECK. Follow the instructions displayed on-screen. Touch PRESS HERE TO START to begin the test.



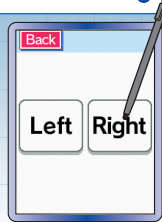
The Colour Recognition Test will begin. Your score will be displayed once the test has been completed. As this is only a simple test, the brain age displayed will always be indicated by tens. Touch END to return to the **Quick Play Menu**.



Quick Training

Here you will have to undergo a CALCULATIONS X 20 training. Touch QUICK TRAINING. The **Writing Hand Selection Screen** will appear. If you are right-handed, touch RIGHT and proceed to the next step. If you are left-handed, touch LEFT, then follow the instructions to turn the Nintendo DS system upside down and bring the Touch Screen around to the correct side.

Instructions for the training will be displayed on the Display Screen. Touch PRESS HERE TO START on the Touch Screen to begin the training. Simple sums will be shown on the Display Screen. Write the answers on the Touch Screen as quickly as possible.



Quick Sudoku

Touch QUICK SUDOKU and the **Writing Hand Selection Screen** will be displayed. After following the instructions, you can start with a sudoku puzzle. For the rules on the sudoku play, see next page.

You can quit the game whenever you want. Touch QUIT and you will go back to the **Quick Play Menu**. The data will not be saved.



Sudoku

To solve a sudoku puzzle, you must fill in the squares with a number from 1 to 9. But you need to follow three rules when writing in numbers!

First, each column must contain only one of each number from 1 to 9.



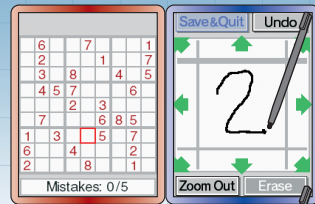
Second, each row must contain only one of each number from 1 to 9.



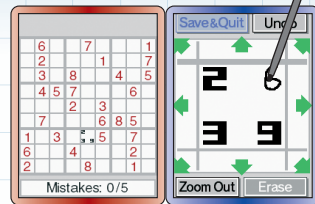
And finally, each 3x3 box must contain only one of each number from 1 to 9.

If you fulfil all three conditions and fill every square, you will clear the puzzle!

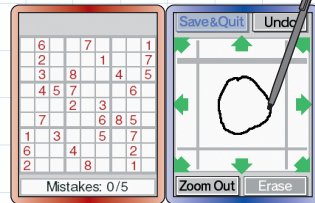
Touch the square you want to fill in to zoom in on it. Write a large number in the enlarged square.



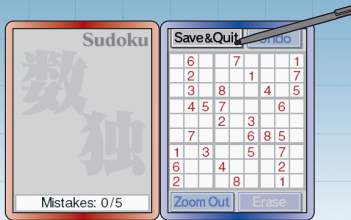
To note a possible answer, write a small number in the square. This is called an "Option". Each square can hold up to nine Options.



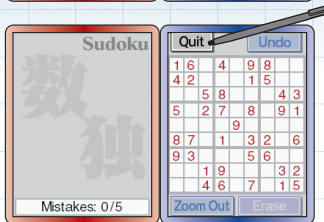
To erase your answer, write a "0" in the square or tap ERASE.



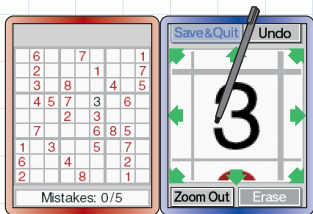
If you want to quit a puzzle, tap SAVE & QUIT to save your game so you can come back to it later.



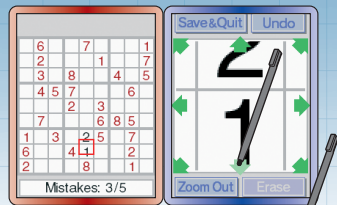
If you are playing the QUICK SUDOKU, tap QUIT to stop playing. You will not be able to save your game in this version.



Touch the square you want to fill in to zoom in on it. Write a large number in the enlarged square.



When on a zoomed-in square, tap an arrow to move in that direction.



Tap UNDO to take back your last answer.



You can choose to be notified when you enter a wrong answer. If you select YES, you can get up to five wrong answers before you fail the puzzle. If you choose NO, you won't know if an answer fits until you get every answer right. But no matter how many wrong answers you input, you won't fail the puzzle.

Download

You can enjoy the DS Download Play using the Nintendo DS wireless feature.

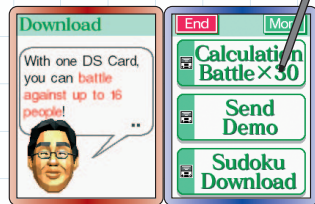
See page 45 and 46 for details on the Nintendo DS Wireless Communications (DS Download Play).

Calculation Battle X 30

Race to be the first to answer 30 simple sums. Two to 16 people can participate with a single DS Card. The Nintendo DS system with the DS Card inserted will act as the Host System; all other systems will be Client Systems.

Host System

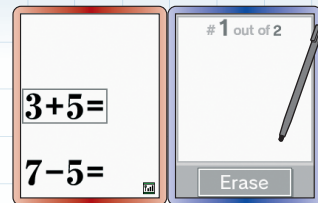
Touch DOWNLOAD on the **Main Menu Screen** and the screen shown on the right will appear. Touch CALCULATION BATTLE X 30 and the number of participants (including the Host System) will be displayed. Once everyone is gathered, touch NEXT. Download to the clients will begin.



Select your writing hand. If you are right-handed, touch RIGHT and proceed to the next step. If you are left-handed, touch LEFT, then follow the instructions to turn the DS upside down and bring the Touch Screen around to the correct side.

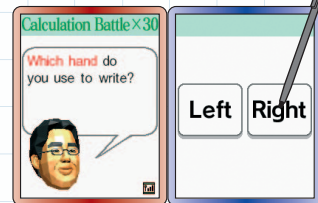


Once all participants have selected their writing hands, a countdown will appear and the training will begin.



Client System

Data will be transferred to you from the Host System. Once the download is finished, you will be asked to select a language and then your writing hand. Once every participant has done so, a countdown will begin.



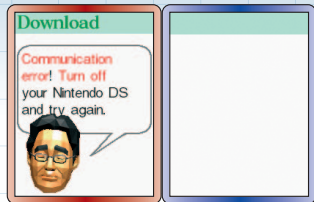
Start the Battle

After the 30 questions have been asked, the time it took you to answer them will be displayed along with your rank. If you wish to play again, touch NEXT.

To end **CALCULATION BATTLE X 30** you must turn off the power to your Nintendo DS system.

Communication Error

If the screen on the right is displayed, turn off the power to your Nintendo DS system and try downloading the data again.

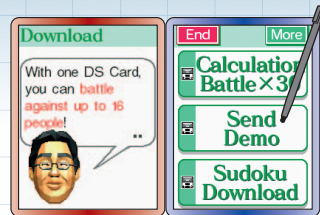


Send Demo

It is also possible to download the Quick Play version to another Nintendo DS system. The system with the DS Card inserted will act as the Host System and will transmit the Quick Play version. The other system will be the Client System, receiving the Quick Play version.

Host System

Touch **DOWNLOAD** on the **Main Menu Screen** and the screen seen on the right will be displayed. Touch **SEND DEMO** and a **Client Search Screen** will appear. When a Client System accepts the download, you will see a screen with the message **SENDING TO [client name]**. Touch **NEXT** and wait for the download to finish.



Client System

Once the download finishes, the **Language Selection Screen** will be displayed and, after selection, the **Quick Play Version Title Screen** will appear. Select **QUICK PLAY** and the three following modes will be displayed: **QUICK BRAIN AGE CHECK**, **QUICK TRAINING** and **QUICK SUDOKU**. You can then choose which one to play. See pages 33–35 for more details on these modes.

The demo version will remain in memory until you turn the power off.

DS Wireless Communications (Single-Card Play)

Here is an explanation of how to play using Single-Card Play.

The Things You'll Need

Nintendo DS system	One for each player
DR KAWASHIMA'S BRAIN TRAINING: HOW OLD IS YOUR BRAIN? Game Card	One

Connection Procedures

Host System:


1. Make sure that the power is turned off on all systems, and insert the Game Card into the system.
2. Turn the power on. If the **Start-up Mode** of your system is set to MANUAL MODE, the **Nintendo DS Menu Screen** will be displayed. In case it is set to AUTO MODE, skip the next step and go on with step 4.
3. Touch the BRAIN TRAINING: HOW OLD IS YOUR BRAIN? Panel.
4. Now, follow the instructions on pages 40–43.

Client System:

1. Turn the power on. The **Nintendo DS Menu Screen** will be displayed.
- NOTE: Make sure the **Start-up Mode** of your system is set to MANUAL MODE. For further details on how to set up the **Start-up Mode**, please refer to the Nintendo DS Instruction Booklet.
2. Touch DS DOWNLOAD PLAY. The **Game List Screen** will appear.
 3. Touch the BRAIN TRAINING Panel.
 4. You will be asked to confirm your choice. Touch YES to download game information from the Host System.
 5. Now, follow the instructions on pages 40–43.

Guidelines for Communications

For best results when using the wireless communications feature, follow these guidelines.


The  icon is an indicator of wireless communications. It appears on the **Nintendo DS Menu Screen** or **Game Screen**.

The DS wireless icon indicates that the associated choice will activate the wireless communications function.

DO NOT use DS Wireless Communications in prohibited areas (such as in hospitals, on aeroplanes etc.).

For further information regarding the usage of the wireless communications function, please refer to the separate *Health and Safety Precautions Booklet* included with your Nintendo DS system.



The  icon, which is displayed during wireless communications, is an indicator of the current wireless signal strength. There are four levels of signal strength. A stronger signal reception will provide smoother wireless communications play.

When wireless communications are in progress, the Power Indicator LED will blink rapidly.



For best results, follow these guidelines:

- Begin with the distance between systems at about 10 metres (30 feet) or less and move closer or farther apart as desired, keeping the signal strength at two or more bars for best results.
- Keep the maximum distance between systems at 20 metres (65 feet) or less.
- The systems should face each other as directly as possible.
- Avoid having people or other obstructions between the Nintendo DS systems.
- Avoid interference from other devices. If communications seem to be affected by other devices (wireless LAN, microwave ovens, cordless devices, computers), move to another location or turn off the interfering device.

Tips For Better Results

Voice Recognition

- The ideal distance to be from the Nintendo DS system when speaking into the microphone is about 20–30 cm (8–12 inches). Be careful, as the microphone is very sensitive, and shouting or blowing may hinder the voice recognition.
- The environment should be quiet. Pronounce each word as clearly as possible, and try to avoid using strong dialects or accents.

Handwriting Recognition

- Use printed letters (please refer to what you see on the DS screen, and write as close to this as possible).
- Write one letter after another, accents included.
- Write out the words in their entirety, as the software may recognise the right word once it's written out in full.
- If a letter isn't recognised, try writing it in another way (for instance, in capitals or italics).
- Write from left to right.
- When writing a letter try to do so lifting the stylus up as little as possible (in other words, try to trace the letter, keeping the stylus in contact with the Touch Screen as much as possible).

Profile



Dr Ryuta Kawashima

New Industry Creation Hatchery Center, Tohoku University

Born 1959, Chiba City, Chiba Prefecture, Japan

Graduated Tohoku University School of Medicine. Completed course of research at Tohoku University, Graduate School of Medicine. Guest researcher at the Karolinska Institute, Sweden. Associate Professor, Assistant Professor, then Tenured Professor at Tohoku University. Former member of the National Council concerning Language and Culture. Foremost Japanese researcher of brain imaging, focusing on the functionality of different parts of the brain.

Staff Credits

Director

Kouichi Kawamoto

Assistant Directors

Masamichi Sakaino

Noriko Kitamura

Graphic Designers

Tadashi Matsushita

Masani Ueda

Mikio Mishima

Yo Ohnishi

Programmers

Shinji Kitahara

Yoshinori Katsuki

Jun Ito

Sound Director

Masami Yone

Music Composition

Minako Hamano

Akito Nakatsuka

Manual Designers

Nanako Kinoshita

Sachiko Nakamichi

Support

Programmers

Yuki Moriwaki

Yasuyuki Tahara

Shunsuke Murotani

Takeshi Shimada

Data Compression Engineer

Hirohito Yoshimoto

Technical Support

Yoshito Yasuda

Shintaro Jikumaru

Hironobu Kakui

NCL Product Testing

Yoshinori Oie

Yasuhiro Matsumoto

Yusuke Amano

Super Mario Club

Coordinators

Yoshie Oku

Masaki Tawara

Special Thanks

Kimiko Nakamichi

Tomoaki Kuroume

Naoya Morimura

Yoshihiro Matsushima

Hideki Fujii

Hiroshi Akune

Aya Oyama

Kanae Kobata

Eriko Kimura

Hisako Ohshoji

Yu Kitai

Project Gutenberg

www.gutenberg.org

Ebooks Libres & Gratuits (www.ebooksgratuits.com)

LiberLiber (www.liberliber.it)

dbnl (www.dbnl.org)

European Localisation Coordination

Marcus Krause

Translation

German

Thomas Ito

Martin Weers

French

Michaël Hugot

Hervé Lefranc

Spanish

Jesús Espí Tinoco

Inés Rubio San Martín

Italian

Barbara Pisani

UK English

Nick Ziegler

Dutch

Robert de Boer

Niels 't Hooft

Jurjen Tiersma

Testing Team

Erkan Kasap

Alessio Danieli

Manual Localisation and Layout

Silke Sczyrba

Britta Henrich

Martina Lienhard

Jens Peppel

Sabine Möschl

Nadine Straub

Sascha Nickel

Progress

Management

Masaru Nishita

Producer

Shinya Takahashi

Supervisor

Ryuta Kawashima

Executive Producer

Satoru Iwata

Nintendo®



1822746M2