

How to Train to be Better than Your Heroes

by

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- 1) Question and Answer-Roadblocks
 - a) What are the roadblocks to your training?
 - b) Brainstorm how to overcome those roadblocks?
- 2) Importance
 - a) "Training is one of the most neglected phases of athletics. Too much time is given to the development of skill and too little to the development of the individual for participation. Training deals not only with an object, but with the human spirit and human emotions."
- 3) Training is the psychological and physiological condition of an individual preparing for intense neural and muscular reaction. It implies discipline of the mind and power and endurance of the body. It means skill. It is all of these things working together in harmony.
 - a) It is not only the knowledge of principles, techniques but preparing the body and mind to perform then actions in high stress situations.
 - b) Improper training can lead the physical and emotional injuries. It is as importing to focus on understanding what will cause injuries as well as to heal injuries.
- 4) Talent
 - a) Talent Isn't A "gift" it is a job!
 - i) Two Different Views on Talent
 - (1) "Talent is something you have or don't have"
 - (a) Those with this view of talent expect things to come easy and tend to give up quickly when skills are hard to learn. This makes sense to them because if it is hard to learn, then they must not be talented.
 - (2) "Talent must be developed through hard work"
 - (a) Those holding this view stay at tasks much longer, expect skill development to take time and do not become highly frustrated when things aren't easy.
 - (b) Research has found that this view point results in much higher performance, because these athletes expect to have to work long and hard to develop their talent.
 - ii) Top tier fencers are those with physical talents and a strong work ethic that refines and develops talent.
 - (1) In "playing for keeps" Virtually every coach and teammate describe Jordan as the hardest worker they ever saw. There was a drive to constantly improve one's own special talents.
 - (2) If you expect a training to be hard you can take pleasure in the gains you make as you do hard work.
 - (3) "good work" instead of "nice catch"; "terrific worker" vs. "terrific talent"
- 5) HOW TO BE ACCOUNTABLE
 - a) Be Willing to Change what is working, to something even better!

- i) If you keep using the same tools, you will have the same performance.
 - (1) Making these changes will take time and will cause a decline in your performance but will ultimately pay off.
 - (2) You have to be willing to be worse before you get better.
 - ii) It takes a special kind of bravery and confidence to take apart your game and rebuild from the ground up.
 - (1) Changing the basics of your game is hard enough to do when you are losing; doing it when you are winning is almost unprecedented outside of the upper most tier of fighters.
 - (2) This kind of courage comes from measuring yourself against your own high standards rather than another's standards
 - iii) You need to have the best information about your current level, focus on the level you want to reach and decided if you can get there from where you are.
 - (1) If you cannot reach it from where you are, work with others to help you understand what you might need to change.
 - (a) Focus on small successes achieved by these changes.
 - (b) Do not let allow losses to affect your focus.
 - (c) It is normal to be anxious and frustrated during the change process. Don't let this distract you from making a meaningful change.
 - iv) When should you change? See 80/20 Rule from Goal Setting Class.
 - (1) Were to do you see the best results.
- 6) Journaling your progress
- a) Journaling before practice, how you feel, what is your energy level, focus etc.
 - b) After fighting journal what you learned, what was working, success rate, what did not work
 - c) After practice journal mental state, energy level, focus.
 - d) Review on a periodic basis to look for patters and see improvement over long period of time,
 - e) BS tourney started to address this, keep your own tourney database.
- 7) Plateaus and how to control them
- a) "Draw ideal training chart"
 - i) Spikes in learning are from when we first develop new techniques
 - ii) Gradual rise is our time in refining those new techniques
 - iii) Use plateaus as a time to rest from training, before refocusing on "blue chips" and starting in a new direction.
 - b) "Draw typical training chart"
 - i) Unplanned Plateaus are the result of roadblocks we can remove
 - (1) Injury / Illness
 - (2) Not changing our game
 - (3) On Maintenance level of practices
 - (4) "Cup is Full" Mental roadblocks
 - (5) Time for rest and recovery
 - (6) Loss of Focus on our "Blue Chips"
- 8) Drilling-how to drill?

- a) Slow build up, practice perfection. Video or mirrors. Don't drill incorrectly, look at your form. Drilling badly will create bad habits. 10 minutes of good drilling is a 100x better than drilling poorly. Break it up into parts, take it slow. Slowly build up to speed. Take breaks. Be patient.
- b) Quality over quantity

9) Muscle Memory

- a) Is a form of procedural memory that is formed in your brain.
- b) The more you do something the more you build up muscle memory
- c) The muscle memory doesn't judge whether you're doing good or bad.
 - i) You'll be really good at making the same mistakes
- d) This is not only bad because you've waste your time learning to be bad or mediocre at a task and may see all this work as a failure but because you didn't necessarily have to fail at all. Building muscle memory with those mistakes makes it even harder to overcome later.
- e) 10,000 hours is the magic number to be an expert if you practice correctly. Outliers - Malcolm Gladwell
 - i) The more you rush the big picture the more likely you'll develop muscle memories that are difficult to reverse.

10) Energy Level

- a) The Mood Elevator
- b) Power of our thoughts – our thinking drives our behaviors. Our thoughts determine our moods and our moment to moment experience to life.

11) Mental

- a) What to think before practice? Visualize, have a plan.
- b) How to leave life out of practice? be here now.
- c) What to visualize in a fight? Don't visualize during a fight. Zen warrior vs. chess master.
- d) How to react in a fight?

12) The Training Program

- a) Progressive Skill Development
 - i) Instead of randomly working on different aspects, focus on basic and steadily add to the content. Gradually increasing the complexity, difficulty and intensity.
 - (1) Not following this can limit long term growth.
 - (a) Fencers end up with no tools for teaching themselves to get better. Their learning is by being exposed to a new technique, practicing it for a little while, and then trying it out on the field. This teaches us to think of techniques in the terms of "techniques that do or do not work" Powerfully effective techniques that take hours of training to master are often ignored because they do not "work" when first attempted in the field.
 - (b) Progressive skill development allows you to practice lesser simpler skills first and develop confidence in those skills before going on to others that may be more difficult.
 - (i) This also give you a chance for your basics to be examined your basics skills and to make you have no serious weakness that may cause you trouble later.

- b) Break it Down!
 - i) First try the new technique in its entirety.
 - (1) If you have difficulty in performing it break it down into the sum of its parts and practice the parts you have having difficulty until you have mastered each part. Then try combining all of the parts of the technique.
- c) Determine the Principle
 - i) Always look for the principle that makes the technique work.
 - (1) If you are able to determine the principle you will be better able to learn the technique and other techniques that operate under the same principle.
 - (2) An intense study of each technique is what separates athletes from hobbyists.
 - ii) There are no skills that exist without a foundation.
 - (1) Each technique is based on a larger deeper principle that can be applied to other techniques.
 - (a) Ex: On Guard - is based on bone alignment to direct power from the ground through the body and limbs while eliminated options for your opponent to attack.
- d) Repetition
 - i) Is what makes us strong and physically capable of performing a technique.
 - (1) This is true in any physical endeavor but especially true in the marshal arts.
 - ii) Repetition is also when help us build an understanding of principles that underline technique.
 - (1) Practice forces us to compare many different types of techniques, physically if not mentally and to draw conclusions about how and when they work best.

13) Conditioning the Body – “Being an Atlantian Fighter”

- a) Instructors should be able to train alongside their students.
 - i) Exception: extreme old age and recent injury
- b) Martial arts and fencing are physical as well as mental. (Digrassi)
- c) Sincere physical commitment is the key to healthy training over a long time.
- d) No student has become an expert without an extended period of intense exercise that approached the limits of his or her physical endurance. Through hard training physical skills become certainties.
 - i) Physically training can take many forms
 - (1) Most common is repetitive conditioning drills
 - (2) Crossover training from other sports
 - (3) Focused training to strengthen our weakness
 - (4) Lifestyle changes
 - ii) Putting it into perspective
 - (1) Maintenance level of training
 - (a) 3 training sessions per week (one of the three focused on skills and techniques)
 - (2) Building your performance
 - (a) At minimum 2 skill focused training sessions and 2 physical training sessions a week.

- (i) Athletes will have 4-5 skill focused training sessions, 3 physical training sessions and one performance.
- (3) Law of Overload
 - (a) Body adapts to training loads
 - (b) Adequate training loads improve overall fitness and increase performance
 - (c) Factors impacting training load – frequency duration and intensity
- (4) Law of Reversibility
 - (a) Training load that increase progressively create higher fitness levels
 - (b) No increase in fitness will occur is loading is too far apart or stays the same
 - (c) Over training or incomplete adaptation occurs when training loads are too great or too close
- (5) Law of Specificity
 - (a) Specific training load produces specific response and adaptations
 - (b) General training prepares athletes for specifics training
 - (c) Greater the volume of general training, greater the capacity for specific training
- (6) Principle of Variety
 - (a) Training is a long-term process and lading and recovery can become boring – be creative and make it fun!
- e) Overwhelming your body is possible, and you will experience incomplete adaptation. After 90 days (varies by person) an unload week is necessary. Training still occurs but intensity level is dropped off. Greater adaptation loss may require longer periods of unload weeks.
 - (1) Signs to look for:
 - (a) Loss of Sleep
 - (b) Appetite
 - (c) Increased incidence of minor illness and injury
 - (d) Loss of motivation
 - (e) Persistent muscle soreness
 - (f) Fatigue not relieved by rest

14) Active Involvement

- a) You have to actively and willingly participate in your own training program
- b) You must be committed
- c) All aspects of your life contribute to your athletics success

15) Training is not only the knowledge of principles, techniques but preparing the body and mind to perform those actions under high stress situations. It is an area that I feel we all too easily let ourselves become lax in without strong motivating goals and teachers to help us push ourselves along the path. I'm a fan of saying that Talent Isn't A "gift" it is a Job, and it is developed through hard focused work. A strong work ethic at practice is what will make you into a future champion. I personally experienced this and have been greatly rewarded from those efforts. I hope that this class will allow you to have those same awesome experiences and feel the pride that comes with working.

16) For Further Reading:

- i) Zen in the Martial Arts
- ii) Budo Mind and Body
- iii) The Book of Martial Power
- iv) Tao of Jeet Kune Do
- v) Principles of Training
- vi) BrianMac Sports Coach
- vii) Mortals can learn from Tiger Woods
- viii) Playing for Keeps: Michael Jordan and the World He Made