

Max·im·ol·o·gy

The Pursuit of Maximum Performance

by

Scott Sonnon, USA National Coach, Master of
Sport, Physical Conditioning Advisor

RMAX.tv Productions

Department of Athletic Performance Enhancement Solutions

Maximology: The Pursuit of Maximum Performance™

Copyright 2003 by RMAX.tv Productions

All rights reserved.

Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews.

For information address:

RMAX.tv Productions

P.O. Box 501388

Atlanta, GA 31150

Website: www.RMAX.tv

Email comments and questions to: info@CLUBBELL.tv

Maximology™ is a trademark of RMAX.tv Productions

FIRST EDITION

Disclaimer: The information in this book is presented in good faith, but no warranty is given, nor results guaranteed. Since we have no control over physical conditions surrounding the application of information in this book the author and publisher disclaim any liability for untoward results including (but not limited) any injuries or damages arising out of any person's attempt to rely upon any information herein contained. The exercises described in this book are for information purposes, and may be too strenuous or even dangerous for some people. The reader should consult a physician before starting clubbells or any other exercise programs.

IMPORTANT: Please be sure to thoroughly read the instructions for all exercises in this book, paying particular attention to all cautions and warnings shown for clubbells to ensure their proper and safe use.

Table of Contents:

1. Introduction
2. The Big Picture
3. The Trinity Path
4. The Philosophy of Strength
5. Strength Channeling
6. Dynamic Mobility & Selective Tension
7. Degrees of Freedom
8. Core Activation & Reactive Strength
9. Performance Breathing & Perpetual Exercise
10. Component Learning
11. Complex Training
12. Specificity over Simulation
13. General Guidelines
14. Basic Exercises – Tips, Tools and Components
15. Advanced Exercises – Tips, Tools and Components
16. Marketing Advice
17. Frequently Asked Questions (FAQs)

Obviously the video course, *Maximology* and *Freedom By Degree* would be of great value to all CST candidate instructors.

Certification as an *Instructor of Circular Strength Training* requires you to accurately apply the following in each of the basic exercises:

- i. *Overflow* (Irradiation)
- ii. *Pre-tension* (Successive Induction)
- iii. *Selective Tension*
- iv. *Strength Channeling*
- v. *Form* (Structural Alignment and Biomechanical Efficiency)
- vi. *Six Degrees of Freedom* (Multi-Planar Movement)
- vii. *Performance Breathing*
- viii. *Specificity* (rather than Simulation)
- ix. *Component Learning Theory* (Elementary Components, Biomechanical Exercises, Kinetic Chains)
- x. *Sophisticated Training*
- xi. *Pre-failure* (Synaptic Facilitation)
- xii. As well as all of the *Rules of Circular Strength Training* (outlined in my book), and all of the *Essential Elements of Body-Flow* (outlined in *Body-Flow*)
- xiii. Movement Analysis and Diagnostics
 1. Self-analysis of weakness & correction
 2. Analyzing others & ways to correct

The order above is arbitrary and they will be discussed later and covered during the Certification Course. Some of the material I cover extensively throughout my books. Likewise, we will spend significant time in the course on Movement Analysis and Diagnostics.

We want this to be the most satisfying instructional experience you've had, and provide you with the tools you need to instruct your clients.

Coach Sonnon
RMAX.tv Productions

THE BIG PICTURE

From Instructors to Teachers

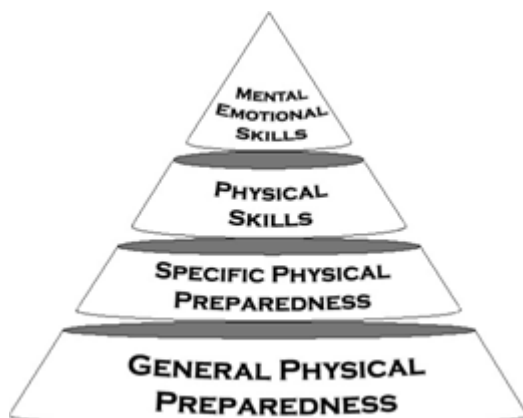
Throughout this Instructor's Manual, I will refer to passages from my books and the videos. I will also refer to other resources, some of which are available through RMAX.tv Productions' website (www.RMAX.tv) and (www.clubbell.tv).

In the *Circular Strength Training* program there are four levels of certification:

1. Instructor
2. Trainer
3. Coach
4. Teacher

Anyone receiving certification needs to understand the two primary, physical culture models making up the underlying philosophy that all CST courses are built upon. Basically, if it doesn't adhere to the entire philosophy, it is categorically **not** CST. Out of a circle you cannot take a portion and still have a circle; as a 'holistic' approach, you must have a whole.

Training Hierarchical Pyramid



Performance Diagnostic Trinity



The *Training Hierarchy Pyramid* is discussed at later under the *Specific Physical Preparedness* section.

Within the *Performance Diagnostic Trinity*, there are three challenges that certified instructors face:

1. Skill development addresses challenges in **ATTENTION**
2. Attribute development addresses challenge in **EFFORT**

3. Toughness development addresses challenges in **PERSISTENCE**

The three challenges are reflected in the levels of certification:

1. **Instructor: Practice – Skills – Attention** (*Attention to Proper Form in each Skill through Practice.*) It is here that this course focuses, since you seek to gain your instructor certification. Strict attention to proper form shall be chided again and again, and you will be called upon to assess the form of others extensively.
2. **Trainer: Training – Attributes – Effort** (*Effort to augment Attributes through Training.*) Once you deepen your “Practice” you’ll THEN be able to begin training the attributes. This requires three certification courses successfully completed in order to take the trainer exam. The key here is that the material content is the same, though your appreciation of it is deeper. Just imagine trying to train an attribute with poor form. You need to be an instructor (and gain experience as such) before a trainer.
3. **Coach: Competition – Toughness – Persistence** (*Persistence to create Toughness through Competition* (with oneself or others). Once you can begin actually developing attributes you will need to be able to face the self-imposed boundaries and limitations that you have created for yourself, and to help your clients through those that they have created for themselves. Understanding the nature of persistence is the single key to unlocking a person’s freedom. Once reclaiming this virtue, you have helped your client regain his total autonomy and self-guidance. This is the final course examination requiring six successfully complete courses in order to qualify for the coaching examination. Again, same content, far, far deeper understanding of the material – you. This will become apparent by the course outlines provided in the next section.

Certification Program Overview

Applying his Taoist studies to martial art, Bruce Lee said that when beginning martial art a punch is just a punch. During study, a punch becomes more than merely a punch. After mastery, a punch becomes just a punch again.

When beginning an exercise will be just an exercise. After you study, practice and explore, an exercise will be transformed from a mere exercise into a sophisticated array of principles and concepts, methods and applications. After significant mastery, an exercise becomes just an interwoven piece of this strength & conditioning tapestry – again, just an exercise.

Certification Developmental Phases

There are three development phases we go through in development, whether as teachers or combat athletes. In fact, these three phases are almost universal for any kind of development. They are:

1. Recovery
2. Coordination
3. Refinement

Recovery Phase

Recovery is as much psychological as it is physical.

Specifically, ego -- manifested by the emotions of pride, anger, frustration, embarrassment and fear -- intrudes on your ability to *see* and *do* (perform) an exercise. Your ego competes for your health and strength.

Ego is expressed in action – in acting out your pride, anger, frustration, embarrassment and fear. And as we covered in the *Laws of Conditioning (Clubbell Training for Circular Strength)*, every action is an act of conditioning and follows the three laws you previously saw in the progression from instructor to trainer to coach to teacher.

Law of Outcome: whatever you do produces an outcome, regardless of how you value that outcome.

Law of Adaptation: whatever you do over a period of time creates a change in your organism to find homeostasis, regardless of how you value that adaptation.

Law of Progress: whatever you do with continually increasing volume, intensity, density or complexity becomes more easily repeatable, regardless of how you value the progress.

Egotistical actions produce outcomes you adapt to. Depending on how you adapt, you progress and become capable of greater actions based on your

adaptation. In other words, the direction of your progress is shaped by the nature of your adaptation.

Learning an exercise is not simple, because to truly learn it, you must suspend your ego. This requires vigorous study, practice and exploration. As you do, you begin to release your potential. In this *Recovery Phase* of your development, you reclaim authority over your natural strength, vitality and talents. In the *Recovery Phase*, you begin to turn on the lights in the basement of your *House of Power*, so that you can begin to clean up the mess your ego has made of your health and strength.

All of fitness, strength and conditioning is built upon a false assumption: that you come to it *tabula rasa*, as a “blank slate.” We are not. We each carry the weight of traumatic baggage. We enter as a network of unnecessary, harmful tension, binding Fear-Reactivity.

If we don't unbind these patterns of chronic muscle tension and irritable reactivity, fitness only REINFORCES and strengthens them. You adapt to the Fear-Reactivity and... progress upon it, resulting in debilitating conditions outlaid by the *Wheel of Dis-Ease* in *Body-Flow*.

Coordination Phase

As you study, practice and explore, you will extrapolate the far-reaching implications of the *Rules of Circular Strength Training* and the *Essential Elements of Body-Flow* detailed in my books. Each exercise is a sophisticated composite of principles and concepts, methods and applications.

As you advance in the coordination phase, you'll find exercises gain qualities and dimensions you did not and could not have known because of the tinted glasses ego makes you see through. Devoid of ego, you can look at yourself and at others and see flaws and perfections in exercise technique.

The coordination phase enables you to shed egotistical constraints, so you can move forward upon a strong foundation and sturdy structure, as unique to you as your fingerprints!

It is here that you are able to realize any daily accumulation of Fear-Reactivity and discharge the tension through deliberate exercise, concurrent counter-conditioning. If you realize when you absorb and store unnecessary, harmful energy, you can coordinate your attention, effort and persistence to release and resolve the issue before it embeds.

Refinement Phase

After mastering the basic exercises, you'll see each component as piece of a completed puzzle. You can pick up a piece – i.e., a specific exercise -- and from, its design, know where it fits in creating a complete mosaic of health and strength.

In the refinement phase, exercises become sophisticated tools: they are your means to your end(s).

Whereas in the *Coordination Phase*, you learned to discern the differences between principles and concepts, methods and applications, in the *Refinement Phase*, you gain the clarity to integrate them.

You develop a gem-cutter's sophistication in selecting exercises to craft *Kinetic Chains* and *Combination Routines* for your health and strength as well as that of your students.

You will at this stage be able to select and prescribe exercises which will target and counter-condition any unnecessary, harmful tension as it arises, but moreover you have progressed to the point where you begin to resolve tension spontaneously, as well as issue the appropriate efficiency when confronting a task.

In the refinement phase, you should no longer feel like you're using the heavy power tools required to lay the foundation and build the structure. Although you must vigilantly maintain and care, it is now time to "relax" and enjoy of the results of your work: functional strength – specific physical preparedness – that can be applied to any endeavor.

Skill Development Stages

When we learn anything for the first time, especially a new physical skill requiring our bodies to perform in a certain manner, there are three stages of *motor science* we go through as bio-mechanisms.

Psychologist Paul Fitts has described the three stages involved in learning a new skill (Thomas David Kehoe, 1997) as follows:

- *Cognitive*, when you learn the performance goals of the skill. You must consciously regulate and control each skill nuance.
- *Associative*, which is when you perform the skill. Your skill timing and rhythm refine unconsciously, increasing fluidity.
- *Autonomous*, the stage where your skill becomes automatic and unconscious.

In the Cognitive Phase you concentrate upon integrating three physical virtues: breathing, movement and structure. Pay *Attention* to detail.

In the Associative stage you no longer need to concentrate on the external performance goals of the skill in order to regulate the movement. *Attention* transforms into effort. *Effort* involves the internal sensation of your skill performance goals. Feel the outcome of each performance goal inside of you.

In the Associative stage you begin a “program,” because only through a program can you actually begin to refine the skill to its final stage.

In the Autonomous stage, you refine the skill to the level of unconscious performance. You begin to alter your effort and engage your *Persistence*.

Instructor Certification Requirements concern the *Law of Outcomes*: namely, *whatever you do produces an outcome, regardless of how you value that outcome.*

Based on this certification program, CST Instructors will be able to guide their students how to use proper form in exercises and drills.

Proper Form entails the efficient integration of these three elements:

1. Breathing (patterns, rhythms, techniques)
2. Structure (alignment)
3. Movement (biomechanics)

Form Composition Chart. Proper Form in each technique involves the total integration of each exercise's unique expression Movement, Structure and Breathing.

Red = *Breathing*

Green = *Structure*

Blue = *Movement*

Black = *Proper Form*, unique in each exercise



I employ my *Component Learning Theory* (described in *Body-Flow*). Basically, each exercise comprises three Elementary Components: a beginning, middle and ending component.

Before you can create sophisticated exercise, you must be able to seamlessly graft the ending component of one basic exercise (*Biomechanical Exercise*) to the beginning component of another. This is known as the *Kinetic Chain*, or in the case of weight training - *Combination Routines*.

Before beginning what I call *Sophisticated Training*, you must master all elementary components. The same is true, obviously, for your clients. We shall be covering this quite extensively, since it forms the foundation of not just every exercise, but all human movement.

Later, you'll find a section entitled *Tips, Tools, and Components*, which is a kind of "cheat sheet" that will help you help your clients.

Trainer Certification Requirements: This is the next step after becoming a CST instructor. You are expected to apply the *Law of Adaptation*: namely, *whatever you do over a period of time creates a change in you (your organism) to find a balance (homeostasis), regardless of how you value that adaptation.*

In other words, *whatever you do* over a protracted period of time will cause your body to change and then plateau – until you do something else to cause new changes and subsequent plateaus.

Understanding the *Law of Adaptation*, CST Trainers learn how to induce the necessary *effort* to cause changes leading to new states. Trainer level certification provides a qualitative and quantitative assessment of your and your client's Threshold of Performance (T.O.P.).

Basically, **your Threshold of Performance equals your Threshold of Pain.** Pain here refers to your level of *Toughness*, or *resistance to failure*, which I discuss extensively in my system. There are actually three different qualities to Toughness referring to each level of *Performance Diagnostic Trinity*. Although the PDT lists only Competition as addressing Toughness, with Training addressing Attribute development and Practice addressing Skill development, all three create toughness. Understanding the “pain” of each level helps you understand the Toughness you create with each challenge.

Practice develops skills, right? So when you practice, your work with your Attention. In sport psychology, we call this *Attentional Stamina*. As you focus and concentrate, you develop greater abilities with your attention. We all know that you can get brain fried, for sure. When you fry your grey matter, you've met your threshold for attention. And your attention, your brain, is just like your muscles; it adapts and grows when you challenge it.

Training creates better attributes, right? Your speed, power, strength, endurance, flexibility, agility, coordination can all increase. But this all depends on whether you can put out the Effort. You've got the skills, now (okay, so life IS only practice until we stop breathing. There's always room for improvement!) But now you're working on creating a stronger platform for your skills. All of these attributes can be boiled down to three types of effort: overcoming, stopping, and yielding (which directly correspond to the three muscle actions – concentric, isometric, and eccentric, respectively). In Training, you develop *Physical Toughness*, your tissues ability to resist, stop and overcome failure.

I'll be thoroughly discussing these issues in my upcoming book: *Over-Flow – Escaping the Vortex*. Suffice it to say, Competition – with yourself or with an opponent – develops *Mental Toughness*: resisting choking, raging, tanking, quitting, etc.

The overall nature of the *Threshold of Performance/ Pain* and the proper assessment of it can determine whether your client progresses, stagnates or regresses. The formula I created for this follows: **Growth = stress / recovery**. Progress equals how closely your recovery balances stress over time. The following only represents the first column of many in the ATC. I teach the entirety in Trainer Certification level.

Over-Training
Toughness Training
Performance Zone
Maintenance Training
Under-Training

My combat and sport fighting instructors should immediately recognize that this spectrum represents the notches between the terms I coined years ago: *Soft-Work* and *Hard-Work*. (For more information on this, go online to www.RMAX.tv and read my article installment series on the training nature of my system.) There seems to be a toggle switch in athletics. People lump athletic programs into one of two categories: over-training or under-training. Either athletes make little progress, if any, leading to boredom and deconditioning or they find programs which lead to injury and burn-out. With jaded professionals and disgruntled gurus and recently discovered legends, even good programs receive a biased categorization. If challenging, then the program over-trains athletes. If not physically fatiguing then the program under-trains athletes. This contrast desperately injures the ability of honest athletes seeking quality education.

I coach my athletes to be more prepared than the challenges they face. There are people out there who hear that message and assume that equates to over-training. It's ADAPTATION not over-training. Why do most marathoners hit the "20 mile wall" in the race? Because they trained a maximum of 20 mile jaunts practicing for the event.

If your threshold is 20 miles, guess how you're going to perform. Wrong. You do not get 20 miles because you trained 20 miles. You get less. In order to *be more prepared than the challenges you face*, you must face a tougher situation than the impending obstacle. Why? Because the worst you do in training is the best you can hope for in competitive performance.

Knuckledraggers exceed that which they were capable prior. We adapt and become tougher. This *General Adaptation Syndrome* reflexively adjusts to stresses we place upon ourselves. Toughness Training bears some

resemblance to Over-load training. However with overload training you cannot tolerate stresses placed upon you resulting in fatigue and failure.

On the other end of the spectrum, you have coaches who totally kid-glove their athletes never rising out of maintaining the status quo. Recently a coach told me his athletes never go the marathon distance prior to the event itself. He said he does this because if his athletes trained at competitive levels, they'd suffer injuries due to overtraining. I feel badly for the athletes that they must endure this preconceived limitation of their potential.

Many of these adhere to the KISS principle – Keep It Simple Stupid. Nothing saddens me more than to here this. All people own natural genius and unique talents. Unstrained KISS'ing stifles that creative individualism. Don't let anyone dumb-down your senses and your abilities. Shine and help our Knuckledragger brothers and sisters shine right next to you.

What you are about to read will curl the toes of those that worship at the alter of canonized calisthenics. The following is only for Knuckledragger eyes and not for those who hold to the gospel of KISS.

Have you seen the recent trend: trainers turned “coaches” randomly generating set/rep schemes based upon whim faster than your latest pyramid marketing scheme? They remain shackled to convention hoping in their next article to sensationalize the next Biggest, Baddest Ass-Kicking™ protocol.

Adding the word “Super” in front of slow rate, “High” in front of intensity or “Ultra” in front of compressed rest periods doesn't give you a get-out-of-jail-free pass. **You're still imprisoned, just within a more populated cell block called “the industry.”** If you're not actively freeing your mind from their marketing propaganda, you're becoming enslaved by it.

Have you seen how basic calisthenics recently boomed across the news? The pundits dress you with new gadgets, angles and diagrams, but they remain BASIC movement patterns. These trainers think in terms of out-conditioning rather than out-performing opponents.

Research clearly demonstrates though that every exercise conditions your movement patterns: the more that you perform a certain movement, the more you condition yourself to respond with that movement pattern. It's just plain simple motor science 101. Why do you think SPECIFICITY developed?

So ask yourself the question and then answer, “If I let these bodyweight mongers limit my movement, how can I expect to perform with increased agility and coordination on the field?”

Basic calisthenics serve the purpose of generally preparing you to do specific

work. Read that again. Now, if you've already established a base level work capacity, what's next? Like I tell my clients – so you're an effective fighter/business/person, so now what?

Remind these Conformist "Coaches" that unless an exercise serves a specific purpose to performance, the exercise **COMPETES** with the performance of your unique, individual goals. Read **THAT** again! Unless you design your program to specifically augment the profile of your peculiar lifestyle, you create "conditioning" which interferes with performance.

Unless the movements directly transfer to your given field, basic calisthenics should be used for:

1. Rehabilitation to rebuild what atrophy quietly stole; or
2. Incorporated into an overall general strategy to increase work capacity.

If you continue a calisthenic beyond these two ends, then your training amounts to no more than muscular masturbation. Worse – doing so neurologically conditions these **KISS** movements into **SISS** patterns (Stuck in Simplistic Stupidity).

Remember that every exercise is an act of making that movement repeatable. The more you do something, the more likely you are to do it. You're also **RESTRICTED** by and to those movements since the most practiced movement holds the greatest neuromuscular dominance in performance, especially under stress of competition or a new trick.

Yes, the movements continued beyond their **BASIC** purpose will turn you into a **SISSy**.

Many in the group-think muscle factory adhere to this **KISS** principle. Nothing saddens me more. All people own natural genius and unique talents. **KISS** stifles creative individualism; **it should OFFEND you** that someone insists upon a Simple-Stupid educational approach for your movement capability. Refuse to let anyone dumb-down your senses and your abilities. Let them be mired in the pestilence of robotic motion and vulgar mediocrity.

Pushups, for example, could be the world's most common basic calisthenic. So let's nuke those first!

When the exercise no longer serves a positive and specific purpose towards increasing performance, then it's time to jettison the baggage. It's time to sophisticate the motion. Life does not occur static in one plane. We live in a three dimensional world and life is dynamic. Sophisticate your movement and emancipate the natural talents that lay there awaiting you.

Toughness training takes you beyond your previous thresholds. Pushes you so that increase your resistance to failure, not just physically, but more importantly mentally and spiritually. It does so because when it comes game time, time to face a new opponent, time to attempt a never-before-tried trick that makes your bones rattle just thinking about it, well, it takes heart, discipline and intestinal fortitude to plunge in with total elan. Due to these anxieties, fears, Murphy moments, and just plain old tough opponents and difficult feats, you perform BELOW how you perform in training.

How do you change that? How does some athletes face a new opponent and then, for the first time in their lives, when everything's riding on their win, screw it all, abandon their expectations and do something which they never did before, which no one ever thought possible?

It's because of Toughness. It's because you've made challenge your occupation and because you've taken Living Deliberately as a lifestyle. That is what it's all about. That's why the Knuckledraggers smirk at each other and nod. We're all in this little race against ourselves. We're all alone together cluster bombing the ego, facing our worst fears, choosing hard-earned ethics when two roads diverge.

Be tough, resist conforming to poor standards, push your threshold of pain to increase your threshold of performance and stay the course... so you *can* go with the REAL flow.

Coaching Certification Requirements: *As coaches, you are expected to understand and employ the Law of Progress: namely, whatever you do with continually increasing volume, intensity, density or complexity becomes more easily repeatable, regardless of how you value the progress.*

Understanding the Law of Progress, CST *Coaches* motivate those in their tutelage to persist through challenges in order to achieve “Flow State,” especially when they engage in competitive activities.

This connects to the Adaptive Threshold Chart (partially introduced above in the CST Trainer Certification Course Overview) in that people with more experience deal with stress better than those with less. When you are taught the details of the Competitive Stress / Experience Chart (explained in the CST Coaching Certification Course) the best we can hope for facing the highest degrees of stress is to be challenged by it. That’s with considerable experience.

You have to understand specifically how to target your client’s emotional level in order to effectively address their needs and facilitate their growth. There are absolutely no absolutes.

Assessing your level of toughness is of paramount importance. Why? Because this is what translates into a better human being: the drive, the will, the heart to face crises head on blissfully embracing the tempest chaos for the betterment of your family, community and world. Like I said, wrote and demonstrate, this is NOT about Malibu Ken and Barbie. That’s never been what *this* is really about. If that sounds like too great a responsibility, then you’re in the wrong field. Teaching physical culture regards grooming better human beings. The unstated premise there involves you living the part, too. Coach John Davies echoes the same message in THE CODE of Renegade Training.

How can people expect to face extreme duress, how can people how to maximize their state of flow in life, without their coaches first doing so themselves, and then secondly expecting the same out of their clients? This is **Fitness as a WAY!**

Trainers talk ABOUT it, whereas the Coach lives it... What most trainers call mental toughness is categorically **not** mental whatsoever, but rather physical toughness. Push an athlete farther than he thought he was capable; push him farther than he would push himself. I call this *fair weather toughness*. It doesn’t matter what you do when you have your coach push you, it matters what you can do when you don’t. Can you face the challenge when the times get tough?

Physical toughness in A/P refers to tissue’s *resistance to failure* – how much can it absorb before meeting ultimate failure point and tear. If you’re deconditioned, your chances of choking, tanking and quitting increase. However, increased physical conditioning does necessarily increase mental toughness. Otherwise,

why is it that we see so many top physical specimens emotionally crumbling under pressure? How often do we see these prima donnas crushed by **the underdog who just wants it more** than they do? The mental and emotional and spiritual will take you farther than your physical can endure.

Mental toughness in sports psych. refers to your ability to resist failure when faced with hopelessness, overwhelming odds, surprise, or shock. Mental toughness builds upon the physical, as Lombardi reminded us long ago - *fatigue makes cowards of us all*. Without the physical, it's like a warhorse charging across thin ice. However, mental toughness needs training just as the does the physical.

Mental failure is the length of time which passes for you to recover from a perceived error, unexpected event or catastrophic thought. How long does it take you to get up after a hard fall, to re-orient after getting your chimes rung? The shorter that reactionary gap, the less your *failure*. The victor is often determined by the person who can face what appears to be defeat, regain focus and get juiced by the challenge and then pull off a never before attempted trick in spite of the temporary negative state! How often a match was lost when a player visualized his lost when he could have used those very same mental tools to go higher than ever?

Most people don't realize the amazing mental tools they ALREADY have! If you can train yourself to live out your visualized catastrophes, you can, by very definition do the opposite. **You can, and already have the faculty to visualize perfection and SURPASS your own visualized excellence!**

1. The first step is in acknowledging that catastrophic thinking is a self-fulfilling prophecy.
2. The second step is to recognize that you can interrupt these negative states and *let it turn* even in the moment.
3. The third step is to understand that a negative state serves a specific purpose: to tell you that some need remains unmet, whether physical such as dehydration, lack of effective nutrition, or overtraining; or psychological such as lack of self-esteem when facing a new challenge or confidence in your unique genius; or spiritual such as faith in a guiding hand supporting your risk-taking for a *higher calling*.
4. The final step is to prepare in advance. Bobby Knight said it best – *victory doesn't go to those with the will to win, but to those with the will to prepare*. Exercise the grey matter as much **if not more** than the pink.

Teaching Certification Requirements: The details of this course are too far-reaching to encapsulate, but refer specifically to helping the individual client find his or her own unique form rather than sculpting them into some artificial shape.

I despair at the pied pipers of the “industry” musically mesmerizing the critters into following them towards... an endless labyrinth of delayed gratification. You will be healthy if you buy their product. You will feel good if you follow their program. You will be happy if you follow their guidance.

Sure. Keep telling people that filth... and eventually, and this has been historically proven... eventually, you’ll be overthrown. The “rabble” as you like to call them will step up and systematically dismantle your ego, if not your limbs.

I sent out the warning many times... be careful of presenting yourself as an oracle, as a guru, for it is the cross you shall bear. And when you are measured, when you are weighed, when you are judged by the court of public opinion, you will be found wanting of that pedestal upon which you have placed yourself.

When you feed that putrescent mind funk to people, you not only do not do good, you do harm! **What are you DOING to people?!** Think about the impact you have upon innocent people still wrapped in the throws of their Fear-Reactivity. Think about the implications of tricking people into externalizing control – of deceiving them into believing that you can make them happy, make them healthy, and make them feel good.

“If I look like THAT, then I shall be healthy,” blips through the mental radar a thousand times a day. We each experience the bombarding rain of marketing spear-heads hoping to penetrate your defenses, pierce your Fear-Reactivity and activate your submission to purchase their product or program.

“If I look like THAT, then I shall be feel good,” echoes through our viscera as our organs, muscles, even our brain aches from the merciless onslaught of stress. We pine for the fading memory of pain-free movement, pain-free digestion, and dare I say... endless energy, that physical exuberance marking the life of every child!

How good that felt to swing from shore to water on that rope, careen down the hill in that toboggan, spin wildly in the grass until you dropped, dance totally unfettered by worry of embarrassment, play with the boundless imagination that you piloted through the universe in your spaceship, painted with your fingers and toes...

“If I look like THAT, then I shall be happy,” screams through the anguish of a mundane existence. Everyone feels like they’ve somehow lost something precious, that ineffable quality of bliss we each experienced as a child at play, in awe of the world, and hoping the day would never end so we would never have to sleep and miss another moment of PLAY!

Not only the entire Valley, but all of Time can be seen from the Mountain’s Summit. And throughout Time, every occurrence in human history can be

delineated to this undercurrent, the crux and cornerstone of our existence. We are each an incomplete puzzle piece. Our unique characteristics hide from our view... because of *Fear-Reactivity*. Our tension, fears, and trauma conceal our actual nature. If and when we remove our *Fear-Reactivity*, not only would we immediately know our unique form, but we would also immediately appreciate how we “fit” into everything and with everyone else in the world.

Everything we seek in excess – nicotine, alcohol, caffeine, sex, appearance, money, power, fame... are all just substitutes. They are substitutes for that divine connection to health, happiness and just plain “feeling good” with yourself and the world. We substitute these excesses for the void we feel, for the vacuous hole in our heart where once stood that unfettered child ready to take on the world and sap every ounce of enjoyment from it.

Shape is the excess of the “fitness industry.” The media slams our minds countless times a day telling us to chisel our unique puzzle pieces into one carbon copy clone of some panty-waisted, bleached-tooth pec-junky with 1% bodyfat. Can you imagine LIVING that way? Let me share a secret with you... not even the models can live that way. They approach me with the same misery, the same angst as everyone who pines after their “shape”... if not MORESO! Why? Because they have been to the summit of that tiny hill and found it wanting. They have seen the logical conclusion of their lives, and wander lost, not understanding why their goals did not bring them, **CANNOT BRING THEM, happiness, health and the ability to just “feel good.”**

People constantly attempt to shape me... to place me “within the box” of their expectations. They express the sheer audacity to be surprised when I defy their attachments to an “image”... a “shape” that they craft in their minds of who they THINK I am. Each industry I touch, be it fitness, strength & conditioning, martial arts, tactical/combatives, psychology, physical therapy, whatever the domain, they all peer at me through the filter of their expectations, attempting to “fit” me into the “shape” of their perspective on things. And with each attempt, I move out of the way, and on to my next adventure.

I reject their attempts to impose upon me their “shape.” I decline their insistence that I must fit others into their definition – their concept of “shape.” I only intend to continue to reveal my own true form, and in doing so, gain the ability to help others reveal their form.

One of the most impacting quotes I had ever read, over a decade ago now, was from Horace Mann – *“Be ashamed to die until you have won some victory for humanity.”* For some reason, that resonated with me and drove me... Sometimes, honestly, it drove me nearly insane.

I observed a ubiquitous moral depravity by every “industry leader” who seemed to be doing the EXACT OPPOSITE of this, who played that lunatic game, “he

who dies with the most toys wins.” And as the old guard passed, one icon at a time, each dying breath uttered an apologetic cry of loneliness, of a solitary hell – a coffin of toys.

What in the world is better because of YOU? This is the question that seared my grey matter and burned in my gut like an unquenchable fire. But before I could be of any service to anyone, I intuitively knew that I must remove all of the baggage I had, the fears, the trauma, the attachments and expectations.

Form creates function and function produces the appropriate shape for the task at hand. I needed to find my own form... and in doing so I had to divest myself of others’ definition of shape. For martial art this was totally obvious in uncovering the ability which permitted so-called “masters” to create the techniques of their “style” (shape). Musashi wrote, *“you can see the shape by which I am victorious, but you cannot see the form with which I guarantee victory.”* What was that elusive underlying form?

Now, I've released volumes of materials on my formula for form... and as a result made myself one of the most despised "competitors" in the "industry." Why? Because a formula for form undermines the so-called authority of the shape-shifters. If people can reveal their own form, why do they need someone else's shape?

Body-Flow is the end result of that personal odyssey; or should I say, it's the signpost marking the current location on my Path. It's a handbook to uncovering your unique form, and a manual for crafting appropriate shape to meet the task at hand.

Stay focused upon the REAL GOAL, our true purpose – **find your form... and help others find their own.** That is what will make the world better... no matter how you express it, no matter what your vocation, no matter what venue...

The Trinity Path

"In such a highly developed humanity as the present one, each man by nature has access to many talents. Each has inborn talent, but only a few have inherited and cultivated such a degree of toughness, endurance, and energy that they really become a talent, become what they are - that is, release it in works and actions."

(Nietzsche, *Human, All too Human*)

Healthy and happy people always impress me. They impress me because I know that health and happiness require dedication to “overcoming resistance.” Resistance lay in wait to cannibalize your energy, anchor your spirit, and decay your motivation. Health and happiness require effort, persistence and attention

to overcome this nebulous resistance which seeks to mire you in disease and misery.

We are stone age bodies living in digital age convenience. Our design intended to sprint across tundra tracking prey and gathering berries. Yet here we rot bloated with fast food, blinded with infomercial bits and buried with gizmos and gadgets to distract us from our natural abundant health and divinely inherited happiness. We managed to create more resistance.

I do not suggest that suffering through uncivilized conditions holds nobility. I do not suggest that the ascetic life holds more righteousness. Asceticism can be used as a distraction and escapism just as easily as video games and television.

I “stumbled upon” a strength guru from the former Soviet Union, named Vladimir Chubinsky who crystallized my world view by pointing me to that which was too obvious to notice: The barbell does not create resistance. Gravity creates resistance. The attraction of Iron to Earth creates resistance when one *attempts* to move them. As I wrote about in *Clubbell Training for Circular Strength*, energy is the “relationship between.” Let me write that another way – the plates and bars are **attached** to the Earth. The physical expression of my **desire** to move them creates resistance. If I muster the effort, persistence and attention to overcome that resistance and I *break gravity* as Vladimir called his *Gravitational Gymnastics* then I transcend myself. When he told me he would teach me to harness squat over 1,000 pounds in two hours, I knew he held special qualities to his character. He did help me accomplish this, but I took something much more valuable than breaking the gravity of that lift. I took the final element to my *Philosophy of Strength*: that being the notion of **overcoming resistance**.

In *Clubbell Training for Circular Strength*, I state that, “*it is not what you fight with but what you fight for*” that is important. You find your strongest source of motivation at your moral and ethical foundation. People need motivation to overcome the resistance of conveniences, habits and fear. However, for me helping people find their unique trigger of motivation remains an ever-elusive mystery. “*Each person has within his own control the enormous power of Chi, the internal strength. It is a sleeping giant within you waiting to be triggered through an emotional force. You alone can learn to release this power through your own unique key.*” (*Chi Mind Control* Mike Dayton, Mr. America and Kung-fu Master)

People spend exorbitant amounts of money, travel to remote and “exotic” corners of the planet, and blindly devote themselves to charismatic figures all in the name of health and happiness. Why? You can easily answer, “health and happiness are good and disease and misery are bad.” However, if that were true, WHY then do people remain unhealthy and unhappy?

You remain unhealthy and unhappy because you have yet to identify your unique motivational trigger(s) which empower you to overcome resistance.

Over the years I created over 50 bridges to *overcoming resistance*. This sounds impressive but it is not because my knowledge is so vast that I require such prolific work. I created so many and shall continue to craft bridges because helping people uncover their unique triggers of motivation is my motivation for overcoming resistance. *In servitude, bliss* – goes the saying.

In working with people over the years in different countries with different goals and different circumstances, I can tell you that no two people share the same motivation to overcome resistance. What empowers one person to push away from her desk to go for a walk does not empower another to get off the couch and go play with his children. What empowers one person to face an abusive spouse does not empower another to confront an inappropriate co-worker. Each of you possesses a totally unique source of motivation.

I cannot tell you in this book your source of motivation, but I can describe some common, reoccurring markings on the Paths that people share in overcoming resistance.

Overcoming resistance manifests in three different challenges: those requiring effort, those requiring persistence, and those requiring attention. You cannot passively overcome these challenges. You need ACTION! This includes inactive-action such as “rest” for you over-trainers and workaholics.

Although throughout life you need face all three of these challenges, at any one time one challenge dominates. Let me share with you a humbling story of an epiphany I had in this regards.

I moved to the Pacific Northwest guided by Divinity’s enigmatic compass to ask for a 2nd date with my then future wife. Moving to Washington State dramatically altered my perception of Seasons, since in the US Northeast I experienced four, quite-distinct Seasons: Winter, Spring, Summer and Fall. However, in Washington I learned quite rapidly that there were two Seasons: Rainy and Moving-Towards-Rainy. In this climate, you organize your day so that if the Sun appears, you make your way outside to start sucking the rays from that glorious golden sphere.

One day, during my daily personal practice, the wind whipped fiercely through the trees, leaves blowing into my vision and impacting the balancing act of my exercise selection. I thought to myself that it was strange that the weather always reflected the challenges I experienced on any particular day. I always keep a notebook with me when I am practicing because my best ideas sublimate to the surface when my body burns with exercise, so I strode over to my tablet to etch down this interesting thought. Upon ink to pad I realized the arrogance of

the statement I just made. The weather reflecting MY challenges?! Humility began to finally return to me as I realized that it was my self which was influenced by my environment and presenting me with that unique challenge (to overcome resistance.) Obviously that day's challenge was attention.

The Trinity Emerges

Throughout my travels and research I discovered that these three challenges corresponded intimately with three archetypal personalities. I write my philosophy of strength as the Trinity to represent the meeting of three.

Interfacing Russian Olympic Coaches to former KGB intelligence officers to receiving mentorship from Siberian shaman, I uncovered an indigenous acumen which spawned the Soviet psychological research into the notion of "co-personalities" (*Red Gold: Peak Performance Techniques of the Russian and East German Olympic Victors* by Dr. Grigori Raiport.)

In Russian folklore, life is a balance of the *prav*, *yav*, and *nav* (upper, middle and lower energies). Explained in *Zdorovye, the Slavic Natural Health System*, wellness balances these three. This Russian experience mixed with my American cultural heritage as well as my academic research. The Trinity emerged.

Consider this Trinity as gender personality "hard wiring" – an archetypal imprinting upon our character. To these hard-wired patterns, one may trace traits, social structures, and even cultural mythology, folklore and art. You can think of this Trinity in terms of the Christian Trinity: Father, Son and Holy Spirit. You can think of them as the Hindi Tri-Dosha: *pitta*, *kapha* and *vata*. Martial artists understand this as the trinity of mind, body and spirit. I state nothing new, but merely offer my personal interpretation.

Awaken Your Spirit, Free Your Mind & Make Savage Your Body



I present the following from the perspective of the masculine gender, because I am a man. I cannot, nor do I claim to, understand the feminine. Femininity holds its own unique mystery historically described as the Trinity of Maiden, Mother, Crone (or Siren, Queen, Wise-woman). Whichever feminine Trinity you wish to express you may choose. I have little knowledge of it, and as I age femininity grows even more enigmatic to me.

When comparing the current court of public opinion on the masculine archetypal trinity as compared to the feminine, we see that society ill-defines masculinity. For instance, the phrase "fight-flight-or-freeze" has become a household

aphorism referring to the so-called “reflex” options that males experience when confronted by aggression or crises. This theory relates to the *immature, untrained tendency* of males to combat, retreat, or remain paralyzed when experiencing an anxiety producing event. Notice how the lesser of these three demons is fighting. Combating the foe is the best option for which the masculine can hope in contemporary society. No wonder men feel confused. Either they are barbarians or they are cowardly eunuchs.

As my emphasis implies, masculine responses may be matured and trained beyond these raw reflexes. This maturation relates intimately to the Trinity or Warrior (**effort** rather than fight), King (**persistence** rather than flight), and Monk (**attention** rather than freeze). The Warrior takes action and expends the appropriate force necessary to resolve the situation in the most expedient manner possible – underdeveloped he can only fight with reckless abandon. The King endures the war, judiciously conserving scarce resources and choosing his battles – underdeveloped he can only flee. The Monk patiently concentrates and focuses upon every essential detail of a situation – underdeveloped he can only freeze helplessly.

Psychology professor and researcher Shelley E. Taylor illuminates the bio-chemistry of the feminine archetypes. Described as “befriend-mend-or-tend” I presume relates to Maiden, Mother, and Crone. Professor Taylor describes the disparity between male and female response to aggression and crisis. Befriend-mend-or-tend portrays the mature, positive perspective of the feminine archetypes, compared with the immature, negative perspective of the masculine.

Because our gender has such negative stigma, men receive constant bombardment through media that we must get “in touch with our feminine side.” I posit that this results as a by-product of the feminist movement’s intention to enrich the lives of women who rightly deserve equality. The feminist movement made great strides to understanding the bio-chemical impact of femininity within a crisis.

In contemporary times, however, within themselves men do not need increased femininity. Men feel remarkably *overwhelmed* by the feminine and actually need an increase and a strengthening of a **mature masculinity**. Hopefully, this chapter will help you see a clearer, more positive, more mature version of the masculine trinity. We are capable of much grander responses than the immature reflexes of fight-flight-or-freeze.

Most traits and behaviors that exude masculinity receive social stigma in current society: such as aggression, competition, confrontation, offense. Some consider these terms politically incorrect. As a result, masculinity suffers from ambiguity, ignorance and ridicule. Men endure endless social castration and emasculation. We critically need a balance of the feminine and the masculine. We must temper the enchanting, nurturing, and organizing, with the ambitious,

protective, and forceful. As a result, what I elaborate upon regards the masculine expression of the Trinity in the hopes of offering a useful, albeit time-specific contribution.

Warrior, King, Monk

These three archetypes exist throughout all cultures and history: the Warrior, the King and the Monk. There is a fourth path which is not pursued, but rather requires overcoming - the slave (or the “thrall”), which I discuss in *Clubbell Training for Circular Strength*. My interpretation depicts the Monk, Warrior and King as a Raven, Falcon, and Eagle (respectively). In Native American folklore these three creatures remain locked in an eternal struggle: each totem crucial to the realization of the total person. Through your life you wear the hats of each archetype to become a complete person. However, you will always find your greatest challenge with one of the three, and it is that challenge which defines your life and the archetype which holds the most influence upon you.

This symbolism helps you identify what challenges you most at any particular time in life, and how to address that challenge. In life you choose to face that challenge or to turn away from it. Facing challenges creates balance and turning away – imbalance.

FALCON: The Way of the Warrior

The Way of the Warrior contains the *Path of Action* and holds challenge of **Effort**.

In today’s ultra-PC fascism, people seldom comprehend and often vilify the Warrior. It is the most controversial of the archetypes because people fear the Warrior’s power. Society recalls the cruel acts of tyrants and villains and wrongly associates them with the Warrior. The Warrior is not synonymous with rage or violence, which are distorted expressions of congested and stunted growth. However, the drive, will and dedication to progress are innate characteristics of our species. When balanced by the King and Monk, Warriors are calm, tolerant and forgiving... though ever-vigilant and protective.

The Warrior, properly accessed, empowers your life. Following this path you create order out of the chaos of your life by courageously confronting wrongdoing. The Warrior’s vast energy source permits you to aggressively pursue your goals and protect your right and the right of your loved ones to health and happiness. Warriors may cautiously begin an activity, but once started exert every ounce of effort. When lacking balance with the King and Monk, Warriors tend to gain weight, have slow metabolisms, over-sleep, and may become

sluggish and lethargic. But as the Warrior, you get yourself moving again after a period of stagnation.

Though Warriors may be slow to understanding an idea or issue, once they do they remember forever (including when someone wrongs or aids them.) As a Warrior, you live an empowered life in the service of your friends, family and countrymen; and as a result, you demonstrate devotion and loyalty like a wolf to its pack.

Effort is the hallmark of Warriors. You aggressively destroy the enemies of transformation: drama, desires, distractions, excuses, rationalizations. You burn them away in the fires of your training sessions. The Warrior helps you clear space in your life for renewal: a new, more just order.

While capable of fighting when necessity demands, the Warrior knows that the *real* war is within. You honor this pledge to self-transformation with each *Training Session*: the fight between you and the exercise by living life one repetition at a time. Without consistent exertion through Training Sessions, you will feel out of sorts. Hard training is the sword of the Warrior! Without steady training, Warriors digress to greed, envy, and possessiveness. As a result, Warriors tend to require a diet balancing 40% (complex) carbohydrates / 20% fats / 40% proteins. When sustaining a vigorous regimen, you become grounded and stable, productive and industrious.

EAGLE: The Way of the King

The Way of the King comprises the *Path of Leadership* and holds the challenge of **Persistence**.

The King guides his people to endure hardship and persist through life's ubiquitous challenges. The King devotes himself to the worthy cause of stewarding family, friends, and country. He accepts personally responsibility for the safety and well being of his tribe. As the conduit for channeling energy, he attempts to allocate resources appropriately.

When balanced by the Warrior's action and the Monk's awareness, the King can endure lengthy bouts of activity and remain centered, calm and determined. When imbalanced, his attention and efforts become too wide-spread and cannot address all of his concerns. As a King, you create a balanced life so that you use energies wisely – not trying to do too much, too fast, too long, too intensely. However, as a King, you know that even moderation requires moderation; otherwise nothing gets adequate attention or sufficient effort. As the King you provide intuitive guidance with great discernment and accuracy. Kings are natural leaders with great planning skills, so judiciously use your resources knowing the stamina required for the situation.

The King needs to test himself. What is ambition without a purpose; drive without a worthy goal? Kings understand *Competition* derives from the Latin roots *con* and *petire* meaning “to seek together.” You understand that competition is not only healthy, but productive. When balanced through competitive outlets, Kings demonstrate sharp intelligence and piercing charisma leading their people and themselves to victory. When imbalanced, Kings can be short-tempered and uneconomical with energy. Without proving their worth to themselves, Kings can become resentful and jealous.

When balanced by the Monk and Warrior, the King rules with firmness, but with magnanimity and kindness. You have the patience and clarity to choose your battles, the compassion to sacrifice for the whole, and the toughness to persist against overwhelming opposition when necessary. As a result, Warriors tend to require a diet balancing 25% (complex) carbohydrates / 35% fats / 50% proteins. When rigorously tested in the cauldron of competition, you face life with confidence in your abilities and readily attract material prosperity due to your noble character.

RAVEN: The Way of the Monk

The Way of the Monk entails the *Path of Discipline* and holds the challenge of **Attention**.

The Monk calls you into the unknown as the archetype of awareness and insight. When following the Way of the Monk, you quest after internal wisdom, though you may be clueless as to what you seek when you begin. On this path you explore hidden knowledge passionately. The Monk owns a creative, flexible spirit and generates ideas rapidly though forgets them just as quickly. The Monk thinks, moves, and feels with passion. On this path, you must keep your attention focused upon the inner blueprint in order to listen intently to the compass of intuition.

The Monk guards esoteric knowledge, and as a result must be balanced with the King’s ability to patiently endure the long Winter and the Warrior’s ability to engage in combat. If not balancing King and Warrior, you may become out of touch with the outside world. With lofty ideals you may lack sure-footedness. During times of imbalance, you experience fear, nervousness and anxiety. Due to your creative ideas and enthusiasm you need to be well-grounded in the King and Warrior or face rapid fatigue. The Monk harbors low tolerance for fluctuations in routine.

The Monk helps you transform yourself through rigorous physical discipline and structured attention. The Monk holds sacred the body and mind as a church within which the spirit flourishes. Should you neglect consistent discipline, you shall lose confidence and stamina. Elevating the spirit requires a disciplined mind and body. As a result, Monks tend to require a diet balancing 50% (complex) carbohydrates / 30% fats / 20% proteins. You create sacred space and time for personal transformation: *Daily Personal Practice*. In DPP, you become centered and deepen the understanding of yourself through strict attention to breathing, structure and movement. You refine exercise skill to the level of technical wizardry.

Balancing the Trinity

In *Clubbell Training for Circular Strength*, I collectively refer to the balanced integration of Monk, Warrior and King as the “*Knuckledragger Within*.” Balanced integration is the key to happiness and health.

For instance, the Warrior is brash and may train solely for exertion’s sake. The Warrior will ignore the impact of his efforts upon his recovery and his ability to sustain daily activities. He will over-train himself and use improper technique, becoming fatigued, exhausted and injured. The Warrior must be balanced by the attention to detail of the Monk, and the patient, planned endurance of the King.

The King will create the program which challenges prior accomplishments, yet neglect to concentrate his efforts on any one task sufficiently. He will focus on so much that he will not attend any goal with enough resources. The King must be balanced with the singularity of the Warrior’s effort and the scrutiny of the Monk’s concentration.

The Monk will become so fixated on refining every nuance that he will never stride to make any advancement, never push the envelope with enough gusto. He relishes the peace he feels in his routine, but without the drive of the Warrior and the competitive ambition of the King, his routine quickly becomes an enslaving habit, leading him to digress and atrophy.

One must learn all three ways by developmentally following each challenging path of *Attention* (Monk), *Effort* (Warrior) and *Persistence* (King). As a man passing along the wisdom of the prior generations to the hearts of the subsequent, one must wear a different hat for different people at different times: one day a Monk, the next a Warrior, the following a King. So many people are specialists and, as a result, do not realize that they see life only through the short-sightedness of any one Path alone. Only in understand all three challenges can one truly overcome resistance.

Your Current Influence

At any point in your life, you receive influence of different degrees from the three archetypes. You should not seek “Absolute Balance” of the archetypes but rather relative balance appropriate to the demands of your life at any point in time. If you do not walk the way of relative balance, life finds a way to configure events demonstrating your weakest link. I see this all too often as a professional trainer. People seek to develop every attribute equally, simultaneously, daily. They seek the **ABSOLUTE IDEAL** and fall victim to any fad or trend marketing to this desire. Only injury, frustration, fatigue, envy and exhaustion await those pursuing the Absolute Ideal.

The Trinity represents a dial to which you can adjust to meet the needs or challenges of your life at any time: three hats which you wear. But knowing the need for relative balance lacks the power to get you started. To begin any journey you must know more than just your destination. You must also identify your point of origin. You can use this following questionnaire to help you target your archetypal order currently:

1. Would you describe your bodily-frame as:
 - a. light, narrow shoulders and hips
 - b. medium hips and shoulders medium width
 - c. large, heavy frame wide shoulders and hips.
2. Are your proportions:
 - a. irregular, unusually tall or short
 - b. proportional and balance frame
 - c. well-proportioned
3. Is your musculature:
 - a. Underdeveloped
 - b. Moderate
 - c. well-developed
4. Would you describe your weight as:
 - a. generally lean and hard to gain; any excess stored around the middle
 - b. average; gain or lose fairly easily; excess evenly distributed
 - c. gains weight easily, especially in lower body; hard to lose
5. Is your pulse:
 - a. fast, feeble, irregular rhythm
 - b. strong, throbbing, full, moderate rate, regular
 - c. broad, deep, slow, rhythmic, smooth
6. Would you describe your characteristic gait and movements as:
 - a. light, fast walker, quick and nervous movements
 - b. determined stride, purposeful movements
 - c. slow, measured gait, relaxed graceful movements
7. Is your physical activity:
 - a. very active, restless, bursts of energy
 - b. moderate, crave competitive sports

- c. lethargic, slow, great endurance
8. Is your mental activity:
 - a. restless, active, indecisive, creative, nervous, spacey, scattered
 - b. intelligent, logical, well-organized, precise, competitive, efficient, determined, stubborn
 - c. tranquil, slow, patient, tolerant, complacent, stable, methodical, relaxed, unchanging
 9. Would you describe your emotional tendencies as:
 - a. fearful, insecure, anxious, changeable, joyful, vivacious
 - b. angry, irritable, critical, impatient, jealous, volatile, courageous
 - c. calm, steady, passive, greedy, attached, loving, forgiving
 10. Would you categorize your sleeping patterns as:
 - a. light, variable, easily interrupted, tendency towards insomnia
 - b. go to sleep easily, sleep soundly but little, awaken alert
 - c. sleep deeply, awaken slowly, love to sleep long hours
 11. Would you characterize your learning ability and memory as:
 - a. learns quickly, forgets quickly
 - b. learns easily, sharp memory
 - c. learns slowly, remembers forever

Now add your totals within each category, and order the categories by most answers. The Warrior refers to C, the Monk to B and the King to A. The results of this sample self-examination may represent your current archetypal influence. Use it as a GUIDE, not a dogmatic rule. With the Trinity Path as a guide you can choose to live a life of fate or a life of destiny. You can take control or you can await life's intervention to provide you the education you require for transcending your current self. Take responsibility for your development and you cut the sandbags on your balloon.

The Philosophy of Strength

Knuckledragger Mantra:

%L. Science explains WHY, while you must DO.

%L. To DO, you must be motivated.

%L. To be motivated, there must be necessity.

%L. The need must be greater than the forces you intend to overcome.

%L. The most powerful necessity in the human world is tribal.

When doctors said that my knees would never athletically function again, I got angry and let it turn to something positive. After having my arm broken at World University Games battling for the gold against my Russian counterpart, I was told that one of the bones in my arm had “died” and I would never possess full capabilities again – a death knell for a grappler. I got angry and let it turn. Now, coaches who consider me their “competition” say that my methods are unrealistically demanding and my claims outrageous. Yet, I have not only taken society’s so-called rabble and transformed them into erudite warriors pushing the extreme envelope, but I prove and continue to prove this on myself. I’ll never ask an athlete to do what I haven’t done first. As I said in my book, I consider myself an ambassador to athletics, and that means leading from the front, from trenches to charge.

Most gyms and schools rage about their aspirations of the powder pump derby. They suffer a deep moral depravity, owning more mirrors than iron, more display cases than resource guides and more injectables than nutritional support. My heart goes out to the garage gym Knuckledragger who bucks this Malibu Ken-and-Barbie muscular masturbation. Training and physicality in general was intended to free us from the ego, not reinforce its stranglehold upon us.

The bottom line is that without great élan to willingly close with the Extremes, without the esprit de corps to support our unrecognized kin, without the moral edge of fighting for a greater purpose than yourself, you shall lack the leverage to risk what you are for who you could become. Truly, sport, like life, is a trial of moral and physical forces by means of the latter.

I call the following my *Pillars of Strength*. I challenge you to walk the Trinity Path *to free your mind, awaken your spirit and make savage your body*.

1. All people suffer.
2. People suffer due to desire, or attachment.
3. Attachment manifests physically as gravity. Gravity holds us down.
4. As the mind, spirit and body are one, so can gravity indicate weigh down the mind and spirit.

5. Breaking gravity frees the mind and awakens the spirit.
6. However, attempting something new or walking into the unknown requires leverage.
7. Leverage can be found only in the Higher Source of Energy.
8. Faith is the only force that can leverage this Source.

Pro athletes and world champs alike approach me expressing discontent with their lives, with their ubiquitous aches and injuries, fatigue, boredom, and general disappointment with what they thought life would be. To a person, they admit that despite financial and competitive “success” they wallow in a cesspool of expectations – from coaches, fans, friends, family and worst from their own self-aggrandizing ego.

Suits ask me why I continue to return to the chalkboard, why I do not franchise my soul away on my prior accomplishments. I laugh at the athlete I was as an international champ. It was a lot harder to remove myself from the social conditions I faced in my youth than facing one opponent in a known environment with expected parameters. Come on.

I ask the three-pieces how they can stop their lives and feel that what they have done in the past was enough. At the moment you do that, you put your shovel in the ground to begin the final descent. There’s no growth without love, risk, and persistence, for they alone are omnipotent.

Almost all programs (and the coaches crafting them) totally neglect the first law of athletics: the pursuit of human excellence, the strengthening of the moral caliber of the athletes, and the transcendence of the ego which limits personal emancipation from societal mediocrity. To those of you whom read this and resonate with the message, join in and walk the path of the Trinity... for it’s much deeper and more rewarding than just the toughest physical approach out there.

We don’t see life as it is, but as we are. Conceive a limitation and it becomes one. Perceive your own artistic genius and ignore those acclaiming themselves as experts, gurus and legends. Keep faith that your dreams are not mad, but that the masses are for not daring to dream as big as you. Do what the entertainment station zombies fantasize behind sore thumbs. Live deliberately. Make Fun a vocation and Challenge havoc’s cry. Embrace your fears and soar high. And remember the words of Master Yoda, “luminous beings are we. Not this crude matter.”

Channeling Strength

Channeling Strength regards “tuning-in” to personal expression of proper technique – the integration of breathing, movement and structure. “Technique” was the oldest definition for exercise regarding the gross physical mechanics. Pencil pushers started to introduce more scientific terminology – such as “neuromuscular pathways” for skills. This more recent name lends a better understanding of the Mind-Body connection of strength and conditioning. However, when we hear neuromuscular pathways we think of sinewy white strings entwined throughout our muscles communicating from brain to motor response. Very clinical, right? Too vacuous and too sterile! Remember, KNUCKLEDRAGGER Mantra #1: *Science explains WHY, while you must DO.* The scientific analysis of human movement pales in comparison to when you personally invoke **true** strength and channels it into your body. No textbook could contain your description, no definition your rapture. Channeling Strength illuminates the Mind-Body-Spirit connection. Call it social, moral, or personal spiritual motivation. You’ve read Channeling Strength in *Clubbell Training for Circular Strength*, or you wouldn’t be here.

Work-in not Work-out: Practice vs. Training – Instructor’s Emphasis!

“Awaken your Spirit, Free your Mind, and Make Savage your Body!” – What does this mean? How do you accomplish this? It’s both simple and complex. But to begin you need to focus on form, and be limited by no preconceived notion. That means suspending belief on your capabilities. No, I do not mean risking injury or death.

Let’s get specific. You’ve read my RPE in CT4CS. Is the Rate of Perceived Effort an absolute or relative? If relative, can it be internally influenced? If we imagine something to be impossible, it is. The obverse is true, as well. It’s a matter of Faith, as I’ve alluded to in *The Philosophy of Strength*.

Performance Enhancement Techniques are essentially flawed in that they are merely techniques. You can trick the body using mental skills. You can unhinge the mind, using physical skills. But both of these lack integration with a larger, more substantial sphere of energy. I don’t need to wax metaphysical in order to describe this. You know what I mean, and the fact that each and every person intuitively knows demonstrates the validity of this maxim. We are capable of much more than we believe we are.

At the Instructor level certification, you neither concentrate upon trainer’s emphasis on effort nor upon the coach’s emphasis on persistence. Rather, you focus upon attention to perfecting form in yourself and your clients.

Most people assume because the strength conditioning and fitness industry leaders do not overtly discuss such esoteric concepts. As a result, the public

assumes that an individual delimiting his or her potential involves a haphazard, or even a unpredictable pattern. Most assume talent is a fluke and genius a genetic anomaly. I beg to differ.

At the instructor level, you will begin with the first layer of this technique to facilitate your client's learning curve. You can do this with bodyweight, with dumbbells, barbells, kettle bells, clubbells, machines, an opponent, any tool with which you can employ incremental progression.

This is an advanced synaptic facilitation methodology so you must always remember your goal is to perfect form. You could use this methodology for the mundane goal of tricking your body into lifting heavier weight. But that's not why I created the method. We're perfecting technique here, now.

When I tell people that they should approach Training as Practice until they master the skills, they ask for a set/rep scheme. You see? The industry made people THINK in the context of resistance training as sets/ reps. Just like what I call the "dumbbell perspective."

The Dumbbell Perspective:

The general gym enthusiast and fitness conscious individual perceives weight with the perspective of a calibrated number s/he most often lifts. For instance, not many Americans understand the number of kilograms lifted, nor do they relate to kilometers, liters, Celsius, etc. When approaching clubbells, people bias the weight of the apparatus attempting to relate a one-to-one poundage relationship with dumbbells. As every clubbell enthusiast knows, this leads to dangerous underestimation of lifted weight. The suitcase ready mobile gym may go easily on your travels, but the light weight concentrates extremely upon its leverage goals, and thus surprises many folks.

The same result can be found from any expectation, or as I call it in *The Philosophy of Strength*, attachment. Ever expect another stair only to find the landing? Ever expect to hit an opponent who suddenly disappears out of reach? Ever go to push a door you thought would require great effort only to discover it fly open with ease (with you stumbling, if not flat on your face)? Ever go to lift a bag of groceries, an empty bowling ball bag, or dufflebag, expecting it to be extremely heavy, only to discover that you nearly launched it through the ceiling with your internal preparation? This is expectation, attachment, or affectionately the Dumbbell Perspective.

In the Trainer and Coaching Certification Programs we look deeply at how to manipulate this quite dramatically. But at the instructor level, you need to get your clients familiar with their expectations. You need to help them realize that they limit themselves – and by no one and nothing else. You can't do it for them. You can only open the door. And that door opens only through physical drills and

methods. Creating Strength Channels will help them shift paradigms and not have expectations, and release themselves from dumbbell perspectives.

Eventually, you and your clients will unhinge attachment and you will transcend the methodology altogether. You won't need to manipulate attachments because you can see them for what they are. And that's what this whole thing is about. That's the ultimate goal of Maximology – the pursuit of human excellence. You need to see this goal and understand it in order to truly benefit from this system. If not, you're just lifting more weight, more times, over less time, yada, yada, yada. Who cares about that ultimately? That's just a means, process, and path. Always remember the End-goal, our mutual betterment as human beings.

How do you create a Strength Channel? Much like grooving a neuromuscular pathway involving effective visualization skills. I use this method not just for attribute training, but with my combatives, tactical, self-defense and sport fighting clients. Your visualization must be personal, empowering, specific and realistic. For more on this, re-read *Channeling Strength* in CT4CS.

Creating a Strength Channel:

So what is the set/rep scheme in Practicing a Skill? While integrating the 3 elements (efficient breathing, movement and structure) and three components of the skill, follow this process:

- A. Light-weight with imagined heavy weight: You imagine that a weight much heavier than in reality. When you tell you instruct yourself that what you intend to do will be difficult you set up braces through out your body to handle the load safely even if it is a load that we could easily heft into the air. If you approach the Iron with the attitude of a light load then our natural internal bracing will not be efficiently utilized and which can lead us to injury. At the very least, the attitude impacts proper form – since with every repetition we groove the skill more deeply.
- B. No-Weight with imagined heavy weight: Now you imagine complete the above process, but with no weight. You need the prior step first in order to give yourself the tactile signature of resistance. This step requires greater Attentional strength than the prior! Most people attentionally fatigue within 8-10 repetitions. That's about the average person's "attention span." You're doing them (and yourself) a much greater service with this than increasing Attentional strength in lifting!
- C. Heavy weight with imagined no weight: This is a one rep event. You have them visually imagine and kinesthetically recall Step B before any resistance. Your goal is to imagine how you just completed the exercise with no weight. Although in Step B, you imagined heavy weight, there were degrees of recruitment failure which can be improved. By recruitment failure, I mean that until you transcend this method, there will be degrees to which you do not FULLY channel an imagined heavy resistance. Step C takes these degrees of "failure" and calls upon what

your body remembers of a no-weight exercise. Your no-weight visualization reinforces the kinesthetic memory. Now, you must always do this in order. If you try this Step first, you will not set up the internal bracing mechanisms necessary to handle heavy weight. That spells danger! But in this step-by-step process, you will at this Step both be able to imagine light weight while recruiting the necessary bracing mechanisms to handle the weight.

- D. Moderate weight with imagined light-weight: Step D is for cruising. This is a transition step into the Trainer's territory. Once you handle a moderate weight (say, 65-80%1RM) for 5-8 reps while attending Perfect Form, then you created a Strength Channel.

To widen the Channel and improve "reception" in the Trainer Certification level you will be manipulating Effort through Program Design, and in the Coaching Certification level manipulating Persistence to overcome personal records (your perceived limitations or "attachments").

Sympathetic Learning's Hebbian Rule or "What the Hell?" Effect

Begin with non-dominant arm. When completed Step D, add a set of dominant arm.

Joints of Steel

According to *Supertraining*, by Mel Siff, high-rep local muscular endurance training causes an increase in the strength of ligaments and tendons in the area being trained. This is partly due to an increase in capillarisation and blood flow in the surrounding tissue, from which tendons and ligaments get all their nutrients by diffusion (having no direct blood supply of their own). Bryan Haycock, of Thinkmuscle.com fame, suggests doing two weeks of such high-rep training at the beginning of each new cycle as regular "maintenance" for the joints.

The Eyes Have It! Optical Repatterning Voodoo

The brain anchors experience as a whole tapestry of sensory input. Just like the visceral control of breathing affecting heart rate, muscular tension, respiratory pattern, blood pressure, etc., so can the deliberate manipulation of one sense impact on your experience through the others (in this case, the kinesthetic.)

There is no such thing as an untrained person!

In order to condition with proper technique, one must counter-condition improper technique. Everyone is conditioned in some form. And the deconditioned and the heavily conditioned all have technical flaws and inefficiency. Your goal in practice is to unhinge those habitual inefficiencies. Don't focus on learning some vague Platonic "ideal" technique. Instead get out of your own way. This is a very important distinction. Talent and genius are YOURS; they are the birthright of every person. Approach breathing, movement and structure as something you

release, reveal and let happen. Don't try and force something artificial. Don't try to just do it. BE every motion, skill, exercise.

Dynamic Mobility and Selective Tension

Selective Tension leads to Dynamic Mobility

Relaxation and Tension are two wheels of the same cart – reference this part in CT4CS.

In order to have maximal contraction you must have maximal relaxation.

Soft-Work, Shock Absorption, Pendulum (absorb kick, clean and jerk, kick) Performance Breathing

Agility and coordination

Dynamic Mobility – Degrees of Freedom

Push Drill

Yield (Collapsing with no resistance)

Yield-Halt (Melting to inoculate)

Yield-Halt-Overcome (Following back the force)

Marionette Drill

Soft-Work

Shock Absorption (absorb kick, send it back)

Pendulum – Olympic lifting

Performance Breathing

Stored Elastic Energy

Functional Neuromuscular Conditioning

PNF

Neck Mobility for Reactive Strength

Recently quite a few of fighters and coaches asked me how to prevent concussions and knock-outs in MMA. I recently read a trainer commenting that because people said his neck "looked stronger and thicker" he advised people to do what he does: Nose-to-Mat Bridges. Guys like this always try and out-condition rather than out-perform opponents. They concern themselves with exhausting the opponent by trying to make the opponent work harder. But they always fail to develop the notion of paralyzing the adversary by denying him the OPPORTUNITY TO EXPEND EFFORT. They remain locked inside the box lacking an understanding of SPECIFIC performance enhancement.

The Russian national boxing coach advised me many years ago, when it comes to absorbing blows to the head, it is less about girth and more about enhanced muscle reactivity: timing, rhythm, coordination, suppleness and AGILITY!

These two strategies fought it out on the only 3D battlefield - the skies. The convention was one of attrition: superior speed and strength targeting decisive victory. These jets were either loaded to the teeth and armored like flying concrete bunkers or lightly armed and armored jets that could sprint flat-out. This strategy derives from Carl von Clausewitz, the foremost Western philosopher of War. Even the US Marine Corps fighting doctrine - *War-fighting* - finds its basis on Clausewitz's *On War*.

Clausewitz advised attacking the most densely concentrated mass – the center of gravity. The reciprocal was also true – fortify one's center of gravity and then strike out from it.

This overwhelming force is the dominant model for competition (whether the average grunt or coach knows his philosophical influences or not). We see this in the creation of many effective fighters in short training time. However, you will never find a great athlete using this strategy, especially with a cradle-to-grave history of efficiency, potency and triumph.

Enter one USAF fighter pilot John Boyd. His premise was that a moderately fast, moderately armed & armored but HIGHLY AGILE jet would be victorious over the (heavy) "bricks" and the (fast) "needles." He proved this over and over again: agility could outmaneuver the both power and speed, respond decisively to fast-changing conditions, and defeat its rivals consistently. And he helped design and champion the F-16 a jet which defies physics, and represented everything Boyd knew about competition. It maneuvers like Baryshnikov unfettered by gravity and Randy Couture with 29,000 pounds of thrust.

Clausewitz and the thick-necked cadre neglect the impact of magnifying uncertainty in an opponent. You Renegades out there know this as the difference between the *Zone and the Upward Performance Spiral* and the *Vortex and the Downward Performance Spiral*. They don't get inside the opponent's mind, or as Col. Boyd described – the OODA loop.

Strike at the vulnerable yet critical connective tissue and the activities which permit a large center of gravity to exist, Boyd guided. An agile athlete transitions more rapidly than thicker or faster counterparts can respond, and so opponents fall farther and farther behind the swift sword of agility.

Ever see an opponent that just doesn't know where to move next, who gets increasingly more confused by the blitz of an agile athlete? Agility can help you move and strike like a swarm of bees destabilizing the opponent's center of gravity and causing many

conflicting and independent centers of gravity with him. How many times have we seen a great fighter just rip the rug out from under a “stronger and thicker looking” opponent?

Are you training to be an F-16 or a B2 Bomber? Victory isn't simply a matter of being fastest to strike, or of expending the greatest effort, or of having the largest girth. You **MAY** win by using any of those methods **but only** if you do one thing more: outmaneuver your opponent. Agility is the essence of strategy in the air and on the mat. Agility will help you decode the environment before he does, act decisively, and then capitalize on his initial confusion by confusing him more – *Push him in the Vortex!*

Neck mobility is more important than girth. That's the bottom line. Here's one drill which will give you the maneuverability critical to preventing adverse shock and to imposing that shock upon your opponent.

Fly like an eagle.

Coach Sonnon

Athletic Performance Enhancement Solutions

Degrees of Freedom

We will spend significant time on this during the Instructor Certification Course, but I wanted to provide background information here, because I created *Degrees of Freedom* movement program to help create critical skills for instructors needing to develop troubleshooting techniques and exercises of ANY system of movement.

Circular Strength Training refers directly to DOF! Just look and KNOW the definition:

Linear vs. Circular Strength Training: Most strength training programs focus on increased work capacity by focusing upon exercises such as squat, bench press, deadlift, clean, as well as sprints, bleachers, bridges, pushups, etc. These may contribute to general performance, but execute essentially in a one dimensional plane, which can be understood as *Linear Strength Training*. *Linear Strength* transfers to athletes hitting harder, running faster, lasting longer & jumping higher. However, during practice or competition, every sport and physical activity demands movement in one, two and three planes.

Circular Strength Training comprises **Multi-planar movements** which develop rotary and angular/diagonal strength to assist the prime movers. Only Clubbells were specifically researched, engineered and implemented to target the rotary and angular/diagonal muscles. Athletes need *Circular Strength Training* in order to develop these motor recruitment patterns so that they are both strong and functional. Otherwise, their performance suffers greatly and injury likelihood significantly increases.

CST also has important rehabilitative and preventative health characteristics. It:

- aids in the removal and prevention of *Sensory Motor Amnesia*
- aids in the removal and prevention of *Residual Muscle Tension*
- aids in the removal and prevention of *Delayed Onset Muscle Soreness*
- aids in the providing *Joint Lubrication and Joint Nutrition*.

Sensory Motor Amnesia is a phrase coined by renowned therapist Thomas Hanna who described the condition like this. "This is a condition in which the sensory-motor neurons of the voluntary cortex have lost some portion of their ability to control all or some of the muscles of the body. Sensory motor amnesia occurs neither as an organic lesion of the brain nor of the musculoskeletal system; it occurs as a functional deficit whereby the ability to contract a muscle group has been surrendered to sub cortical reflexes. These reflexes will chronically contract muscles at a programmed rate -- ten percent, thirty percent, sixty percent, or whatever -- and the voluntary cortex is powerless to relax these muscles below that programmed rate. It has lost and forgotten the ability to do so."

In essence, SMA is a ‘forgotten’ and ‘ignored’ habitual pattern of muscular contraction somewhere in the body. It can have tremendous impact on all aspects of our health, strength, fitness and performance.

Residual Muscle Tension is closely related to SMA. However, it often relates to the presence of an “unconsciously held” partial contraction of muscles following prolonged periods of stress or activity. While not as habitual as SMA, residual muscle tension is the bane of every athlete’s training program as it interferes with rest, recovery, relaxation and subsequent performance by disintegrating proper performance-related neurological coordination and function.

Delayed Onset Muscle Soreness (DOMS): This is the technical term for the classic “day after” muscle soreness that virtually everyone has experienced. Typically from 12-72 hours after any type of exercise or activity that is strong enough to create biochemical waste products in muscles, an aching soreness can arise. DOMS is a prototypical adaptive response of the body to new or unusual activity. *Research indicates that eccentric muscular contraction has the greatest potential for creating DOMS symptoms.*

Joint Lubrication and Joint Nutrition: The complex system of joints that make up the human skeletal system absolutely depend upon good circulation to insure that joints stay supple, loose, well “oiled” and well “fed”. However, in many instances, circulation of fluids depends not only on the body’s “circulatory” system, but also upon movement. *The pumping action provided by the contraction and relaxation of muscles is vitally important in joint health as it serves to nourish and lubricate joints surfaces.*

String of Pearls: Dynamic Posture

Posture makes Perfect. You need full range of motion in order to understand that posture is a dynamic, constantly altering substance. Unfortunately, most martial artists and most health pencil pushers attempt to impose artificial rigidity of an “ideal posture.” Life however is not ideal.

Ever hear of a tank being accused of graceful mastery? ‘Course not. If you’re going to fly, you need to move like a wraith over rocks. The key is transitioning from GPP to SPP and specifically regards increasing the complexity of your movement capability. Basically, if you move like a Robocop, you may be able to stop a truck, but don’t expect to soar like an eagle.

Circular Strength Training comprises Multi-planar movements which develop rotary and angular/diagonal strength to assist the prime movers, but more importantly, *prime movers can act with rotary and angular/diagonal strength though most people fail to develop this capacity!*

It’s this last point that has the most punch, folks. I know a lot of this reads like some arcane language only pencil pushers (or is it key pushers, now?)

understand. But it really is the key to what I call Personal Mastery. You need to emancipate yourselves from the expecting some guru to tell you how to move, the optimal pattern for your performance, the ideal sequence for your abilities. It's all in you. It always has been. Developing multi-planar strength of the prime movers increases stability, prevents injuries, multiplies force production and most importantly, stimulates the neuromuscular patterns required for masterful performance. Your Personal Mastery is always and already yours. You just need to call upon it. Invoke it.

You need to train outside the range and depth of "expected" movements, so when (**not if**) movements deviate from the expected a "safety valve" prevents injury and restores normal work capacity without performance interference. So from physiology we learn the three planes of human motion – our three dimensional movement – as

3 Planes of Movement:

1. *Coronal Plane* divides the body into front and rear sections.
2. *Sagittal Plane* divides the body into right and left sections.
3. *Transverse Plane* divides the body into upper and lower sections.

3 Axes of Rotation:

1. *Medial Axis*: the medial axis runs horizontally from back to front. Rotations around this axis include the cartwheel and turntables.
2. *Longitudinal Axis*: the longitudinal axis extends vertically from head to tow. You move along this axis when you twist your torso, as in a skater's spin, or a ballerina's pirouette.
3. *Transverse Axis*: the transverse axis runs horizontally across your body from one side of the waist to the other. Somersaults and flips are examples of movements around this axis.

6 Degrees of Freedom:

1. Top-Bottom
2. Right-Left
3. Front-Back

These three planes have two sides equaling 6 portions to movement. We can move in each of these 6 portions which in physiology are referred to as "degrees." For years, I've been coaching **DYNAMIC MOBILITY** of the joints. Most coaches will tell you that you shall perform how you train. Wrong. The worst you do in training is the best you can hope to perform. If you don't prepare your joints for extreme ranges of motion which deviate from expected performance, you will suffer injuries. Why? Because, forceful, repetitive, or sustained static activities occurring over time with insufficient recovery periods may cause or aggravate Cumulative Trauma Disorders, affecting soft tissue of both musculoskeletal and peripheral nervous systems. Any activity can be

associated with Cumulative Trauma Disorders. Dynamic Mobility prevents injury for those at risk and rehabs those suffering common sport-related injuries.

I'm going to help you sophisticate your basic movement patterns from single planes to double and triple planar movements. I'll give you an example. Consult my program *Warrior Wellness: 6 Degrees of Freedom* for more of my exercises.

Multi-Planar Bridging

Bridging for some ungodly reason is held to be the panacea of bodyweight exercise. Why on Earth I have no idea. Spinal flexibility benefits all athletes. However, the list of reports and studies on the adverse effects of sustained, static stretching continue endlessly. I won't waister your time with the pros and cons of back bridging. Suffice it to say that even the proponents advise that bridging too long, too often, and/or too hard results in injury.

Bridging is and always was a preparatory exercise for advanced movement. Those coaches that use it otherwise negligently imperil the performance and health of their athletes.

Bridging is in effect a single plane motion. In reality, it is only one half of one plane. Standard (single plane) bridging occurs within one degree of freedom: the dorsal half of the coronal plane. How does this transfer to performance on the field? Simply, it doesn't. It's an inarguable myth.

Of the exercise selection for my programs, I created a series of exercises I named "*Multi-Planar Bridging*." MPB provides spinal flexibility in truly complete range of motion, intra-muscular and inter-joint coordination as well as the incalculable factor of core proprioception.

Here is one of the MPB exercises which will start you on your way to increased performance and spinal health. As you follow the progression of photographs remember the following:

1. Stay in motion and move THROUGH the positions demonstrated in the photos. These are not "postures" but rather photographic points of reference to depict movement.
2. The motion is a figure 8 or infinity sign.
3. Your spine should move like a string of pearls WHEN RELAXED. Don't try to do Dynamic Mobility training with intensity.
4. When compressed exhale, and when expanded inhale. This should occur naturally and not forced or consciously applied. Remember that a back arch is an act of compression on the lungs and hence results in exhalation.
5. The general protocol is 5 to 10 repetitions every morning to lubricate the spinal vertebrae and regulate the tone of core musculature. Expect to see

significant improvements in your health and performance within 3-6 weeks.

Normal Ranges of Joint Motion

The following table indicates the normal ranges of joint motion for various parts of the body. Now it's important to read this and understand this is how the public has been taught to perceive movement – as a collection of limits. They have not been systematically enabled to be coordinated. Actually, everything from group peer pressure to poor ergonomic designs TEACH uncoordination. Dynamic Mobility involves the sophistication of these ROMs, so they become limitless.

Neck

Flexion: 70-90 degrees

Touch sternum with chin.

Extension: 55 degrees

Try to point up with chin.

Lateral bending: 35 degrees

Bring ear close to shoulder.

Rotation: 70 degrees left & right

Turn head to the left, then right.

Lumbar Spine

Flexion: 75 degrees

Bend forward at the waist.

Extension: 30 degrees

Bend backward.

Lateral bending: 35 degrees

Bend to the side.

Shoulder

Abduction: 180 degrees

Bring arm up sideways.

Adduction: 45 degrees

Bring arm toward the midline of the body.

Horizontal extension: 45 degrees

Swing arm horizontally backward.

Horizontal flexion: 130 degrees

Swing arm horizontally forward.

Vertical extension: 60 degrees

Raise arm straight backward.

Vertical flexion: 180 degrees

Raise arm straight forward.

Elbow

Flexion: 150 degrees

Bring lower arm to the biceps

Extension: 180 degrees

Straighten out lower arm.

Supination: 90 degrees

Turn lower arm so palm of hand faces up.

Pronation: 90 degrees

Turn lower arm so palm faces down.

Wrist

Flexion: 80-90 degrees

Bend wrist so palm nears lower arm.

Extension: 70 degrees

Bend wrist in opposite direction.

Radial deviation: 20 degrees

Bend wrist so thumb nears radius.

Ulnar deviation: 30-50 degrees

Bend wrist so pinky finger nears ulna.

Hip

Flexion: 110-130 degrees

Flex knee and bring thigh close to abdomen.

Extension: 30 degrees

Move thigh backward without moving the pelvis.

Abduction: 45-50 degrees

Swing thigh away from midline.

Adduction: 20-30 degrees

Bring thigh toward and across midline.

Internal rotation: 40 degrees

Flex knee and swing lower leg away from midline.

External rotation: 45 degrees

Flex knee and swing lower leg toward midline.

Knee

Flexion: 130 degrees

Touch calf to hamstring.

Extension: 15 degrees

Straighten out knee as much as possible.

Internal rotation: 10 degrees

Twist lower leg toward midline.

Ankle

Flexion: 45 degrees

Bend ankle so toes point up.

Extension: 20 degrees

Bend ankle so toes point down.

Pronation: 30 degrees

Turn foot so the sole faces in.

Supination: 20 degrees

Turn foot so the sole faces out.

Core Activation & Reactive Strength

Critical to Circular Strength is your “core.” There’s a great deal of conjecture about what constitutes “core.” Suffice it to say that your core determines the success, health and strength of your performance in all things. However, let’s only address for now the abdominals.

We know by definition that circular strength involves the rotational and angular/diagonal properties of muscle action. The stability of your trunk therefore can be found only through improvement of your awareness and attention to core mobility. You can find many more examples in my book *Body-Flow Biomechanical Exercise* which should hit the shelves in the very near future. For now, you can refer to my *Be Breathed*, *Grapplers Toolbox* or *Zdorovye Fitness System* videos. They all take the Janda sit-up beyond high-gear and to a level of sophistication not seen anywhere else (and probably it will stay that way for a long time, since everyone seems to focus on mundane KISS exercises.)

Core Activation Exercise Examples:

- Multi-planar Arch
- Spinal Rock to Rock-up Squat
- Weeble
- Shoulder Plane Roll with Leg Thread
 - From pike
 - Step-over into lifting shin box
- Twisting Arch
- High-leg Step-over into Spinal Arch

Your abdominal muscles involve both internal and the external portions. The *rectus abdominus* (your 6-pack) and the *external obliques*. If you get horizontal on the floor for our exercises, you can feel the rectus abdominus flex the spinal column forward 30 degrees. If you move beyond this, you’re actually engaging the hip-flexors and going beyond the nature of *Core Activation*. Reciprocal inhibition techniques are useful for disengaging the hip-flexors, as demonstrated by Janda, but we’ll discuss that more in *Selective Tension*.

Your trunk rotates primarily under the power of the external obliques, which definitely get blasted by any type of clubbell work as any enthusiast knows. Swing a sledgehammer or axe all day and you’ll find the same.

For our purposes however your focus lay with the inner unit: the *transversus abdominus* and the *lumbar multifidus*. These muscles exist underneath the external abdominals and involve the control of your respiration and your structural core alignment. Furthermore, they contribute to your total performance and strength. It’s because of your inner unit, that you’ll hear me eschewing the use of crutches like lifting belts which inhibit the inner breathing patterns which you need for true strength and performance.

Recent research goes more deeply into understanding this, but to keep it in simple terminology, your inner unit must fire slightly before your outer unit. If you train only your outer unit, as the fitness trends would have you do (well, as most strength and conditioning pundits would have you do), you are rewiring the firing sequence of your Core Reactive Strength. It's really too monumental to explain in one book. If you train your inner unit to misfire you not only diminish your core reactivity to force (output and input, delivered and received!), you created structural imbalances which will lead to injury.

How many avid lifters and fitness enthusiasts do you know that after a session suffer massive back spasms (for "no apparent reason") or "throw out their back" from putting on their pants or going to the toilet? The reason of course involves poor, ineffective and misfired *Core Activation*.

My exercise selection will help you and your clients address this aspect of their training, and more importantly be aware of it in all exercises. For Clubbell training, *Core Activation* is critical for improving Reactive Strength, performance enhancement and injury prevention.

Don't misunderstand my emphasis on attention to the inner unit as a "targeting" of inner unit exercise. It's about training in a way that not only does not interfere with the effective "firing sequence" of our musculature, but also the positive health and performance impact it has if we augment this procedure deliberately through training. It's really one of the most important points I can communicate to you. This is HOW you integrate your breathing, movement and alignment. No, this is not the "key" element. It is only one example of one element in integrating all three in one situation. It's far more sophisticated and total bodily than just this one issue. But it's here at this issue that I can illustrate the crux of the matter.

If the inner unit impacts breathing and structural alignment, and we interrupt or rewire the firing sequence through any type of training, we adversely impact the total performing organism – YOU! If we take the natural firing sequence and augment it, you powerfully integrate your breathing, movement and structure in all your activities all the time! This is the key to *Perpetual Exercise* philosophy and the precursor to understanding *Performance Breathing*.

Performance Breathing & Perpetual Exercise

My breathing techniques receive the most amount of interest it seems, most likely since breathing appears to be the most neglected (hence, the popular breath holding habit) and most impacting element upon health and performance.

I hold no interest whatsoever in debating with proponents of other techniques. Researchers present information on both sides. My techniques work for multitudes of athletes, world champions, national coaches, psychologists, physicians, and the average fitness enthusiast alike. Below I'll present you with some scientific highlights, but let's not stray away from the fact that these are "natural" breathing methods which facilitate and augment performance.

Hypoxic versus Hypercapnic: Near the close of the 19th Century, Russian Physiologist Verigo and Dutch Scientist Bohr independently discovered that without CO₂, oxygen remains bound to hemoglobin, unreleased and incapable of being utilized by our tissues. As a result there is an oxygen deficiency in tissues such as our brain, kidneys and heart, as well as a significant increase in our blood pressure.

Russian and former Soviet research, by men like Dr. V. Frolov, Dr. K. Buteyko and Prof. R. Strelkov (Frolov, *Endogenous Breathing*) surmised that deep breathing serves as the root cause of many illnesses. Deep-breathers suffer from O₂ starvation and so they "over-breathe" which begins the cycle called the *Hyperventilation Feedback Loop*.

Notice how a person holding his breath becomes increasingly hyperactive. Over time the level of CO₂ increases dramatically causing the rapid consumption of O₂. This hyperactivity continues until syncope (unconsciousness) – a method used in martial arts to expedite strangulation techniques. The cause of O₂ deficiency is not due to the lack of O₂ presence, but by the lack of CO₂ retention.

Over-breathing causes O₂ deficiency. If we breathe too much, we have less O₂ in our body. Two methods of breathing developed from this understanding: hypoxic (or lowered oxygen count) and hypercapnic (or saturated with carbonic gas) breathing. Dr. Vladimir Frolov (*Endogenous Respiration*) concluded from his research that both methods intend the same goal but achieve it through different means:

"Buteyko achieved positive results raising the concentration of carbonic gas in the lungs. Strelkov, in turn, obtained the identical result by lowering the oxygen content in the lungs. The paradox solves itself if we compare oxygen concentrations in both methods. It turned out that what united them was an approximately identical hypoxia regime (lower oxygen content)."

For GPP, the conventional method of breathing entails the *Power Breathing Technique*: This hypoxic method was researched by a Russian scientist Professor R. Strelkov and was propagated by Pavel Tsatsouline in the West. Power increases immediately, but fine and complex motor skills, such as combat skills, may suffer. Urgency demands immediate performance increases, such as with military and law enforcement personnel. Other combat athletes sometimes choose performance over longevity due to the short career window of professional sports. When you do, you choose to gain performance by shaving a few minutes off the end of your life. Do so only out of authentic Knuckledragger Necessity.

Since CST involves SPP, we use the *Performance Breathing Technique*: This hypercapnic method was researched by Russian scientist Dr. K. Buteyko, and was modified by Alexander Retuinskih, founder of the ROSS Training System, Distinguished Master of Sport in SAMBO and Judo, and Distinguished Coach of Russia. Since activity occurs at the end of an exhalation, the body performs at optimal skill function. Performance Breathing balances health and performance, a default setting for clients, unless expediency is in URGENT demand. Unless your life or career is on the line, go with Performance Breathing.

When you transition from GPP to SPP, you must, if you did not start with, transition to Performance Breathing.

Basically, Performance Breathing is for SKILLED PERFORMANCE. You cannot be a marksman with Power Breathing, nor an archer, nor an efficient grappler or fighter. Increasing blood pressure and heart rate, switching blood volume to large muscles (decreasing digital dexterity), significantly diminishes, if not prohibits accuracy and precision. Performance Breathing however, approximates the gains, and through extensive training overcomes the gains of Power Breathing. More importantly not only does Performance Breathing not adversely affect, but it greatly improves performance and health.

The different Techniques of Performance Breathing that we shall cover include:

- Normalizing
- Vibration
- Alternating
- Punctuated
- Flushing
- Waving
- Controlled Pausing
- Yield-Halt-Overcome (addressed at Trainer Cert Level)

Performance Breathing is the key to what I call *Perpetual Exercise* in BE BREATHED.

Reasons for Inefficient Breathing Patterns:

1. Oxygen Debt
2. Circulo-Respiratory Distress Pre-2nd Wind
3. Habitual hyperventilation – Over-breathing (Discussed in my article available online “Control Pause”)
4. Defensive Bracing – Breath Holding

Oxygen Debt: In contrast to other types of cells in the body, the muscle cells are unique in their tolerance for temporary deprivation of oxygen. This ability is a safety factor which enables muscles to meet emergency situations. When activity is increased in intensity or duration to the extent that more oxygen is needed than is available, energy is liberated by anaerobic (“without oxygen”) chemical processes in the muscles, and an oxygen debt accumulates. The waste products of anaerobic processes, chiefly lactic acid, are tolerated only to a certain degree before muscles can no longer contract and a state of exhaustion is reached. After an oxygen debt has been incurred, a period of mild activity or rest is needed, during which time oxygen consumption will occur at an increased rate until the oxygen debt has been paid and a normal chemical balance of the muscles has been reestablished. The time needed for this recovery depends on the magnitude of the oxygen debt and the physical condition of the subject.

The heart and the brain, however, cannot tolerate an oxygen debt. They depend entirely on oxidative energy, and their function suffers immediately when their supply of oxygen falls. Exercise does not affect the oxygen supply of the brain as it does in the heart, where there may be a tremendous increase in the need for oxygen during exercise. This oxygen must be supplied by the coronary circulation. The ability to meet this need of the heart for oxygen is one of the most important factors limiting the intensity and duration of activity.

Breathlessness indicates a degree of oxygen debt which muscles have incurred through strenuous activity. The time necessary for a return to a normal breathing rate is a function of the magnitude of the oxygen debt. The speed of payment is influenced by the individual’s manner of breathing which may be habitually too shallow even when at rest. This habit involves insufficient use of the diaphragm most of the time, especially in a state of breathlessness. It is logical that poor muscular habits of breathing will increase the degree and period of breathlessness brought about by strenuous activity.

It is never advisable to hold the breath during any movement requiring great power, as in lifting weight, even though this seems to be a natural phenomenon during “exercises of effort.” Holding the breath closes the epiglottis and increases the intrathoracic pressure, compresses the large veins of the thorax, and interferes with the return of blood to the heart. Whether one inhales or exhales during a strong movement is of little importance so long as the epiglottis is not closed.

Circulo-Respiratory Distress Pre-2nd Wind: Consider "2nd Wind" from a neurological standpoint as a possible analogy. It represents an adjustment in the circulo-respiratory process. The adjustment enables you to continue strenuous or prolonged physical activity with renewed vigor and greater comfort. Preceding the onset of 2nd Wind, you experience great physical distress - such as rapid, shallow breathing, an abnormal pulse, and other symptoms of physical distress. 2nd Wind may occur with dramatic suddenness, or may occur so subtly that it goes unnoticed until upon you and the mental dialogue implores you to stop your activity. Physicians still cannot explain 2nd Wind. Since your physical limitation in activity is determined by the circulatory rather than the respiratory system, 2nd Wind could be primarily a circulatory adjustment in the midst of strenuous or prolonged activity to meet the oxygen needs of muscles. It is also possible that to produce 2nd Wind the cerebrum, in concentrating on the goal of movement, has facilitated a more efficient neuromuscular coordination. Although explanations are inadequate, 2nd Wind can be described as a sub-cortical reflex response to the needs of working muscles and to concentration on the attainment of a specific goal. It is entirely possible that the distress you are experiencing is a threshold to a neuromuscular adjustment to the activity.

Component Learning Theory

Russian researchers discovered that teaching a new movement in its natural sequential order from start to finish is not necessarily as effective as teaching the action in the reverse order (Vorobyev, 1978). They examined the effect of breaking down movements into basic components and having athletes learn each element separately before attempting the whole movement. This method of component learning also proved to be superior to the conventional method of natural sequence learning. (Siff, p.463)

Definitions:

- *Elementary Motor Component*: a skill integrating a particular action of movement, structure, and breathing.
- *Biomechanical Exercise*: a skill comprising a series Elementary Motor Components.
- *Kinetic Chain*: a series of Biomechanical Exercises

For each Biomechanical Exercise there is a BEGINNING, MIDDLE, and an ENDING component. In some more sophisticated exercises, there are multiple "middle" components.

The secret to grace is the movement-in-between. Every Biomechanical Exercise has a Beginning, Middle and Ending Elementary Motor Components. Aspire to sew together Biomechanical Exercises into Kinetic Chains. Do this by breaking Biomechanical Exercises into Elementary Motor Components.

How is this possible? The goal is to discover that the Ending component of one Biomechanical Exercise flows seamlessly into the Beginning component of another Biomechanical Exercise forming a Kinetic Chain. Realize there is no Beginning and Ending to movement, but rather there are *only* Middle components. Realizing the movement-in-between and you gain the ability:

1. to analyze movement (Biomechanical Exercises) as sequences of building blocks (Elementary Motor Components); and
2. to alter and combine building blocks into new sequences (Kinetic Chains).

There are times when forceful or rapid movements have to be executed with the distal extremities far from the relevant joints, thereby imposing large torque on these joints. If training always ensures that this degree of torque or force is avoided, then it will not prepare the athlete for the rigors of the sport and will increase susceptibility to overtraining and injury.

Athletes must create a "safety valve" which will allow the athlete to manage larger forces than those which may be encountered in competition. High levels of skill and reactive ability in sport are vital to ensuring that sporting actions are

efficient and safe. Far too many athletes (for example in football and rugby) believe that increased strength and mass automatically protects them from injury. If one executes a movement in an inefficient manner or reacts too slowly to produce adequate force, then even gigantic strength or structural bulk can be inadequate to prevent injury.

Due to BME, when the athlete confronts suddenly rapid or ballistic forces, the athlete has a buffer of Agility, Coordination and Balance to prevent or minimize injuries.

Complex Training

A Combination Routine is a series of two or more basic exercises woven smoothly together after having mastered each basic component. A Combination Routine is a NEW, but now COMPLEX skill. *Combination Routines demand high technical precision and thus should be placed at the beginning (if not comprise your entire session.)*

The rationale behind Combination Routines, aside from the obvious enhanced coordination and agility, is Complex Training. Combination Routines combine strength and speed/power in the same workout. Complex Training utilizes a grinding exercise followed by a similar, but ballistic exercise, or utilizing a ballistic followed by a similar, but grinding exercise. In either case, you may increase the high tension of the grind or the power of the ballistic exercise or both, and the increases will be greater than if the exercises were performed consecutively. The performance of a grinding exercise followed by a ballistic exercise elicits a neurological response that enables increased power, thereby creating a greater training effect.

Complex Training augments your neuromuscular system by teaching it to fire at a faster rate. It develops strength, speed and technique simultaneously. Imagine having to run across a stream of knee-high water. If you do not go fast enough you get bogged down. If you go too fast, you get tripped up. What you want is to develop enough speed to carry you through the sticking point, the “dead zone” in a range of motion, but you want enough strength to guarantee that you can prevent deviation from the expected range of motion.

What is Circular Strength? Most strength training programs focus on enhancing performance and decreasing injury by focusing upon squats, bench press, deadlifts, power cleans, etc. These lifts directly enhance sport performance, but execute essentially in a one dimensional plane, which can be understood as Linear Strength Training. Linear Strength transfers to athletes hitting harder, running faster & jumping higher. However, during practice or competition, every sport demands movement in one, two and three planes. Circular Strength Training comprises **Multi-planar movements** which develop rotary and angular/diagonal strength to assist the prime movers. Only Clubbells were specifically researched, engineered and implemented to target the rotary and angular/diagonal muscles, such as the multifidi and rotators which aid in rotation, extension and lateral spinal flexion critical to any sport. Athletes need Circular Strength Training in order to develop these motor recruitment patterns so that they are both strong and functional. Otherwise, their performance suffers greatly and injury likelihood significantly increases.

Baseball players (notice the similarity in tools between bats and clubbells!) use this concept. Prior to stepping up to bat, many players attach weighted rings to

practice swings. When they step up to bat, the player generates more power/speed because of the neurological trigger switched on through Complex Training. Imagine what this training will do to your sports through clubbells: hockey, tennis, football, golf, lacrosse and baseball, obviously. In addition to racquet/stick/club sports, consider the power generation in throwing sports: football, basketball, rugby, volleyball, and again, baseball, obviously.

Imagine Combination Routines as “super-setting” two or more exercises for the same muscle group: grinding, ballistic, grinding etc... This is not ALWAYS the case. There are routines that contain grinding followed by grinding, or ballistic followed by ballistic. This does not diminish a Combination Routine if you toggle within the routine the exercise selection with the method of the lift. As Coach John Davies wrote (*Testosterone Magazine* Issue 215), *“Because of the generalized approach to exercise selection, there are benefits to the total physiological system, thus improving the foundation on which future gains can be made. For those not consumed with maximizing power production (i.e. those not yet convinced they should crush everyone at the company picnic), the use of complexes is also a highly efficient method of time management in the gym and it provides an interesting break from your usual, perhaps monotonous, style of training. Oh yeah, and it's also a gut-wrenching shock to your system!”*

Complex Training may work for you if you follow the guidelines, and you commit yourself fully to technique, safety and practice.

Recommended Protocol:

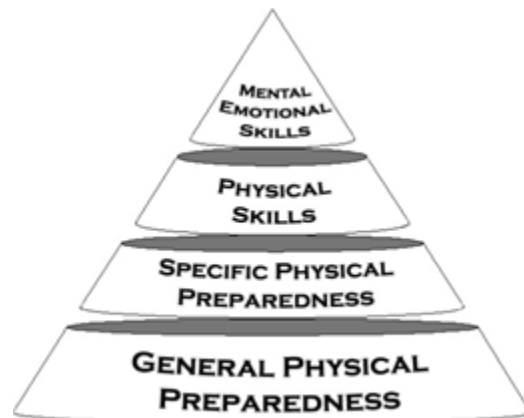
- **Ballistic before Grind, the weight is kind. Grind before Ballistic, you'll be a statistic.**
- Only create or use Complex Training comprising basic exercises that you have mastered; never engage Complex Training with exercises you have not.
- Grinding exercise should be at 8-9 Rate of Perceived Effort (RPE) and Ballistic at 3-6RPE.
- Keep reps low for both grinding and ballistic exercises. Shoot for 1–5 in both grinding and ballistic exercises.
- Work should be at sub-maximal levels and never close to fatigue, even in later reps in your set.
- Sets should range from 5–10.
- Rest periods should last from 3-5 minutes (even up to 10), and don't be reluctant to rest-pause in between reps to finish out your volume.
- Complex Training should only be done 2/week, and switch gears back to Simple Training cycle after 3-6 weeks to avoid the heavy fatigue this may cause on our central nervous system.

Combination Routines for Circular Strength builds your grip-strength like no other method because of the rapid changes in protocol. One of the single most defining characteristics of athletic performance in sports especially **contact**

sports and **tool-using sports**, is grip strength & endurance which elite coaches consider *the measuring stick of one's total functional strength*. The ability to boldly adhere to an opponent or the strength and proficiency with which one wields the implements of one's sport generally determines **victory**. This is certainly true in contact sports such as wrestling, football, and rugby, but also in tool-using sports such as hockey, baseball, and lacrosse. However, most strength programs overlook hand, wrist and forearm conditioning. Furthermore, medical studies have proven that poor mid-life grip strength predicts old-age disability (*Journal of the American Medical Association* Vol.281 No.6).

Do not sacrifice form and be careful!

Specific Physical Preparedness



Training Hierarchy Pyramid™

I developed this training model as a result of my experience with coaching combat sports, and providing specific conditioning for both athletic and battle-fields. Basically, my coaching model is a pyramid with *General Physical Preparedness* (GPP: increasing fundamental work capacity) on the bottom, *Specific Physical Preparedness* (SPP: dedicated performance enhancement) next, *Physical Skills* (PS: skill refinement) on the third rung, and *Mental/Emotional Skills* (MES: fostering critical psychological attributes) as the capstone.

I structured this as a pyramid because each level requires more substantial foundation than the level above, in order for the higher levels to concretely hold. These are not clean distinctions, but involve a very gradual transition from one to the next.

General Physical Preparedness: The primary goal of GPP irrespective of activity or sport is increased work capacity. If work capacity increases, combat athletes will adapt more readily to the sustained increases in mental and physical demands. GPP holds priority as the BASE of all solid programming because without this level of readiness the mind and body cannot effectively absorb specificity. This theory relates to Maslow's Pyramid in that an athlete cannot effectively address higher levels of training without the lower level fulfillment. One can practice MES, but without GPP, it's a house on quicksand.

Specific Physical Preparedness: Next up on the pyramid is SPP. This training converts the unrefined, nonspecific GPP gains made into activity specific attributes. SPP builds upon the GPP foundation by furthering development within the exact physiological profile of your sport. SPP refers to the principle of specificity, or transference, which states that strength and conditioning (training) must approximate as closely as possible your sport's conditions and variables in order to maximize learning and training effects; in other words, how much your training effect transfers to the performance in your specific sport. You adapt specifically to stresses placed upon you; you improve according to the exact type of training you do. Therefore, your training needs to be as specific as possible.

Unfortunately, many athletes utilize the same training methods regardless of the physiological profile of their activity. Training must stimulate but not simulate the biomechanics, neuromuscular patterns and energy system requirements of your sport's skills. Specific Physical Preparedness requires your training play a physiological role in accessing the following characteristics (SPP extends beyond these, but the following most obviously exemplify *Circular Strength Training*):

Range and Depth: It is difficult to mimic the technical skill of a given sport in training. Therefore one must try to approximate the dynamic structure of the range and depth of your sport's skills. On the other hand care must be taken to avoid exercising in such a way that the main motion pattern (the sport skill) is substantially altered. An example would be a sprinter running while wearing a weighted vest. The additional weight makes the runner have to fight gravity to a greater extent, creating more of an upward push, than a forward thrust. A fighter doing punches and kicks with elastic bands attached to the wrists and ankles is also risks compromising technique by altering the natural rate of force development.

Specificity vs. Simulation: Specificity should not be confused with *Simulation* training. Specificity refers to an expression of your skill's physiological profile – a stimulation of the biomechanics, neuromuscular patterns and energy system requirements of your sport's skills. Simulation attempts to use resistance to mimic the exact movements of the skill. Although Simulation works during certain aspects of training, if overused it may cause neuromuscular confusion due to differences such as center of gravity, rotation and inertia. Specific Physical Preparedness does not mean merely grabbing a clubbell and swinging it like a baseball bat for increased batting power. SPP regards a systematic program rendering the skill's expression. Follow the program design guidelines and use the program samples as a template for crafting SPP through *Circular Strength Training*.

General Guidelines

- Perfect Form **IS** the rule:
 - %L.Remember that your students should begin by choking up on the clubbell until they have developed the strength to handle the weight and leverage of the clubbells as well as the neuro-muscular “knowledge” of the individual drills
 - %L.When form is less than perfect, stop the current exercise, and consider dropping back to a less demanding exercise until your student can do at least one rep with perfect form.
 - %L.Keep in mind that while it may only take 10 reps to develop the “habit” of perfect form, it may take 100 reps to “unlearn” imperfect form.

Warm Ups:

Your warm-up should comprise three phases:

- General activity to raise bodily temperature for five minutes (such as a high volume set of a bodyweight exercise which generally approximates your session’s target muscle group, or at least it must be whole bodily, such as frog hops.)
 - General stretch loading of bodily parts to be worked in the session. Do not do static stretches. This phase should only take 3-5 minutes, since *Clubbell Training for Circular Strength* by definition contains flexibility-enhancing elements.
 - Use the specific exercise you shall conduct in your session to open the neural pathways and pump blood to the target of your session (such as a set of the same exercise from your session done at increased leverage, or “choked-up” on your clubbells.)
- Warm Downs
 - %L.Conclude your sessions with your clients by including a set of exercises that can help reduce or eliminate Delayed Onset Muscle Soreness (DOMS), or the day-after soreness we’ve all experienced.
 - %L.Vibration Exercises: Consult Chapter 4 of CT4CT for specific vibration exercises or watch the Fisticuffs video series from

Basic Exercises – Tips, Tools and Components*

Complete descriptions of the exercise protocols are found in Chapter 5 of *Clubbell Training for Circular Strength* and on the video of the same name.

As we've stressed time and again, start your students off slowly, and emphasize PERFECT FORM, keeping in mind that by PERFECT FORM I mean:

- Efficient Breathing
- Efficient Structure
- Efficient Movement

All three elements eventually become a single “unity” of form.

Also keep in mind that your clients will move through the 3 phases of skill development: cognitive, associative, and autonomous (read above in Certification Program Overview). That is, at first, they're going to have to think through the ways their body is supposed to move and, in the process, they'll be “teaching” their neuromuscular system. When they get to the “associative” stage, they're starting to “get it.” Finally, at the “autonomous” stage, they've gotten it, and they are ready for further refinement and/or to begin combining individual components into a complex routine.

Basic Exercise Tips, Tools & Components at a Glance

Basic Exercise	Prelim/Warm-up, Fundamentals, &/or Variations	Suggested Corrective Actions (Drills)	Safety Reminders/Cautions	Quick References: CB4CS book & Video + YOUR NOTES
-----------------------	--	--	----------------------------------	--

Swing	<p>Approach with feet directly under shoulders. Insert hand in lanyard with an inside pinky curl gripping the neck.</p> <p>Arm straight – clubbell as an extension, wrist in fencer’s alignment, elbow locked, shoulder down.</p> <p>Back flat – spine decompressed.</p> <p>Push the earth away from you with your heels while gripping with your toes.</p> <p>Forearm pre-swing and rock-it drill for knee bend and clearance test.</p> <p>The swing action comes from “snapping the hip” & not from the arms.</p> <p>Explosive exhalations at moment of hip/pelvic “lockout” Clench the glutes. Quad/knee cap lift.</p> <p>Then “relax” and grip the CB through the eccentric (negative) movement of swing as you “load the spring” of your legs, hips, and pelvis for the next swing.</p>	Choke up or down to adjust leverage.	<p>Preliminary drills such as vertical leaps with pelvis thrusts, or simply doing standing pelvis thrusts can help BEFORE picking up a Clubbell.</p> <p>Go over with your students how to use the safety strap to either hang on to the CB (prevent it from becoming a guided missile) or to let it go (in order to avoid personal injury).</p>	<p>Remember that the swing is the CORE exercises and that all the others build from this one.</p> <p>Arm & wrist are a single unit of force projection.</p>
-------	--	--------------------------------------	---	---

Clean to Order	<p>In lockout position, arm and wrist are “fused” into a single unit.</p> <p>Elbows are pinched in</p> <p>Clinch-crush grip can be facilitated by “performance” breathing. Performance breathing helps tighten abs, glutes, and entire body.</p>		<p>Elbow should be perpendicular to the arm.</p> <p>Lockout position = < 5 seconds</p>	
Jerk to Torch	<p>Again, arm (forearm bicep, and wrist) are one unit project force through the arm.</p>		<p>Notice how close CBs come to ears – poor form can cause SERIOUS injury</p>	
Snatch	<p>Don’t hold for more than 4 seconds.</p>			
Pendulum • Inward • Outward	<p>First CTO (clean to order), execute pendulum (inward or outward) & return to Order</p> <p>Inward Pendulum comes through centerline</p> <p>Outward Pendulum goes away from centerline</p>		<p>When catching, use breathing & knee flexes to absorb the “catch” at the end of the pendulum as you come to order</p>	
Circles	<p>Forward and Backward</p>		<p>Can generate high velocity, so make sure your grip is fresh & strong.</p> <p>Properly utilize safety lanyard</p>	

Wrist Cast • Pinky First • Bottle & Binocular	CTO Park on bicep of same arm Wrist curl (uncurl) outward		Because of grip strength required, do at end of workout	(Taken from George Jowett's Fulcrum barbell courses)
Armpit Cast	CTO Shoulder Park Extend CB behind back as if doing 1-arm French Press Cast (bring forward) to Order	Keep arms "in," close to ears	Action is like "tomahawk" chop	
Shoulder Cast	CTO "Lateral" shoulder park (arms & elbows out, not in) CB goes behind head in fluid motion like unsheathing a sword "Side arm" version of shoulder cast (bringing CB forward in front of your body at level of head)			
Lateral Shoulder Cast	CTO Shoulder Park Rotate Elbow "out" laterally Lateral cast (chop)			
Head Cast	CTO Shoulder Park Arm cast (CB behind back) Cast to leverage lift (CB tipped "back" at angle)			
Shield Cast	CTO CB goes behind head fluidly & then swung forward & stopped "head high" (don't chop down)			

Advanced Exercises – Tips, Tools and Components

Advanced Exercise	Prelim/Warm-up, Fundamentals &/or Variations	Suggested Corrective Actions (Drills)	Safety Reminders/ Cautions	Quick References: CB4CS book & Video + YOUR NOTES
Extended Snatch • Ex • Front Squat	Basic snatch, but done on elevated platform such as cinder blocks			
Pendulum with 2 Clubbells • • Alternating • Simultaneous			During cognitive phase, lead with stronger (dominant) arm and let weaker arm “follow”,	
Lunges • Forward/ Backward	CTO Catch on lunge Step forward to catch Breathing critical to establish rhythm and to tighten core to absorb CBs while catching			
Side Lunge with Pendulum Circle	CTO Pendulum Swing Sidestep & Catch			

<p>Armpit Cast • Drumming</p>	<p>CTO Shoulder Park Extend CB behind back as if doing 1-arm French Press Alternate arms when casting (Left comes forward as right returns behind back, etc. – like playing a bass drum in a marching band)</p>			
<p>Head Cast</p>	<ul style="list-style-type: none"> • Yielding Head Cast Hold the negative and fight all the way down • Double Leverage Head Cast (2CBs at once to leverage lift position) • Seesaw Cast Alternate casts to leverage lift position 		<p>Do at end of workout</p>	
<p>2CB Shield Cast (Iron Cross)</p>	<ul style="list-style-type: none"> • Muscle Out • Crucifix <p>CTO “Lateral” shoulder park (arms & elbows out, not in) CBs “cross” behind the head Extend both CBs out to side</p>		<p>Try not to bang CBs together.</p>	

Parry Cast	<ul style="list-style-type: none">• Reverse Parry Cast Clean & jerk in one fluid motion CB from Park position to behind head (as if parrying in fencing) & return to park position. See CT4CS video for exact motion.		Exercise requiring high degree of coordination, so put first or early in routine	
------------	---	--	--	--

Marketing Advice

Here is some basic marketing advice as a CST Certified Instructor.

- Test your “course” and instructor’s skills on friends and/or family prior to trying to offer your services. I.e., it’s always safer to “open off-Broadway” and you’ll find out right away what the uninitiated “get” and don’t get about Circular Strength Training.
- Remember that what you know as an instructor is NOT what you impart. You instruct. In most cases, the client needs to know only how to do. Stay away from heavy, confusing jargon. Stay clear and simple in your instruction.
- The most obvious way to attract potential customers is to let people see you train with Clubbells. Many instructors train clients outside in parks or at work, and have been amazed how many passersby have asked about clubbells.
- Simply by developing a very simple, desktop-published pamphlet on the benefits you can have several people sign up for instruction or at least send e-mails asking when you might be available to conduct a session.
- Co-workers can become trainees, and you might do well by offering courses at noon or the like to employees of large companies who have shower/locker facilities. The companies will appreciate that you’re offering something that will keep the employees on-site and return them to work refreshed. (However, see the item below about liability insurance – it will be critical if you take on on-site training programs.)
- Obviously, having a website or at a minimum, offering e-mail contact information is a necessity. RMAX.tv Productions will provide a free webpage and email address for all certified CST instructors as well as help you promote your services online through the websites, forums and newsletters.
- A press release to your local paper about your unique, one-a-kind offering can work wonders. There are several books on how to write a press release. We will be happy to provide basic guidance with individual instructors.
- Simple, inexpensive direct marketing, whether through the mail or e-mail can also work. In the case of e-mail, you have to be wary that you’re not tagged as a spammer because the consequences can be dire. Don’t try to sell people! Instead put the reader’s interest FIRST, and minimize how much “advertising” you do through this method. Allow people to come to you.

- Before you instruct anyone, make sure you have insurance and get your students to sign liability waivers. CYA.
- Think of organizations that definitely need to maintain their strength and training, such as police, fire departments, rescue departments, etc. Offer them free, ONE TIME instruction. Any more than that and you're giving it away and it will be hard to get your trainees to pay for what they think should be free.
- Body work specialists, such as chiropractors, massage therapists, and even energy workers all endure extreme vocational decay of their upper body joint soft tissues. Offer the same one time free instruction and help them understand the benefits CST offers in preventing overuse injuries and in joint strengthening rehabilitative benefits. Many massage schools require continuing educational credits. Look up the schools in the phone book, request to go in and demo to the head master of the school, and you'll be brought in as a CEC – a great way to network and develop private clients!
- Look, act, and BE the part – mind, body and spirit. 'Nuff said.
- Find a niche. You might want to offer courses at local martial arts clubs (if the owner will go along with you) or you might consider offering courses through “alternative treatment” centers.
- As for what to charge: remember that you have invested in equipment and training to become a Certified Instructor and it is only right that you earn a return on that investment. Be honest and humble regarding your knowledge and abilities.

Frequently Asked Questions

What are the advantages of Clubbells for Circular Strength Training?

Clubbells are the ONLY Combat and Sport Specific Equipment for Circular Strength: Only Clubbells were specifically researched, engineered and implemented to target the rotary and angular/diagonal muscles, to target the grip, wrist and forearm strength, and to target enhancing shoulder synergy, to be used in Complex Training as a conservative injury prevention and rehabilitation tool, as well as sports-specific performance enhancement (SPP).

Displaced Center of Gravity: With dumbbells, the weight can be supported by your skeletal structure, as if sitting on top of a column. With dumbbells your grip is located directly upon the center of gravity which remains constant throughout the exercise for the entire range of motion; a more gross action, power without coordination. The Unique Balance Scheme of Clubbells forces athletes to use proper technique and concentrate on complex skills during the movement. The Displaced Center of Gravity forces you to keep the weight inside of its proper groove throughout the entire lift. At times having the weight pull away from you is desirable. For example, many people do not have the shoulder flexibility to do overhead squats. The Clubbell will pull your arm into the proper position and keep it there.

Leverage Lifting Principle: The unique benefits of leverage challenge include a superior training effect. Decreased leverage of the Displaced Center of Gravity translates force more effectively to develop superior grip strength, as well as lower arm, upper arm and shoulder synergy, stabilization and dynamic flexibility. Additionally, Clubbells have a Thick, Crinkle Coated Neck and a uniquely engineered Phenolic Knob to provide a specialized purchase for the grip in order to facilitate increased inertia and poundage - a better grip workout than any other piece of equipment. NO other apparatus translates this amount of leveraged force!

Pendulum Swinging Principle: With Clubbells your grip is at the end of an extension attached to the weighted center of gravity. As you go through the range of motion the weight moves in relation to the fixed point of your grip much the same as a pendulum swings from a fixed point. The leverage and the force constantly change position along with the strength of the pull throughout the range of motion creating resistance and stressing your muscles from varying angles. This gives a totally different dynamic effect to the exercise which is impossible to obtain with any other piece of equipment. This Pendulum Swinging Principle which has been used for centuries and has been lost to modern training reborn through CLUBBELLS, the ONLY equipment of its kind - a patent-pending breakthrough in sport specific training.

Micro-Loading Adjustable Grip: Clubbells are a means of Incremental Resistance Progression. The special design of the handle allows minor increases in weight, never overloading your muscles but always challenging

them. Micro-Loading Adjustable Grip is a special design function that uniquely promotes constant progress and strength gains. No other piece of equipment has this versatility!

Phenolic Knob: This specialized attachment is both threaded and bonded with Lock-Tight. The Phenolic Knob design allows for grip purchase in order to assist in leverage lifting, to protect user from releasing clubbells through slippage, and to act as a gripping surface for certain lighter-weight exercises.

Rubberized Coating: Clubbells are made from steel, with a Black Urethane Rubber-coating cast around the weight mass and the portion of the handle to protect floor surfaces.

What is the difference between old swing-bells, leverage bars, Indian clubs, with modern Clubbells?

The difference is about 200 years and tens of thousands of dollars of technology, research, testing, experimentation and experience. Clubbells were designed specifically as the physical manifestation of Circular Strength Training. No expense was spared for this innovation. The difference between old designs and the modern engineering design of Clubbells is analogous to the difference between a Model-T and a Hum-V.

Can an individual create or find a cheaper alternative to clubbells? Of course they can. RMAX.tv Productions and Torque Athletic Equipment did not intend to provide the cheapest equipment, but rather the best, safest and most durable equipment to fit the needs of the gym, field, home or suitcase.

In which sports will I improve my performance through clubbells?

Firstly, all of them. Secondly, all physical vocations as well as recreational activities such as computer technicians, beauticians, masons, postal workers, massage therapists, clerks, janitors, physicians, not to forget police, fireman, and soliders. Here are a few sport examples:

- **WRESTLING**: Increase clinch dominance, strengthen wrist control, and increase static strength for sprawls, jams and shucks.
- **BOXING**: Enhance wrist stability in striking, increase early power generation and arm endurance.
- **MARTIAL ARTS**: Strengthen strikes, clinch work, and application of holds as well as prevent loss by submission.
- **POWER-LIFTING**: Add tonnage to your max deadlift and bench from increased bar grip strength.
- **ICE & FIELD HOCKEY**: Strengthen stick stability and agility. Achieve stronger, accurate shots, and prevent shoulder injury.

- **RUGBY & FOOTBALL**: Increase ball handling, blocking and tackling skills which rely on coordinated arm force generation.
- **GOLF**: Strengthen fingers to remove handedness bias, and wrist snap to increase distance, accuracy and consistency.
- **RACQUETBALL & TENNIS**: Improve racket control & strengthen wrist action for all strokes.
- **ROCK CLIMBING & RAPPELLING**: Develop & maintain hand, wrist & forearm strength and endurance.
- **BASEBALL**: Develop stronger grip & wrist snap for increased accuracy and velocity in ball throwing; increase bat control and swing speed and power.
- **MOTOCROSS & BMX**: Diminish arm-pump to enhance bar control and endurance.
- **BASKETBALL**: Shoot, dribble & pass with a higher level of consistency & accuracy.
- As well as other sports such as **swimming, kayaking, gymnastics, bowling, javelin-throwing, volleyball, power-lifting, Olympic lifting, shot-put, fencing, windsurfing, water skiing, bodybuilding, jet skiing, or any sport using the arms.**

I want to begin CST. With which Clubbell weight do I begin?

Ask your physician permission to begin this type of strenuous and circular resistance exercise. Physically fit adult **males** get started with the *Clubbell Training for Circular Strength* book, the **video** of the same name, and **a pair of 10lbs. clubbells**. Physically fit adult **females** get started with the **book**, the **video**, and **a pair of 5lbs. clubbells**. For both men and women, these weight selections of clubbells have been challenging at first but they adapted over the first two weeks or so and some were even ready for a heavier size within the first month or two.

Men with thorough strength training experience and above average strength have begun with a pair of 15lbs. clubbells; women – a pair of 10lbs clubbells. Competitive male power-lifters, Olympic style lifters, or experienced Iron Game Knuckledraggers have begun with a pair of 20lbs. clubbells. We would not recommend starting with anything larger than 20lbs. clubbells regardless of your background since you will always use for lighter clubbells in your training.

I already own my first clubbell. Which should I purchase next: another of the same weight or heavier weight division?

The usual guideline for **adult men** is building your home gym to own at least one pair of any weight for the complex combination routines and to own at least one each of the 10, 15, and 20lbs. clubbells. After that, start over from the bottom, working on your second pair, and purchase the 5 and 25lbs Clubbells to complete your gym. Clubbells pairs add variety, challenge and significant gains

to your programs. You can and should begin with a pair of clubbells. Different weights help you progress in strength and fitness.

For most **adult women**, the guidelines are the same but one division lighter. Begin with one pair of 5lbs. clubbells, and then collect one each of 10, and 15lbs. clubbells then start working on pairs of both.

The exception to this general guideline is the person who is focused more on coordination, agility, and strength-endurance than on explosive/ballistic strength. It is perfectly possible for a male tennis player, baseball player, or wrestler to do all their work with a pair of 15lbs. clubbells and never use a larger size. It's equally fine to stop with a pair of 20lbs. clubbells, though the physiological and psychological benefits of incrementally increasing heavier weight should not be underestimated. Some people prefer to own the heaviest clubbells they can manage, even if for only low repetitions.

What about the 45LBS clubbells?

Do not be fooled by the “light-weight” sound of 45lbs. clubbells. They are Steel Sadists, the Iron Monsters of *Circular Strength Training*! Consider these a goal, the horizon of your strength. He who swings these with form and ease is one of *the strongest of all men!*

Do I need to purchase the entire Clubbell PRO Gym immediately?

No one will use all weights immediately, so in that regard you only ever begin with one particular weight of clubbells. However, these questions only comprise a **general guideline**. There is no way to compare with dumbbells, barbells, and kettlebells weights, since clubbells involve not linear strength, but *Circular Strength Training*. Therefore, without a personal trainer present, you must guess which weight you can handle. The advantage of purchasing a **Clubbell Total Gym** or **Clubbell PRO Gym** is the ability to personally **discover which weight you need** to start; plus you can **work incrementally** through each weight division immediately as your strength and fitness skyrocket. Additionally, you will **save a considerable amount of money** in both cost and shipping by outfitting your personal home fitness with a complete clubbell gym.

Anything else I should purchase to help me?

Warrior Wellness: 6 Degrees of Freedom is an incrementally progressing, joint mobility and joint health program which you should do every day for at least 15-20 minutes daily. This is your ticket to *longevity, freedom of movement, and pain-free activity*. You will find these type of benefits and this level of benefit nowhere else. *Be Breathed: Biomechanical Exercise* will help further demonstrate **Performance Breathing**. This program to be performed as a warm-up, an off-day dynamic relaxation activity, or a stand-alone fitness program will give you the

ability to *increase your health and vitality all day long* once you master the technique.

Can I use clubbells with Coach Sonnon's *Zdorovye Fitness System*, *Warrior Wellness 6 Degrees of Freedom*, or other programs?

Clubbell Training for Circular Strength is the resistance training complement to *Zdorovye: the Russian Fitness System*. As long as you follow the *Rules of Circular Strength Training*, have your physician's permission, and sensibly acknowledge that you have no pre-existing conditions which would be aggravated by the activity, you can safely incorporate light-weight clubbells into *Zdorovye, the Russian Fitness System*

How heavy are clubbells really? (contributed by Michael Gannon)

How hard is it to swing a heavier Clubbell? How much work is it to swing it faster? How quickly can I expect to progress in weight? What is the increase in perceived effort as I move through the different weight divisions? This article hopes to provide answers to these questions that make both logical and intuitive sense.

To accomplish this, we will focus on a relatively well known aspect of circular motion, the applied moment to moment force causing an object to rotate, called *torque*. This is just one part of the total work involved in swinging a Clubbell, but it is easy to understand and nicely illustrates the answers to our questions. Also, the concepts we need will give us a deeper appreciation for the nuances of work involved in swinging any weight.

There are a couple of ways we might proceed. We could use Newton's Laws of Motion, applying vector analysis to the various forces involved, a method more suitable to the mathematically masochistic. Or we could look at the work-energy relationship involved in swinging, using a few easily understood and intuitive concepts to draw some useful conclusions.

For our purposes, we will avoid formulas (well, just one multiplication) and take the simpler approach, examining circular motion from an energy expenditure point of view (work), and how it might apply to the various Clubbell weights.

To answer our questions and aid our understanding, we need a few concepts:

- *Force* is the product of an object's mass and its acceleration.
- *Work* (perceived effort) is force acting through a distance over time.
- *Energy* is the capacity to do work.
- *Power* is the rate at which work is accomplished.
- *Torque* is force causing rotational motion (Clubbell weight times radius of swing)

Here, *energy* can be thought of as potential (inactive) and *work* as kinetic (active). Then *power generation* becomes the rate at which we can conduct or channel our energy (convert potential to kinetic) as we swing the club.

From physics, we also know that for an object of constant mass and a circle of constant radius, the net force required to move the object in a circle is directly proportional to the square of the object's speed. If the *speed* is doubled, the *force* is quadrupled. In other words, to swing a Clubbell twice as fast takes four times the work.

So the energy (expended as work) required to generate power involves *torque* applied over a distance (arc or full circle) for a given time (duration of swing * total reps). Things affecting *power generation* are the mass of the clubbell, the acceleration (both keeping it going and stopping it on a dime), the distance the club moves through space (shorter or longer club, arc or full circle), the duration of the motion, and finally the speed.

We can think of (some of) the work required to swing a Clubbell as *torque* applied along the arc of the swing at a given rate (speed) for a given duration (reps). This is rather simplistic and ignores many other forces, such as centripetal force (grip strength) required just to hang on to the Clubbell. But the concepts are pretty intuitive. We all know how the number and speed of reps influences our perceived effort, and our bodies know that there is a lot more going on than just *torque* when we work out.

Looking at the following chart (here's the multiplication), we can see how the amount of work (*torque*) goes up quickly as the size of the Clubbell increases:

WEIGHT	LENGTH	TORQUE
5 lbs	20 inches	100
10 lbs	25 inches	250
15 lbs	25 inches	375
20 lbs	25 inches	500
25 lbs	27 inches	675
45 lbs	27 inches	1215

The difference in weight between the smallest and largest Clubbell is only forty pounds. But the amount of work necessary to use it is more than ten times as much. (Units are irrelevant here for torque, since we're just looking at relative percentages). And this isn't counting grip strength! In addition, the explosive start and the rapid stopping on a dime compress the time component, increasing the acceleration/deceleration, so the work component jumps up (force equals mass times acceleration).

An amusing aside, if someone did somehow manage to double the speed and also jump in size from 5 to 45, it would take an energy expenditure that goes from 100 to 4860, an increase of 48 times. Applying this same reasoning, we can figure out the relationships between any two Clubbells. For example, just a five pound jump from the 5 to the 10 pound Clubbell increases the workload by one hundred and fifty percent, assuming no increase in rotational speed.

It is important to remember that *torque* is just one aspect of the work involved in Clubbell training. The movements are multi-planar and non-uniform, and when combination routines are considered, it would take a super-computer to figure out all the forces involved and the energy expended.

Even so, from such a brief and cursory examination, we can readily see how important it is to accurately assess one's strength and capacity for work before jumping to the next size Clubbell. Circular Strength Training places real demands on the body that increase rapidly with just small increases in weight. Adding weight *multiplies* the work.

OUTCOMES AS A MEANS

By Scott Sonnon

Interacting with the Iron-inclined folk of the athletic community, I can conclude much from my observations. Of these conclusions, I can say that we have become obsessed with numbers: 25 pounds heavier, 2 seconds faster, 1 minute more frequent. We swim in an ocean of numbered protocols, numeric micro-cycles, and tabulated caloric burn ratios. The entire community crams its life into highly regimented units. We live 200 milliliters at a time.

It's this number game that concerns me greatest as I work with young athletes. Kids in their early teens talk about that they *suck* or they're *wimps* because they can't break the "200LBS wall" on their bench. We've taught them to define themselves by their records, and as a result hindered their growth—and ours—because ultimately, they are our only immortality. Is the heritage we leave them some ink-filled notebook recording the vane, lack-luster passage of our life?

The Indian wrestlers had a saying, "*That thou art.*" You are what you define yourself to be. Basically, they laughed at their own petty pursuits because the results, the outcomes were never the purpose of all *this*. The numbers are only the means... to a greater end.

Pushing the envelope is the end in itself; NOT whatever that relative goal happens to be! We're all in the business of Adaptation. We deliberately introduce stress into our lives so that we can awaken our spirits, free our minds, and make savage our bodies. It's not the number that's the goal whatsoever. Yes, they're there. But we can't forget that they are not only just means to an end... We can't make a reality out of this web of illusion.

Yet daily, we define ourselves by outcomes... and worse, these outcomes are our threshold, our limitation in growth. We literally define ourselves by our limitations. The more we make those limitations a reality, the more we swim in this ocean of dull-witted number crunching, the more entrenched these barriers become. But, they are not real.

The Renegade stands alone outside of this veil of illusion, and musters every ounce of energy to resist conformity. Conformity to what? To categories, to titles, to achievements, to records. How many world records seemed impossible to break because of the definitions set forth by society? How many tricks failed people's imagination because they neglected to dare greatly?

Renegades approach athletics as art, like they approach life: unquantifiable. Approach your training, like Tibetan monks approach sand mandalas. Meticulously crafted, granule by granule, they create images on the ground with the Sistine Chapel greatness. And as soon as they complete the image, they stand and sweep it away. It's all illusion anyway. To marvel at the past, is to stop your upward lifting.

Life doesn't last that long, but it lasts *long enough* to make challenge a habit and to be systematically heroic every moment in the most ordinary thing. Because ultimately, no moment's ordinary and every act is a chance for excellence. Use your small goals as means to transcend yourself—which is the ultimate goal. Transcendence, like winning, isn't a some of the time thing.

Yeah, you can *just do it*. But go farther than that. Dare greater than that.

Don't just do it—be it.

The Appearance of Success

Working with a client, he commented that because our training surface comprised wood he feared falling. The prior session he landed hard neglecting to absorb the fall with a special method of soft-falling (not "break-falls"). He became gun-shy as a result. His defensive bracing causing him tension which in turn made him easier to be driven, lifted and thrown.

I explained to him that he needed to choose where, when and how he engaged the ground. He looked at me as if I were mad. He asked how he could control it. I explained that a very important principle could be found hidden in Sambo rules - that being, the Appearance of Success.

In Sambo, you may win by Total Victory - an 8 point throw, which can only be accomplished by throwing an opponent to his back while remaining standing.

Again, what I now describe may be "unfair" to the hearts of some, but it regards merely understanding the rules of the sport in which you compete. In Sambo, many a match I won merely because my opponent attempted to "fall into the guard." Ground-fighting zealots want to pull you into their preferred position to work their specialty. Misunderstanding the rules, they often lose if their opponent understands Sambo's Rule of Initiation: whoever initiates the throw, receives the point award.

For instance, if wrestler RED attempts to "fall into the guard" while wrestler BLUE changes his level thwarting the attempt to go to the ground, the referee signals a "no point award" for RED. However, in the same situation, if BLUE remains aware of RED's intent to "guard flop" and gives an aggressively APPEARANCE of actively pursuing a takedown, the referee will often award BLUE with the points. (And if BLUE remains standing with RED "flopped" to his back, BLUE wins by Total Victory.)

I actually won quite a few matches this way, and accrued many points in matches not immediately won. "Sacrifice throws" by Judo and Sambo players engage the ground in order to throw the opponent. Bodily sensing this, the other wrestler may actively appear to pursue a takedown and receive the point award.

Now, this rule is a lesson. The lesson is: **pretend that everything acts to your advantage and in all cases it will.**

So often people in general "wear their emotions on their sleeves." They confuse emotional intensity with emotionalism. Hide your fear and doubts deep inside you. Hide them from your opponents, but more importantly, hide them from yourselves. Act confident, look confident and you will be. Conceive, Believe and Achieve.

Many athletes don't understand that pretending and looking confident IS confidence. Most people wait or pine for the day when they shall no longer doubt themselves or when they shall no longer fear, have "butterflies" or negative self-dialogue. That day shall never come. Confidence comes from smiling in the face of adversity and moving enthusiastically from failure to failure without hesitation.

You win so many situations in life merely by acting as if that any adversity you face acts in your favor. This could be an injury giving you the needed objectivity for a fresh look at your training. This could be a loss which gives you the opportunity to reevaluate your strategy. This could even be facing the most unlikely, most arduous of frustrating failure... for so many great things await those who fight on the face of discouragement, those who remain determined and persist.

As you pretend to have good posture, you become it. As you pretend to be happy, you become it. As you pretend to be efficient, you become it. As you pretend to be successful in any endeavor, you become it. If you're having trouble, model someone successful in your field, or collect attributes in common among several who found success in your discipline... and model their behavior.

It gets weird, the transformation that you experience. You move from portraying to projecting... from doing to being. You'll find co-workers, friends, even family actively resist the changes you make. They see changes in you that they wish in themselves, and that hurts them. We live in a society of codependence, collectively enabling each other's sand castle of mediocrity and poor health. Anyone that appears to be emancipating themselves from that community accepted schema meets great resistance. Transcending yourself is not easy because of this. How can you be expected to change your nutrition habits if your spouse refuses? How can you be expected to increase your esprit de corps if your team acts like a gaggle of showboating prima donnas? How can you be expected to keep your faith strong when your unit morale remains ambivalent?

Do what you can, Knuckledraggers. Do what you must... even if you must go first... even if you must begin by feigning the appearance of success. Expect to go all the way alone, but hold faith that your

strong will and guidance will create positive impact on your friends and family; maybe not in the way you expect or hope, but somehow in some fashion it will.

Coach Sonnon

Group-Think Fitness

I know way too many people who live from one magazine issue to the next waiting for the new set/rep scheme, how to guarantee another 20 pounds to their bench press, or another God-forsaken ab routine. Now the vogue involves every BDU-clad legend-in-their-own-mind rushing to release a random exercise selection and poorly researched program design. And when did they become sport psychologists having a CLUE about mental toughness???

I understand for these Powder Puff Pumpers® it's easy to fall into silly belief systems because they've never stared down the business end of a Harbinger glove. But it certainly doesn't mean that I'm going to allow their "warrior fantasies" to hemorrhage the performance of my men and women. Not on my watch.

A true knuckle-dragger goes to the source if he does not know and learns to fish him- freaking -self. This whole *thing* was meant to be something larger than poundage and more enduring than some 45 minute BRAND-X-bell blast.

The greatest difficulty with the Digital Age is public domain overload. Exercises, programs, and protocols flood peoples minds. This results in a lack of understanding of training doctrine (your underlying assumptions and beliefs) and how particular training strategies deliver performance.

Everywhere we are told that we are incompetent, that we must defer to some external source of wisdom (and give him "due credit"), that we are somehow deficient in our perception of truth. The world is rampant with *self-proclaimed legends* willing to exchange their 'true way' for the coin of the region.

However, if we delve deeply and confront our preconceived ideas and notions, our fears and doubts, and our desires and needs, we will release the natural authority over our own lives.

Do you know the nature of your training? Is your philosophy personal and conscious? Not assessing and assembling your private philosophy leads to self-sabotage, hesitation, doubt, and resistance. Basically, *if you don't have any goals in mind, any method will get you there – and, Boy, will the gurus help you get there (nowhere) FAST!*

Here's a story that should resonate you knuckledraggers.

There was an old man, a boy and a donkey. They were going to town and it was decided that the boy should ride. As they went along, they passed some people who exclaimed that it was a shame for the boy to ride and the old man to walk. The man and boy decided that maybe the critics were right so they changed

positions. Later, they passed some more people who then exclaimed that it was a real shame for the man to make such a small boy walk. The two decided that maybe they both should walk. Soon, they passed some more people who exclaimed that it was stupidity to walk when they had a donkey to ride. The man and the boy decided maybe the critics were right so they decided that they both should ride. They soon passed other people who exclaimed that it was cruel to put such a load on a poor little animal. The old man and the boy decided that maybe the critics were right, so they decided to carry the donkey. As they crossed a bridge, they lost their grip on the animal and the donkey fell into the river and drowned. The moral of the story is that *if you try to please everyone, if you fall for the "legend" of the week, you will eventually lose your ass.*

We each operate from a personal philosophy, conscious or not. Everyone operates within the parameters of their cultural, social, community and biological operating system. Whether you are aware of your philosophy or not does not alter the fact that every creature possesses, and is subject, to an operating system. Your goal is to massage your philosophy to a conscious level. This begins at the core. How have you been indoctrinated, and how are you continuing to be indoctrinated? What have you been taught is truth? What are your general beliefs?

Only with confronting your world view with a discerning eye, a patient mind, and a temperament devoid of ego, can you determine the junk crowding the basement of your mind.

If you can stand naked in front of your reality, growth occurs exponentially, and you adopt the lifestyle of mastery. If you can do this, if you can take your philosophy, no matter how obscure and unchallenged, and grasp it by the neck and shake it from its slumber, you will gain the authority over your training that every knuckledragger possesses.

The flavor of the month guides the nation's sheeple like lemmings off a cliff. They wonder why the mavericks and mustangs resist their "*recently-declassified kick-ass secrets.*" Underlying assumptions go unquestioned when introduced by these gurus and experts. Without a deliberate philosophy how can we ever hope to see through the distortion of trend and fashion to Truth?

It's all about personal responsibility and your willingness to go ***all the way alone.*** Oh, don't worry, knuckledraggers, we're alone together. Personally, I can't imagine how I made it this far alone without the Tribe. Sure, I did *my thing*, but I accepted long ago that it would just be me doing what I could for my athletes who step in harm's way under my care.

It's your deliberate philosophy which keeps you from "*losing your ass.*" You'll need it because hazards emanate less from your opponents and more from the conspiracy of piss poor prep. Having a philosophy will enable you to develop

intentional training methods, realistic short and long-term expectations and goals, self-discipline, and an ethical CODE of behavior. If you devote the same, or hopefully more, time and effort to developing your philosophy as you do to your skills, you will significantly increase not only the success of your performance but your groove in life.

Coaches serve a purpose, but only as a guide pointing in the same direction, seeking next to you our collective potential. But each of us manifest our coaches at any point in life. We're perpetually surrounded by lessons which we can choose to ignore. Training happens every second, and every moment of life, each decision is an act of conditioning. Choose well, for it does *echo an eternity*.

Acknowledge that your philosophy engages a continual state of amendment adapting to the needs of the new day. Cover your ass by knowing precisely what changes to make and, most importantly, what changes to resist (and what men to avoid!), for the popular vogue of the media and the trends of the community must be held with great suspicion. As written by Soren Kierkegaard, "*The crowd is untruth.*"

Fraternal,
Coach Sonnon
Athletic Performance Enhancement Solutions
www.RMAX.tv