



news

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True Mastery = Physical Training + Mental Training

Stadion Author Wows World Congress

"If everything is equal—each man has all the technique, the conditioning—it is the mental attitude that is going to win. All the time."

—Jim Brown, commentator, *Ultimate Fighting Championship VI*

Athletes and sports psychologists conducting mental training with the best athletes of the world met during the World Congress on Mental Training and Excellence, which took place in Ottawa at the end of May. These people stake their careers and their performance on their belief in what Jim Brown said: Mental conditioning is the edge, always.

In this heady company Dariusz Nowicki was much in demand. Nowicki is the sport psychologist of the Polish National Wrestling Team and the Polish National Judo Team. He is also the author of *Gold Medal Mental Workout*, the groundbreaking new product of Stadion Publishing.

That's the bottom line, isn't it? How do you develop this winning mental attitude?

Can you develop it in the course of tough physical training? Yes, you can, but it may take long and the physical training would have to be very, very tough—so tough as to possibly break your body. And what is mental attitude worth if your body can't compete because of severe overtraining or an accumulation of injuries?

And if you think that just working out religiously and sweating a lot, is going to give you the advantage, remember—your opponent is training too!

But there is a more effective approach to getting the mental edge. It is doing mental exercises just as you do your physical exercises. More and more athletes do mental exercises to complement their physical training.

And this is where Dariusz Nowicki comes in and why he was in such demand. He presented a workshop that was well-attended, because people knew his performance was not just hot air—it was measurable in the results of the athletes he

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Where Can You Get Your Iron Boots?

A few years ago one could buy Iron Boots at major fitness stores. Then they disappeared, so those who wanted to seriously strengthen their legs for splits and kicks had to make do with substitutes. Now, thanks to Mr. Eric Mann, you can get the real thing. He has found out where you can order your own Iron Boots.

Call or write to BUSY BODY or to IVANKO BARBELL COMPANY:

BUSY BODY (Corporate)
 4540 Beltway Drive
 Dallas, TX 75244, phone 214-960-9212

IVANKO BARBELL COMPANY
 600 North Pacific Ave./P.O. Box 1470
 San Pedro, CA 90733, phone 310-514-1155, fax 310-514-1363

They have 32 retail stores across U.S.A. They will also process orders by phone.

Ivanko makes them and they can tell you where to order them.

We thank Mr. Anthony L. Wallace, age 30, from Rexdale, Ontario, for sending us this photo showing the result of using our stretching method.



True Mastery

(continued from page 1)

trained. Gold medals don't lie. Many coaches and sports psychologists of world class athletes were there and were glad to be able to talk to Nowicki and to buy his program: *Gold Medal Mental Workout: Fundamentals* and *Gold Medal Mental Workout: For Combat Sports*. One of these people was Dr. Chung Chung Hee, Director of the Research Institute of Physical Education, Honorary President of Korean Society of Sport Psychology, a consultant of Kukkiwon and the National TaeKwonDo (WTF) Team. He bought one set and then next day brought with him another Korean coach who also bought a set. Two people from the Singapore Sports Council also bought themselves sets. Both of them were involved with combat sports and one, Edgar K. Tham, specifically with taekwondo.

There were psychologists of the French National Judo Team, Brazilian National Judo Team, Kinki University Judo Team (they recently took All-Japan Championship), Shinbukan Karate Team (Gracie's Ultimate Fighting Championship looks bland compared to Shinbukan contests!), Canadian National Fencing Team, Canadian National Boxing Team, Irish Boxing Team, and some top Canadian judo players and coaches (Christian Bolduc, James Kendrick, Nathalie Gosselin).

Practically all the psychologists and coaches of combat sports who were present at this important meeting bought Nowicki's program. Boxers, judoka, fencers, karateka—everybody realized the value of his program.

You too can improve your mental toughness. To see what had these individuals so excited, just order your copy of the *Gold Medal Mental Workout* by calling 1-800-873-7117 or use the order form on the last page of this newsletter.

Let us know what you think about our newsletter. Have you learned something that improved your or your athletes' performance or health? What would you like to learn more about?

Write to us at our address:

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Carbohydrates and Athletes

Do you get sleepy after a meal? Do you feel bloated after a meal? Do you need to eat every three hours or so? Do you get very angry or depressed? Do you have neck pains? Do you have knee pains? Are you fatigued often?

These can be symptoms of carbohydrate intolerance, also called insulin resistance, a much more common condition than most people realize. Many athletes stoke up on carbohydrates for energy, but the percentage of insulin-resistant athletes is the same as the percentage of insulin-resistant people in the general population. Some estimate it to be 30% or more, and that is without counting the obese and the diabetics. So, even if you are without the above symptoms, read on. If you are a coach, some of your athletes may have this problem; some of your friends certainly do.

Insulin resistance is strongly associated with breast cancer, ovarian cysts, and osteoporosis. As insulin levels go up your bone density goes down.

Carbohydrates and performance

Here are the facts about metabolism, carbohydrates, and sports performance.

The more carbohydrates (sugar, sweets, rice, bread, potatoes, pasta, for example) you eat, the more sugar (glucose) enters your blood and the more insulin your pancreas releases into your bloodstream.

Insulin brings glucose into cells so it can be used for energy. In a healthy person, with perfect metabolism, insulin brings 50% of blood sugar into cells and converts 10% into glycogen stored in your liver. The remaining 40% of blood sugar is converted to fat (saturated fats). And remember: this is in a person with perfect metabolism!

In a person with insulin resistance, the insulin cannot bring 50% of the blood sugar into the cells. But that insulin, released in response to the carbohydrates one ate, is still active, so it converts the blood sugar that cannot get into the cells into fat. In some this fat will be deposited under the skin, but in others it will clog arteries. Jim Fixx, a slim, apparently fit runner died of heart attack because his arteries were clogged up with fat. He was on a low fat/high carbohydrate diet.

Insulin prevents you from burning fat for energy and if you do not burn it you will carry it around your waist or in your arteries. So you see that eating all those "healthy" carbohydrates can make you fat and prevent you from burning off fat, using it for energy. Fat can give you about twice as much energy as sugar.

Symptoms

What about those symptoms listed at the beginning of this article—what do they mean?

1. Sleepiness after a meal. Excess insulin, released in response to eating more carbohydrates than you can tolerate, causes a drop in blood sugar, which means a loss of energy source for muscles and nerves.

2. Bloating after a meal. Too much carbohydrates ferment in your bowels, creating gas.

3. Need to eat every three hours or even more often. This hunger response is your body's reaction to an unsteady blood sugar level.

4. Getting angry or depressed. To remedy the drop in blood sugar caused by excess insulin, adrenal glands release glucocorticoids (from adrenal cortex) and epinephrine and norepinephrine (from adrenal medulla). These hormones can raise your blood sugar by releasing stored sugar and by converting fats and protein to sugar, but releasing too much of them stresses the adrenal glands so you may get depressed. To release more of the glucocorticoids you need to get angry or use stimulants such as caffeine in coffee, soft drinks, strong tea, or other drugs (cocaine, heroin, alcohol, nicotine). This further stresses the adrenal glands leading to cycles of angry outbursts and depression.

5. Neck pains. A high level of insulin, released in response to a high carbohydrate meal, lowers the tonus of the *latissimus dorsi* muscle. This muscle is an antagonist of the muscles at the back of the neck and the muscles that lift the shoulders (upper parts of *trapezius*). Lowering the tonus of the *latissimus dorsi* raises the tonus of neck muscles, and the the result for you is neck tension and pain.

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Carbohydrates and Athletes (continued from page 2)

6. Knee pains. Exhaustion of the adrenal glands is associated with lowered tonus of the *sartorius* muscle, which is one of the knee stabilizers. When one of the knee stabilizers is “off,” the knee is pulled out of its normal alignment and it hurts or gets injured easily.

7. Fatigue. Eating more carbohydrates than you can tolerate, besides from causing low blood sugar levels (see number 1), also exhausts your adrenal glands (see number 4). Hormones of the adrenal glands affect using fats for energy, storing and releasing stored blood sugar from liver, protein synthesis, strengthening heart contractions, and regulating blood pressure, flow, and volume.

What to eat for peak performance?

So what should you eat to be healthy and perform at your best?

Protein (best sources: fish, meat, eggs), fats (best sources: olive oil, nuts, seeds), and carbohydrates (vegetables, and low sugar fruits—grapefruits, oranges, berries, plums, melons, or apples, for example), making sure their amount is within your carbohydrate tolerance and does not cause the previously described symptoms.

Let’s say you can tolerate 40% carbohydrate calories in your diet. This leaves 30% for calories from fats and 30% from protein.

The fats to eat are monounsaturated and, in lesser quantities, polyunsaturated fats.

Limit, but do not eliminate, saturated fats (most animal fats, butter, cream, cheese).

If you worry about excessive protein intake—relax. The U.S. Government Recommended Daily Allowance (RDA) of 0.8 grams per kilogram of body weight is a miscalculation. It is based on old studies that measured secretion of nitrogen (a component of proteins) only in the urine. Studies done since 1979 show “dramatic rise in nitrogen excretion in sweat without any change in urinary-nitrogen excretion (McArdle, W. D., Katch, F. I., and Katch, V. L. 1991. *Exercise Physiology*. Malvern, Pennsylvania: Lea & Febiger).” According to Dr. Maffettone (an applied kinesiologist, named Coach of the Year 1994 by Triathlete magazine) the actual need for protein is approximately three times the RDA.

Who needs bars and drinks?

Athletes who exercise more than two hours, such as marathon runners and triathletes, need food to keep their energy level up. They can get away with eating bars and sweet drinks because during an effort insulin release is low.

But what happens if an athlete eats a carbohydrate bar or drinks a sugar drink such as Gatorade before the exercise? Eating or drinking something that contains sugar will release lots of insulin and so inhibit the burning of fat for fuel. This will reduce an athlete’s endurance. The highest

sugar content that can be tolerated before an exercise is 3%, and during the exercise is 6%. One glass of orange juice diluted with two glasses of water is less than 3% sugar solution, for example.

What about carbo loading?

None of the athletes trained by Dr. Philip Maffettone are on a high carbohydrate diet, and none of them does any “carbo loading.” If anything, before a race or a contest, they cut down on their carbohydrate intake because insulin release is increased under stress.

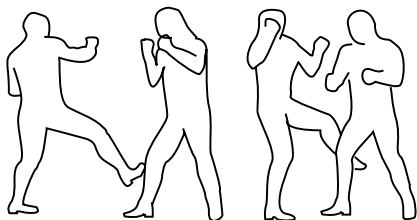
Before a big event athletes are already stressed, so three days before the event they cut down on carbohydrates to counter that stress reaction.

Those who travel a lot are under a lot of stress from traveling, so they have to further limit their carbohydrate intake.

To find out how to match your diet to your needs, consult an applied kinesiologist. Through special tests you will learn which foods make you stronger and healthier, what you need to eat to speed up your recovery after workouts, and what to eat to heal quickly after injuries (even after the chronic ones). Send e-mail to info@stadium.com and we will refer you to an applied kinesiology specialist near you.

Self-Defense Tip

You may know from our video *Basic Instincts of Self-Defense* how to defend against someone who punches and kicks. If you have seen that, you know how to sidestep and close in to enter into a clinch and do an armlock or a throw. Now you will learn how to set up an entry into a clinch with a kick combination. With practice, this combination may become so devastating as to completely stop an attack.



Now the technique: The attacker faces you. With your foot jab the attacker’s nearest knee. If the attacker leads with the right leg you will do the foot jab with your right foot. (Remember the principle of kicking across—left foot to left shin or right foot to right shin demonstrated on *Basic Instincts of Self-Defense*?) Hit the front of the attacker’s knee with the ball of your foot. It does not have to be a snappy, crisp kick. A quick, strong push to the knee will do. Just put your foot quickly on the attacker’s knee (so he or she does not evade) and push to lock the knee. With this push you may even manage to dislocate it.

As soon as your foot jab “makes an impression,” put that foot down on the ground and with your other leg kick the attacker’s thigh. Depending on the distance and position, you can kick with your shin or with your knee. Kick the outside surface of the attacker’s thigh approximately one hand width above the knee. This is where the nerves *cutaneous*

femoris lateralis and *femoralis (rami cutanei anteriores)* run. Another way to learn the location of this spot is to stand upright and extend your arm along the side of your thigh. The spot will be at the tip of your middle finger.

Do not retract your leg after the impact—follow through. This kick will paralyze the attacker’s leg and spin the attacker away from you. A powerful kick to that spot makes one feel like throwing up.

To develop power in the shin kick, practice on a heavy bag suspended low or on a shield held by a partner beside his or her leading leg. The shield must be thick enough to protect your partner. Kick for maximum impact and follow through with enough power to spin or turn your partner.

To learn more techniques order *Basic Instincts of Self-Defense*. Call 1-800-873-7117 or send us your check or money order (see order form on page 4).

Q&A on STRETCHING (continued from previous number)

Study these typical questions on stretching carefully. Among them may be just the type that you want to ask.

■ **Question:** *I just recently pulled a hamstring in my right leg doing the front split. I rest it for a while till the pain is gone but it is the same thing all over again when I resume isometric stretches.*

Answer: Apparently resting your injured hamstring does not remove the cause of the injury. Here is my advice concerning your hamstring.

a) See an applied kinesiologist concerning your hamstring and do what your doctor advises you to do.

b) When permitted by your doctor, start doing the following exercises in this order: walking, climbing stairs, running uphill, squats, hamstring curls, stiff-legged deadlifts. Progress from one exercise to another only when feeling no discomfort performing the previous one.

c) Only after complete recovery (when hamstrings of both legs are equally strong, equally flexible, and have equal endurance) can you try isometric stretches involving hamstrings.

■ **Question:** *I had a groin and hamstring pull that still bothers me. I would like to improve my flexibility, form, sparring ability, and balance in my spinning kicks. What are your suggestions?*

Answer: Your objectives of improving flexibility, form, and sparring ability all depend on first treating properly your injuries. Before your hamstring and groin muscles are back in excellent working order no other work can be done. (You need to see an applied kinesiologist). After successful treatment, you may start working on strength and flexibility according to the book *Stretching Scientifically* and the tape *Secrets of Stretching*. Develop balance in spinning kicks by performing spinning kicks at a low (below knee) target (initially imaginary, then soft, which will allow kicking/spinning through it). To strengthen your legs and prevent hamstring and groin injuries, do deadlifts and

squats. Consult weightlifting, powerlifting, or bodybuilding manuals or see the video *Secrets of Stretching* for detailed description of these lifts.


■ **Question:** *One day while stretching in a taekwondo dojang [gym] in Korea (I am in the Army), I was doing "butterflies" [see bottom picture on page 90]. When my instructor saw that my knees were not touching the floor, he came up behind me and forced them hard and quickly to the floor. The muscle was pulled in the left groin. Since then I have been very hesitant to stretch because of dull pain in that area. Maybe I'm doing something wrong?*

Answer: Yes—you were doing something wrong. You were putting up with too much nonsense from a stupid "instructor." Now you should contact an applied kinesiologist and hope for the best.

■ **Question:** *I am fifty-one years old, in good shape. For several years I have noticed that my right leg is much tighter than the left and recently I have noticed definite pain in the middle of the right buttock that also radiates down the leg. A week ago I was doing a static hamstring stretch sitting on the floor when I felt a stab of pain across my lower back. I have had pretty bad spasms ever since and I have trouble straightening up after sitting. Do you have any suggestions as to how can I overcome this and get back to training?*

Answer: It looks like you have a lower back problem that was developing for several years—even before you first noticed that your right leg is tighter than the left. To find out when and if you can exercise again see an applied kinesiologist. Call 802-723-6175, or write to Stadion Publishing Co., Inc., P.O. Box 447, Island Pond, VT 05846-0447, U.S.A., or send e-mail to info@stadion.com and we will refer you to a doctor in your area who specializes in applied kinesiology.

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