

Fight at Your Best All of the Time

by Keith Pascal

So how do you fight at your best, all of the time?

One of my 'Wrist Locks' customers, Ron, sent a letter with very kind words about the book. (He and his training partners are having a great time learning new locks and incorporating them into their sparring sessions.

He also posed a question that I thought would interest you:

"I have a question for you:

"Sometimes when I'm sparring, it's like I have an endless supply of technique, and sometimes I get my b&tt kicked all the way around the training floor.

"Have you ever experienced this?

"Is there a way to BE ON all the time, or at least more often?"

— Ron

You would expect me to respond to this question by telling him to analyze the difference between when he is successful at sparring and when he gets his tush stomped.

Analyze the difference and then do the good stuff and drop the bad stuff, right? Easier said than done.

I have an alternate suggestion:

The next time you do really well in sparring, try to capture the feeling of the moment. Maybe even write a few paragraphs describing, in as much detail as you possibly can, the specific event.

Be sure to include all your senses in your description:

- What emotions did you feel?
- What did the scene look like?
- Describe the sounds, too.
- How did your movements feel?
- How were you feeling before you sparred?

You use a real event to help you visualize better....

Imagine yourself moving at your best. You dodge when necessary, your moves are precise and they work.

Your goal is to create a scene of when you functioned at close to your best.

Important tip:

If some aspect of that night didn't go as smoothly as desired — rewrite the scene!

That's right, you can create the best movie image possible for your mental movie screen.

Once you have all of this down on paper, or your voice recorded, you need to implant the scene in your 'noggin' each time you spar.

The next time you spar, take a minute or two to run through your 'best performance' scenario. Remember in vivid detail all the right things you did, even if it didn't exactly happen that way in real life.

Then, go spar. Allow your body to 'remember' your best for you.

Your goal is to 'imprint' your perfect behavior onto your brain. I imagine many sports superstars do this all of time.

In fact, they may have more than one mental example of exemplary performances.

You can do the same.

Your ability to reproduce your best performance will get easier over time. This is what turns you into a consistent martial artist.

And this is one of the steps to martial arts mastery.

End Note:

Another way to imprint positive strategies and images is by reading parables and stories that emphasis martial traits and skills for self defense.

A parable that will give you some valuable skills that you can immediately incorporate is the new book, **Tiptoeing to Tranquility**.

Tiptoeing to Tranquility is the parable for *finding safety and comfort in dangerous times*.

If you like my other books, you'll love this one.

Buy your copy in soft cover, now:

www.TiptoeingToTranquility.com

Keith Pascal is a full-time martial arts author.

Pascal is also the senior editor of one of the longest-running martial-arts ezines on the Internet.

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