

The Between Sets Newsletter The KSI Newsletter No. 119, May 2013

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We trust you enjoy the May 2013 issue of the KSI newsletter for 2013! If you would like a friend to receive future newsletter, share this link with them! http://www.1shoppingcart.com/app/join.asp?merchantid=197081

If you missed our seminars during our recent 2013 World Tour, you can catch up at this link: http://www.kingsports.net/productsksi.htm#E-Videos

IF YOU HAVE PHOTO FROM THE RECENT KSI 2013 WORLD TOUR, WITH OR WITHOUT IAN KING IN IT, CAN YOU SHARE THAT PHOTO WITH US? Send it to feedback@kingsports.net – thank you!

Ian King, on behalf of Team KSI

1. Athlete responses to the KSI Way

Thanks for the info coach. The players look fresh and rested after a fairly easy 3 days. We are learning a lot as we go and the athletes are starting to buy in more and more. xxx is doing his strethes daily and since he saw you have never been back for physio work again. We have also incorporated strething with more individuals and they are reacting amazingly well. Some are even coming for more sessions than what they have booked with us. You have opened a while new world up to us. So simple yet the most powerful component we have ever used. Thanks coach. You truelly are a legend

in the field. --xxxx

xxxx - I am very excited and happy that you and the team are beginning to reap the benefits of what you acknowledge is so simple yet so powerful - stretching, both as a team and on an individual basis! I know the effectiveness of my methods in xxx - they have resulted in more xxx championships and World Cup wins than the influence of any other single person, head coach or otherwise, as I have been the common denominator is so many wins at this level. You appear to be starting to see this, and most importantly the players and then the coaches will start to see it also. I am very focused in particular on those who received the additional work with us and am watching their performances closely. I look forward to helping them further in person should that opportunity arise. We can make them (and any athlete for that matter) so much better, and there were keen enough to visit our facility for extra work when you were in xxxx, so this is a great sign of their commitment to being the best they can be.

I trust you are able now to use your new found awareness to raise the recovery levels of the athletes, as well as use my methods to prevent injuries and rehab them. Controlled, relatively low volume training provides 2 benefits - better recovery for when it matters – competition; and secondly less incidence of injury. The majority of injuries in sport occur because the player is simply too fatigued. Stretching and tissue work is then required to complement low volume training to create optimal performance. I note the last two performances looked sharper, so keep going with this. --Ian King

2. Get Buffed Question

Hi for the next 14 weeks I will be following the guns and shoulders routine. When the lower body is put on maintainence do you try to increase weight still or do you just lift at your last max? --xxxx

xxxx - generally speaking, putting a muscle group/s on maintence is more about reducing the frequency, volume and priority of their training than the intensity trust this helps --Mitchell Kochonda

Follow Get Buffed!TM on Face book

Order your own Get Buffed!TM material

3. KSI Flex DVD's

Hi Guys, I am looking at making a few purchases and DVD's etc. I wanted to check what is the difference between the DVD's Flexibility Training Series (DVD-R) and the Flexibility Specialisation series? Cheers. --xxxx

xxxx— thanks for your email. The DVD Flex Training Series is about 2 hrs in total aimed at athletes and intro professional development. The Flex Spec Series DVD is a 2 day seminar edited down aimed at higher level professional development the KSI

Way. The Spec DVD is only available to L2 and above. Trust this helps. Any further questions just ask! -- Ian King

Purchase the KSI Flex Training Series DVD

4. Coach Education Update

The latest KSI Level 2 Unit release from KSI

A quick heads up to ensure you are kept in the loop. We are about to release NOW the latest upgraded unit in the KSI Coaching Level 2 Foundations Course – Unit 11, Purpose of Training. This unit contains material so new even many of my inner circle top level coaches have not seen it. It also contains the most significant departure in assessment in the 14 year history of this course. We look forward to the impact of these new developments on your success in life. You might also note that as the new KSI Coaching Course Levels 1 and 2 reach completion and the end of their beta testing period, the registration fee is moving closer to it's market value. We share this with you should you wish to register before further price rises.

We are also looking forward to meeting many of you in Park City for our 10th Annual KSI Athlete and Coaching Camp in the same location! Magic happens as this event, as anyone who has attended will tell you. You get exposed to learning experiences that will blow your mind, as you will be in a circle of competency such that you have never experienced before, and can only occur when so many of the worlds most competent coaches come together. Your learning will be accelerated like no other experience! --Ian King

5. KSI University Question

Hey, My name is xxxx. I'm interested in you level 1 course and I know at least one other trainer who is definitely considering doing it too. But we would like a bit more info. I would particularly like to know what is exactly covered in the course. What can I expect to learn? And will this be suitable for a personal trainer who doesn't train athletes but general population who are concerned about improving body comp, increasing strength, and hypertrophy for aesthetics? Cheers. --xxxx

xxxx - thanks for your inquiry. Our upper end coach education is more focused on athletes, but the lower ends will serve any trainer. Which is why most trainers in the world today are using one or more of my concepts without even realizing the origin.

I have attached the unit list. You receive this in pdf electronically, with the lesson in audio download available also, and there is a video for every unit. So more value than the price currently reflects. The first 2 units are dry but it hots up quickly after that. If after commencing the program you find it is not for you, a full refund is available within the first 30 days so there is no risk for you. Any further questions or concerns just ask. --Ian King

Start your KSI coach education journey here

6. Ask the Master Q & A

What type of compression tights should I get?

Hi Ian, xxxx is required to wear compression tights (skins?) on the flight to xxx. Are these fairly stock standard or is there a better type to get? --xxxx

xxxx - Buy cost effectively. They are over-rated so brand won't matter. Wouldn't it be great to see sporting teams put similar effort and 'requirement' into things that were free - like stretching! Unfortunately no-one markets something for free, so those who act on marketing influences don't do it. --Ian King

Can I watch the KSI seminars on DVD?

Dear Coach King! I've been watching all the recently uploaded videos on your YouTube channel (stuff, more specifically, like your Lines of movement - Introduction) and, was wondering, is there any way to see the full of this seminar material on DVD? I've got many of your books as you may recall and, although I no longer train athletes (I turned into a translator and a writer of all things training/exercise physiology, as I got tired of all the BS!!!!), I'm still very much interested in your philosophies. Always have been!

The thing is though, since it's no longer easy for me to justify (professionally speaking that is) spending money on travelling to and attending seminars or, more specifically, not as easy to justify it to my wife (haha), I'm still interested in learning. This is still my passion. So, hence my asking if there are any options for passionate interested people who can't attend seminars? This will all prove helpful as well once I get into the thick of things again, when my own kids become of age and where my guidance and knowledge will prove helpful again . My best to you! --xxxx

xxxx – great to hear from you. Great to hear you see my content as separate from the BS in the industry! You may have noticed I am making my tour videos more available in the last few months than ever before, delivered through private invite on YouTube after the order is made. Just wanted to full understand your request – taking the Lines of Movement presentation for example (which I thought was classic footage) – it is now available for electronic delivery. Your specific request for DVD version of this. Can you help me understand your preference for DVD hard copy over electronic?

Note anything is possible, I just want to find the support for the creation of the program in the market place, as the production costs for hard copy are higher obv than electronic delivery – e.g. art costs for designing the DVD case covers, DVD labels etc. I like the idea, just want to understand it more. FYI I have done a world tour for 3 or more years in a row now, and one idea I has was putting the whole program (each years program) in a DVD pack e.g. 8-10 DVDs in the pack. Now again this does cost more time and labour than electronically delivered. So I want to find out why your preference, and if there is a market for this. --Ian King

Want more? Order 'Ask the Master - An Anthology of Q & A's by Ian King

7. Book of Muscle

Guidance on how to overcome a stiff lower back

Mr. King, I am working with Book of muscle (just finished intermediate program) and I have a quick question. I have had a lot of stiffness in my lower back lately, and I can really feel it when I do heavy squats. I feel like my form is solid and I just wanted to know if this is normal. I don't want to have back problems later in life and I am 23 now. I have gotten outstanding results with your programs and I am really looking forward to the advanced section. Thanks for your time. --xxxx

xxxx - Would not be wise for me to say it is 'normal' or not from a distance. How much time are you dedicated to a) stretching and b) abdominals - and when are you doing both (relative to your strength training)?--Ian King

I'm stretching before lifting but probably not as much time or dedication as i should. I am doing abs in accordance with your program. Right now im in power stage and you do them last. Also, my lifting partner and i were considering setting back and doing the last six weeks of the intermediate program (power stage). Should we expect the same results or should we move on to advanced program? --xxxx

xxxx - Pick up your stretching. I understand that most books/authors do not recommend what i do, but that is of no interest to me. Re muscles soreness - there are 2 types, to be simplistic - good or acceptable/appropriate; and bad or unacceptable/inappropriate. You need to decide which of these you are suffering, which may require more education. In essence, is it muscle soreness from training related fatigue, which may be appropriate, or something less desirable. Yes, it may require further education to develop this wisdom, however that is the journey - the pursuit of wisdom in training. Wouldn't sell many books, but that is my belief. You are on that journey. Learn and enjoy. --lan King

The Book of Muscle Face book page

 $\frac{http://www.facebook.com/browse/admined_pages/?id=100000863592442\#!/pages/Book-of-Muscle/399817883440932}{ok-of-Muscle/399817883440932}$

8, 2013 KSI Seminars

IF YOU HAVE PHOTO FROM THE RECENT KSI 2013 WORLD TOUR, WITH OR WITHOUT IAN KING IN IT, CAN YOU SHARE THAT PHOTO WITH US? Send it to feedback@kingsports.net – thank you!

June 29-30 2013 – Adelaide, SA, AUS

- Injury prevention & Strength training (Sat 29 June 2013)
- An evening seminar on nutrition for long term health & optimal performance.(Sat 29 Jun 2013)
- Speed and performance in sport (Sun 30 Jun 2013)

Sat-Sun 10-11 August 2013 – Level 3, Park City Utah, USA*

Mon-Wed 12-14 August 2013 – Level 4, Park City, Utah. USA*

Mon-Wed 12-14 August 2013 – KSI Athlete Training Camp, Park City, Utah, USA*

*10th year celebrations in this location

Register http://www.kingsports.net/servicesseminars.htm

Email <u>question@kingsports.net</u> for more info on these seminars.

"Most will follow the trumpet with the loudest noise, only to come away disillusioned and poorer for the experience, realizing they were following an empty vessel. You will find we do things differently at KSI..... If you find your way there amongst the static of bullshit internet marketers..."

9. Our nutritional supplement recommendations

For the last decade plus KSI athletes and families have relied on one vitamin manufacturer. You can too. Get yours here: http://bit.ly/vb6eRO

10. KSI Global Network

Athlete Training Facilities

- Brisbane, Qld, Australia
- Cape Cod, MA, USA
- Gold Coast, Old, Australia
- Innsbruck, Austria

Network of Elite Coaches

- Mike Pimentel, Boston, MA, USA (KSI L7)
- Mitchell Kochonda, Gold Coast, Qld, Australia (KSI L7)
- Andreas Scheicher, Innsbruck, Austria (KSI L6)
- Igor Ostojic, Ireland (KSI L6)
- Carl Sherry, Adelaide, SA, Australia (KSI L6)
- Ryan Lesperance, Toronto, ONT, Canada (KSI L6)

11. Stop the Bullshitters

To put the charlatans and frauds in their place - the waste bin (Any one who burns or bins their copyrighted breached versions of my books, or demands a refund from the frauds who sold it to them - I will send you the original - at my expense!) -- Ian King

Hi Ian, Unfortunately, I have the bullshit bible and other products by xxxx. I wanted to know if the offer is still available to ship you the products in exchange for the original content? I am ashamed and disappointed to say that I have a fair amount of their products. I want to get rid of them all. Thanks,--xxxx

xxxx - contact the seller and demand a refund, which of course will have no bearing on us doing what we said we would do. -- Ian King

To be quite honest, I would rather just burn or throw them away instead of contacting them. I really don't want much more contact with them and want to just move on with my learning and use content that will improve me as a professional and improve the results of my clients.--xxxx

I understand your sentiment of not wanting to contact them. Make a video clip off them going into the bin or the fire, and send that clip to us – we will send you over the 2 books they used to copy – How to Write OR Get Buffed!, and How to teach. Confirm your mailing address at that time, thanks! --Ian King

12. Thank you...

To those who supported KSI through their purchase of the '2013 World Tour Video Total Package'. If you would like to share you experience with us in email (including which seminar you attended) we will send you a little gift....Thank you!

Email <u>feedback@kingsports.net</u> King Sports International

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If you no longer wish to receive communication from us: Cancel

To update your contact information: Update