



**The Between Sets Newsletter**

**The KSI Newsletter**

No. 120, June 2013

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We trust you enjoy the June 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](mailto:feedback@kingsports.net) – thank you!

Ian King, on behalf of Team KSI

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**1. Athlete responses**

Degenerated hips facing potential joint replacement

In response to the x-ray report I received from a former professional athlete:

xxxx - What you do about your degenerated hip is your decision - continue down this path or halt and slowly reverse the process. At worst you can put the surgery back 10 years, at best it will never happen. You have to make this decision and by this I mean

judged by your actions, not your intent.

*I want you to understand that rehab training in itself does not take up the same amount of time that rehab + perf enhancement training does, so don't think it is necessarily going to deny you from economic pursuit. However I can guarantee you that having hip surgery will at best temporarily deny you from economic pursuit. At worst it will reduce the number of years / level of activity you can work for. Your family will need income in 20 yrs time too....not just now. --Ian King*

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## **2. Get Buffed learning experiences**

The biggest thing I've learned was on volume and recovery. Looking in retrospect to my training history, that opened up a greater understanding for results or lack of results from the various programs and protocols I've undertaken. With this, I've been able to make adjustments that have led to more consistent results. --xxxx

*Xxxx – Thanks for sharing your experiences and glad to be part of the consistent results. Stopping to honestly look at past programs, the influences that led you to use those programs and the results gained from them is very valuable to moving forward. --Ian King*

[Follow Get Buffed!™ on Face book](#)

[Order your own Get Buffed!™ material](#)

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## **3. Training Tips: Coach Mitchell Kochonda**

- “The only sports with a 100% correlation between how much you lift in the gym and your sports results are Olympic weight lifting and powerlifting...”
- “Got sore wrists? Consider using wrist wraps during exercises that compress the wrists.”
- “I've never met an athlete who couldn't benefit from more stretching...”
- “When developing endurance for your sport, ask yourself 'what exactly am I training to endure?’”

[Coach Mitchell Kochonda Facebook Page](#)

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## **4. Interview with a KSI Level 1 Graduate**

Interview with Joey Williams – A KSI Level 1 Graduate

*KSI: Firstly we want to congratulate you for graduating from the KSI Level 1 Legacy Course! We both know it's just a small step to mastery of the KSI way however you have shown you belong in the top 5% because you completed the course! Well done! Before we get into it we'd like to share with our readers a little bit about you personally - where you were born, where you live now, your hobbies outside of training and coaching.*

JW: I was born in Lafayette, Louisiana in 1968 and I currently live in Pacifica, California. I am a full time Police Sergeant. My hobbies are finding ways to keep up with my 5 year old son. What ever sport he plays I play with him. We play soccer, baseball and practice martial arts together. I am concerned about gymnastics next year.

*KSI: Now let's talk shop! What is your current involvement in the industry, your niche market and where have you come from in your professional journey?*

JW: The community I grew up in had a large bodybuilding following mostly old timers like Red Lerrile and Boyer Coe. So as a teenager I fell in love with bodybuilding and started competing early on. I won the NPC Southern Louisiana and the bug was really starting to grow but instead of following bodybuilding and seeing how far I could go I joined the Marine Corps. After completing boot camp I was designated as the Platoon Fitness instructor. Being in the Military led me to a love for law enforcement where I once again was designated as the department Fitness Instructor and eventually police academy fitness instructor as well.

During that time period I would train close to 100 recruits per academy (3per year) and just under 300 officers on my department. Initially, everyone became a bodybuilder. I was young and attributed the improved performance to all of the great looking physiques and not just god given ability. Looking back on a performance level I sucked. I did begin to think I could do better and realizing that just because everyone looked really good it didn't actually have anything to do with their performance.

I started taking college courses and joined NSCA and ACSM. My department was very generous and paid for me to travel and take training courses with anyone that was willing to pass on information that the law enforcement community could put to use To name a few Paul others, Charles others, Vern Gambetta, US Olympic Weightlifting Coach Jim Schmitz, Carlos Santana...the list goes on to many more. I was hungry for knowledge and thought all of these college educated folks with lots of initials after their names would set me on the right path. During my quest to find ways to help my officers get fit for duty and stay injury free I followed the way of NSCA which was predominately Strength training with little to no real knowledge base in the other qualities (Speed, Endurance, Flexibility). So as I studied under various coaches I continued to train 100's of law enforcement officers with little success in achieving what I thought was possible through training following the methods I had read up on from the big names. I always assume I just wasn't as smart as these coach's because I couldn't reproduce the results they were receiving without have to make adjustments to individual programs to achieve similar often better results. I assume the results were either just luck or the officer's GOD giving talent. At one point I even

considering resigning my position because I didn't feel I was the right person for the job.

Then two things happened that changed my opinion. In one of the many resource materials I was studying the name Ian King appeared. I looked him up and emailed him a few times asking if he had any books or tapes (VHS) before the days of DVD. Coach King was even kind enough to follow up with a phone call. I purchased his 12th copy of "Get Buffed" in 1999. When I received the book I was floored. It was exactly what I was looking for. No other resource I had (which at the time there were many) was so thorough and thought provoking. I was so excited I again contacted Ian and order what was at the time called the "Total Package" every thing he had published - books, tapes, articles,... I wanted it. My training has never been the same and I have never looked back. It took me finding Coach King and his info to realize the whole training process is not an exact science. There is a lot of input from the person your training and trial and error to find an appropriate solution. It has been a hell of a journey and I definitely look at things through a different set of lens now.

*KSI: So tell us - what are your thoughts about the KSI Level 1 Course now you have finished?*

JW: I think the KSI Level 1 Course is a great primer into the KSI Way of training. It covers all aspects of designing a comprehensive strength program which thanks to the US is probably one of the most popular forms of training. I would go a step further and say it is also the most misunderstood. Strength training has become the lets see who can withstand the most punishment program.

Level 1 helps to get you on track in your training by teaching you to align your training with your goals instead of just performing some random trashing of your body. Some of my favorite lessons seemed to have nothing to do with training at all or at least that's what I thought at first. Lessons on Equipment, Philosophy, and Sayings to name a few will blow your mind on how much influence they have on the way you train or think about training. I will admit when I first saw the chapter titles I was somewhat disappointed and could not imagine what if anything these chapters would have to do with helping me design better programs. The depth of knowledge presented in the materials is second to none that I have seen and believe me I have seen many and my law enforcement background does not help my scepticism of most presenters materials. Ian is one of only a handful of individuals I trust to put out quality fact filled info. In other words he wont embellish and make up a bunch of Bull\$#@ to sell more product to me.

*KSI: What were the main challenges, frustrations or questions you had prior to registering for the KSI Level 1 Course?*

JW: My challenges in training remains that there are many great fitness marketers in the industry. Each one of them promise the world and makes it seem like if you just buy or follow their program you will be better because of it. I train police officers at the direction of someone above me. At times I have free reign to do as I will and on other occasions I have to follow recommendations given to me by others. So if someone above me in rank watch's a CrossFit commercial and thinks we could benefit from something like that we could easily be heading in that direction at least until I

can show a decrease in performance or injury rate increase.

*KSI: What specifically triggered you to get going with the KSI Level 1 Course?*

JW: I signed up for level 1 because I had a few weeks off and was familiar with KSI's materials. I knew how in the past the materials were so fascinating to me it would draw me in so I wanted to make sure I had plenty of time.

*KSI: Where did you first learn about the KSI Level 1 Legacy Course and what were your thoughts about the course before starting?*

JW: I received an email about the Legacy Level 1 after I completed the "Get Buffed" program. The "Get Buffed" program was so much more than I thought it would be considering I own all of the range of products I couldn't wait to start Legacy since it was going to go way deeper than "Get Buffed" course did.

*KSI: Did your perception of the KSI Level 1 Legacy Course change once you got into the course?*

JW: Absolutely not. The course was everything I thought it would be and more.

*KSI: What was your favourite part of the course?*

JW: One of my favorite parts of the course was learning how powerfully seemingly unrelated topics can affect your thoughts on program design. The lessons on sayings and philosophies were surprisingly interesting to me.

*KSI: How has the KSI Level 1 Legacy Course changed the way you think, coach and the results you are getting?*

JW: Level 1 has given me many examples that I have been able to use with officers to change their thinking about how training should look. I explain how a saying such as "Go hard or go home!" can absolutely ruin a workout session for someone when the mentality is complete the set/reps at all cost regardless of technique failure, fatigue, etc... It has really sunk in with a lot of people. It's absolutely surprising how the lesson I initially thought the least of has been one of the most powerful when it has come to helping my client's make change.

*KSI: What do /would you tell others who may be considering doing the course?*

JW: I tell everyone that is interested in learning how to write great strength programs there is no better course to start with then Level 1. Ian is an outstanding coach, a wealth of knowledge, and openly shares information that others guard with their life. I also remind them it's only the tip of the ice berg as far as learning the KSI way.

*KSI: What do you see as the major challenges facing the profession/industry?*

JW: The biggest challenge for our industry is finding factual training info. The fitness industry is plagued with bullshitters that have become the best trainers in the world thanks to marketing. I have always said that if a trainer/coach is constantly marketing

and posting on Facebook it should be a clue he is not training clients. If you manage to get past the internet guru's now you have to battle past the equipment vendors, manufacturers, producers, etc... I would hate to be entering the fitness industry right now because there is so little useful information being put out. Most people putting out info and speaking the loudest are only out to take more of your dollars and put it in their pockets. It's an unfortunate time for the industry. I can only imagine how long and how much money someone new to the industry will have to go through until they come across KSI or something similar. It will take someone with an open mind to be able to sift past the bullshit and truly thrive in this industry now that we are faced with so many challenges.

*KSI: What have you found different and/or unique about the KSI way?*

JW: What I like most about KSI is that I am led towards finding my own answers and not given an answer that may or may not be useful to me.

*KSI: What final advice would you give someone starting out on their professional educational journey with KSI?*

JW: If you are new to KSI don't be overwhelmed. It can be easy at first because so many of your ways of thinking will be challenged even down to your word selection.

*KSI: Thanks for your time and look forward to seeing you move into the next level of the KSI Coaching Program!*

JW: I'm in Level 2 as I type.

*KSI: Thanks for taking the time to participate and contribute through this 'interview'! We look forward to sharing your story with others on a similar path in the near future! We really trust you took massive value and benefits from your participation in this course and we look forward to seeing you in the next course, Level 2 Foundations Course!*

[Start your KSI coach education journey here](#)

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## **5. KSI University Question**

Hi, Just a few quick questions about the KSI Level 1 Legacy Theory Course which I intend to enroll in shortly.... Is all the material "online" or can it be downloaded and studied without an internet connection (my connection in my home isn't very quick or reliable unfortunately... my work one is far better)... Also it states that it takes approx "6 months or less to complete the course. you set the pace"... Could you just explain how this is the case...i.e. what tasks, tests or milestones have to be achieved/completed in order to complete the course/ how is "Completion" of the course determined. Many thanks –xxxx

*Xxxx – very happy to answer your questions, Apologies for any challenges finding our*

*email address. Yes, all of the L1 course is delivered online. This is the intent of the L1 and 2 – to make them accessible and stand alone, to anyone anywhere in the world, provided they have internet connection. It can all be downloaded and studied off line also. Course progression involves taking a very simple online quick, typically 5 mins, per unit. Upon successful completion of the quiz, you are provided the access code to the next unit. If you don't pass the quiz, you get to repeat it until you do. This is how you control the pace at which you complete the course. Some go fast, some go slow. We recommend a pace that allows you to absorb the content. Trust this helps and look forward to seeing in and completing the course! --Teresa and Ian King*

[Start your KSI coach education journey here](#)

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## **6. Ask the Master Q & A**

### Dealing with Overtraining

Q. What do you recommend to do when overtraining happens? How long to rest and not to train? I know one of coaches (don't want to mention his name publicly) taking overtraining to advantage in his program to rest for five days and actually it raise testosterone in body and trainee become stronger and add muscle --xxxx

A. Xxxx - *the only way you can answer that is if you monitor your recovery, otherwise it'll stay an academic discussion with no real-world application. first step is to identify you've made a mistake, get it fixed and then most importantly not repeat it. i cannot comment on the believe you share at the end as i don't know specifics, but you seem to accept it as a fact so there is no good in me sharing my view on it. --Ian King*

[Want more? Order 'Ask the Master - An Anthology of Q & A's by Ian King](#)

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## **7. Book of Muscle**

### Should I repeat a stage?

In theory I just finished beginners stage 3 15-17. I say in theory because my squats weren't good - no depth. I have finally got that sorted with an extra warm up set of prisoner squats and by backing off the weight. Form and tempo are now okay. Now I just need to slowly increase the weight. My question is, is it alright to do this by repeating this stage? I know variety is one of Ian's key ideas. I am 60 and getting used to ROM problems. Thanks --xxxx

Xxxx- *as you have mentioned, you probably can benefit from more ROM, which can be achieved with more flexibility training. With the increase of flexibility, you will be able to push yourself further - loading. Hence, you can definitely repeat the stage, especially if you feel that you still can improve from it. Hope this helps. Any further question, just ask.--Ian King*

The Book of Muscle Face book page

[http://www.facebook.com/browse/adminded\\_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932](http://www.facebook.com/browse/adminded_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932)

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## 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](mailto: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\*

\*10<sup>th</sup> year celebrations in this location

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

Email [question@kingsports.net](mailto:question@kingsports.net) 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...”*

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## 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>

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## 10. KSI Global Network

### Athlete Training Facilities

- Brisbane, Qld, Australia

- Cape Cod, MA, USA
- Gold Coast, Qld, 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)
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## **11. Your Say**

### KSI client feedback

Hey Ian, not sure if you remember me from back in 1993/94 - testing your memory here!! I was the kid who got a scholarship from Brisbane Basketball to be the first woman to dunk it in a game. I would come to Toowong and Ballymore to train with you and the Bullets. Then Bris bball didn't pay their bills so we had to finish up the training. I increased my hops in the time I was with you - an awesome experience - thank you. Does that ring a bell?!

Well I wanted to touch base and say hi, and congrats on all your success. I went on to play volleyball in the 2000 Olympics. I'm now the co-founder of the fitness industry's largest online event - World Fitness Business Owners Summit (WFBOS).  
[www.wfbos.com](http://www.wfbos.com) Cheers Ian, and look forward to hearing from you. --xxxx

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## **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 [feedback@kingsports.net](mailto:feedback@kingsports.net)  
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