



The Between Sets Newsletter
The KSI Newsletter
No. 135, Sep 2014

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We trust you enjoy this issue of the KSI newsletter! If you would like a friend to receive future newsletter, share this link with them!

<http://www.1shoppingcart.com/app/join.asp?merchantid=197081>

Ian King, on behalf of Team KSI

1. KSI Nov-Dec North American Seminar Series

There are going to be first-time offered opportunities during Nov-Dec 2014 that may serve your needs. Here are some insights into them.

Get Buffed!™ Training Camp – For the first time ever we are offering a limited number of places to spend 3 days in a full-time environment with KSI coaches educating and training you in pursuit of your size, strength, shape and body composition. Wed – Fri 19 – 21 Nov 2014, Cape Cod MA USA.

Listen to this audio re the Get Buffed!™ Training Camp: <http://bit.ly/getbuffedcamp2014>

Learn more: <http://kingsports.net/ksi/seminars.htm>

KSI Coach Level 1 – For the first time ever we are offering live presentations in addition to all the online resources. These opportunities exist in Toronto Sat-Sun 29-30 Nov and Los Angeles 13-14 Dec 2014. Additionally if you have completed or are currently in the L1 now, and would like to attend, contact us for current/past student/graduate discount. Learn more: <http://kingsports.net/ksi/seminars.htm>

KSI Coach Level 3 – For the first time ever offered in North American outside of our annual Park City event, the Level 3 is being offered in our US headquarter training facility between . Wed – Fri 19 – 21 Nov 2014,. Learn more: <http://kingsports.net/ksi/seminars.htm>

Coaching Mastery Course – Offered for only the second time ever in North American, this 2 day workshop is aimed at sports coaches in all sports, all ages, any level, as well as physical prep coaches, who wish to make massive improvements to the way they coach the athlete. This is one of those rare opportunities to be taught the ‘art of coaching’ . Sat – Sun 22 – 23 Nov 2014, Cape Cod MA USA. Learn more: <http://kingsports.net/ksi/seminars.htm>

San Francisco, Reno, Park City and other locations – Additionally during Nov-Dec 2014 we will be conducting 1 day and evening seminars in a number of locations. . Learn more: <http://kingsports.net/ksi/seminars.htm>

Ian King

2. Articles by Ian King – Over 30 years of athlete and coach education

We’re collating articles and similar that Ian has written over the last 30 plus years, and some of them are now available at the link below. Hundreds are articles, presentations, editorials, Q & As and similar. This collection will continue to grow as we collate more of these works. If you know of an article or similar that is not listed, please email us at feedback@kingsports.net.

See all KSI Interviews <http://www.kingsports.net/ksi/articles.htm>

3. The KSI Huddle #13 – Live athlete & coach Q&A

KSI Huddle #13 – Athlete & coach live Q & A

Listen here: <http://bit.ly/1ufpCcs>

The KSI Huddle is a live discussion between KSI Coaches and clients on topics relevant to our purpose of training athletes and educating coaches.

For a full list of all KSI Huddles, click here:

<http://www.kingsports.net/ksi/huddle.htm>

<https://www.facebook.com/ksihuddle>

Hi Ian, Thanks for organising and sharing your weekly huddles. While I'm more interested in your get buffed work than anything, I still find key take aways from each of the huddles, even ones that are primarily focused on training athletes. I really appreciate you and your team sharing your vast knowledge with the public.

--Jamie, USA

Dear Mr and Mrs King, I have just listened to your audio book with your experts and I really cannot thank you enough, it really opened my mind to the different ways of thinking and I value every comment you and your experts made.

--David, UK

4. Ask the Master

I want to know what kind of muscle gain you've seen on authentically natural athletes

Hi Ian, Thanks for organising and sharing your weekly huddles. While I'm more interested in your get buffed work than anything, I still find key take aways from each of the huddles, even ones that are primarily focused on training athletes. I really appreciate you and your team sharing your vast knowledge with the public. I have a question which I'd love your insights on. Maybe you've touched on this in an article or something...

I want to know what kind of muscle gain you've seen on authentically natural athletes and what typical gains can be expected, provided training, nutrition and recovery is in check (I know this is somewhat individual but generally speaking). I think bogus claims/embellishment over the Internet and drug use has completely skewed perceptions of what is achievable for the average person. It's enough that an average trainee may become disillusioned even if they're doing exceptionally well (not that I am disillusioned, I love training, but im sick of hearing johnny roidhead @ 175cm 100kg 5% bf claiming he achieved that naturally after 2 years of training). Do you have any existing information about this or would you consider addressing it in an upcoming huddle? Respectfully.--Jamie.

Thanks for expressing your gratitude for our weekly Huddles! Great to hear you are willing to sift through the content to find the specifics of your particular interest, getting buffed! Your question is phrased really well – authentically natural athletes. As you know the term 'natural' and 'drug-free' are not only overused, but plainly misleadingly used. My coaching career has been working with clean athletes for over 99% of the time, so everything I teach is not only aimed at the drug-free athletes, but based on my training conclusions training this sub-sector.

My goal is for the athlete to achieve levels that allow them not only to compete against drug-using athletes, but beat them. Now this may not be possible in all sports or disciplines, however for the most part the limiting factor is the patience, determination and wisdom of the training.

I have very clear expectations of what is possible and it is a lot higher than what most people reach.—Ian King

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

5. Your Say

A focusing of the lens of your actual contributions that appear elsewhere.

Coach King, thanks for checking in. I've read a lot of your material prior to taking the course and am finding a nice review of some of that but also a focusing of the lens of your actual contributions that appear elsewhere. They are easy to spot and remember. It's illuminating and worthwhile, and I look forward to completing the course...and Level 2 in the near future should all go well. Thanks again. Best--Scott

6. Athlete preparation

What is your opinion on vertical leap?

Hi Ian, just curious what is your opinion on the vertical leap. Many stipulate it could be a matter of perspective that defines ones skill. I've seen a lot of links between animals that jump very high and they have very good skeletal structures but varied muscle fibre types. Do you believe most of the power generated by the muscles is always a need over a want?
--Evan

In the context of your question, the vertical leap I find is an indication of explosive power, but definitely not skill. Having said that, explosive athletes appear to be advantaged in relevant sports and some conclude this means skill. You can learn more with my articles on vertical jump (such as 'White Men Can Jump - <http://kingsports.net/ksi/articles.htm>) and my book on the stretching shorting 'Understanding Plyometrics'
<http://kingsports.net/Coach/books/menu.htm>

--Ian King

7. Coach education – The KSI Way

Just wanted to thank you again for taking the time to come on the podcast. It was really an insightful learning experience for me as I'm sure it will be for the listeners.

Here's a link to the final product:

<http://wellroundedathlete.net/010-ian-king-podcast/>

Or if you prefer, a direct link to the podcast in iTunes:

<https://itunes.apple.com/us/podcast/move-smart-podcast-movement/id887702437>

I've included a plug for the KSI annual convention both in the beginning and end of the podcast, and I appreciate you generous coupon for it. I hope to make the trip to Park City if I can make the time in my schedule.

In the mean time, I'm really looking forward digging into the Legacy book when it arrives and I'm considering signing up for the level 1 KSI coaching program in the mean time...I'm hungry to learn more! Cheers,

--Justin

Thanks Justin. It was great working with you, I liked your organization and your clarity, as well as your content.

Appreciate your plugs re the event and look forward to you stepping into the opportunities in our seminars and coach education. You will be exposed to coach education where the quality of the teachings and the competence the student develops confirm why we lead the world in physical and athletic preparation.

--Ian King

Hi Ian, I just received your Legacy book and I'm extremely excited to start digging into it. I wanted to thank you again for generously sending Sean and I such a great gift - it means a lot.

I can't wait to learn more and do what I can your help spread your message. Cheers,

--Justin

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

8. Get Buffed!™ Q&A

[Jerry Brainum has started his own newsletter](#)

Hi All, My good friend Jerry Brainum who some of you are familiar with as you have either had the good fortune to attend one of his seminars or you have had a private consultation with him, has just started his own news letter. He is by far the most knowledgeable guy that I have met in terms of nutrition supplementation. If you are interested in learning more about supplementation and have any unanswered questions, I encourage you to check out his news letter you can visit his website at www.appliedmetabolics.com You won't be disappointed. There is not a question he cannot answer in this subject.

I have worked extensively with Jerry over the years and he has been responsible for all the nutritional/supplementation plans that have been devised for the professional boxers and athletes we have trained over the years. Yours in health,

--Jon Jon Park

[Follow Get Buffed!™ on Face book](#)

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

9. Book of Muscle Q&A

[How should I do the chin-ups, because I am unable to do 2x10 chinups](#)

I start soon intermediate stage 2 from the Book of Muscle. I would like to ask that how should I do the chin-ups, because I am unable to do 2x10 chinups. Do you prefer assisted chin-up machine, lat pulldowns or resistance band assisted chin-ups? Thanks for help! --
Janne Halmetoja

Do the number of chins you can, then do the balance of reps on the lat pulldown bar in the same way. Avoid the assisted chin machine at this stage, ideally you will be able to increase

the number of reps you can do in the chins over the weeks. if not, a new strategy should be implemented .—Ian King

[Book of Muscle Face book Page](#)

The Book of Muscle was the first book I ever used to increase my athletic performance. And, looking at what I have learned over the past decade of movement, I wanted to write you and say thanks for the world-class information and ideas you teach and spread through your work. I'm still surprised at how something as simple as incorporating temp in movements could have had such a dramatic impact on my and my client's performance. Book of Muscle really influenced my own practice immensely and it's inspiring to see someone with deep theory AND practice.--Sean, USA

10. 2014 KSI Seminars

The months of Nov-Dec offer some never-before-offered opportunities! Check them out below:

Date	Event	Location	Times	
17-21 Nov 2014 M-F	KSI Level 5	Cape Cod, MA USA	6a-12p	SOLD OUT
19-21 Nov 2014 W-F	Get Buffed!™ Camp	Cape Cod, MA USA	6a-12p	
19-21 Nov 2014 W-F	KSI Level 3	Cape Cod, MA USA	8a-6p	
21 Nov 2014 Fri	Child 2 Champion	Cape Cod, MA USA	7.30-9.30p	
22-23 Nov 2014 S-S	Coaching Mastery	Cape Cod, MA USA	9a-5p	
29-30 Nov 2014 S-S	KSI Level 1	Toronto ONT CAN	9a-5p	
6 Dec 2014 Sat	tbc	San Fran CA USA	9a-5p	
7 Dec 2014 Sun	tbc	Reno NV USA	9a-5p	
13-14 Dec 2014 S-S	KSI Level 1	Los Angeles CA USA	9a-5p	
20 Dec 2014 Sat	tbc	Park City UT USA	9a-5p	
21 Dec 2014 Sun	tbc	Park City UT USA	9a-5p	

Register / More info - <http://www.kingsports.net/ksi/seminars.htm>

I'm going to make a point of attending the next time or even in the UK.....like Ian's philosophies and ability to critically think....not too common these days!! Also I'm a big fan of the more holistic approach to performance and coaching the person rather than the player. Chat soon.—PC

12. KSI Global Network

I have completed this course and I am very impressed with the contents especially the topics that involved planning a training and injury prevention. As a soft tissue therapist/personal trainer, I have witnessed many of my clients who went through poorly planned training and ended up with muscular imbalances. The methods prescribed in the course were easy to implement and my clients were surprised with the results too. The course was also presented in a way that a lot of common sense was involved which clicks with my personal philosophies as well. I will definitely be signing up for the level 2 cert to improve myself as a therapist and a personal trainer. --Chee (Singapore)

Hello All, I have just finished the Legacy Course. I was very impressed with the materials and how they relate to my personal training and also to my coaching of athletes. Particularly useful for me was the injury prevention and the technique before loading information. I realize now that my own training and some of my coaching techniques were not optimal in achieving the desired results. I am looking forward to continuing on to the next level in the KSI training.--Phil, USA

Hi Ian, Hope all is good with you and that you are enjoying continued success. My name is Paul and I recently completed the KSI Legacy 1. I found it a most rewarding and enjoyable course. It helped me join some of the many dots that existed after 10 years of reading and studying a variety of things health and fitness, I intend to undertake Level 2 in the near future.—Paul

Join the KSI Global Network of Coaches – the original global network of physical preparation coaches!

[Learn more: http://www.kingsports.net/Coach/courses/menu.htm](http://www.kingsports.net/Coach/courses/menu.htm)
