



**The Between Sets Newsletter**  
**The KSI Newsletter**  
No. 136, Oct 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

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### **1. KSI Nov-Dec North American Seminar Series Update**

We are excited to meet those who have registered to join us at one or more of the events during the KSI Nov-Dec North American tour!

**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>

Read what [www.charliefrancis.com](http://www.charliefrancis.com) has to say about this event: [bit.ly/charliefrancis](http://bit.ly/charliefrancis)

**KSI Coach Level 3** – For the first time ever offered in North America 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 America, 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

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## 2. Latest e-videos available for athlete and coach education

You can find a massive library of unique and original electronically delivered videos at The KSI E-Video Library: <http://subscriptions.viddler.com/kingsports>

And we have just added the following videos:

Level 1 KSI Coach and above access:

- Optimal Athletic Preparation – Auckland, NZ, 31 Oct 2014
- Money & the Physical Preparation Coach - Auckland, NZ, 31 Oct 2014
- Optimal Athletic Preparation – Melbourne, AU, 6 Nov 2014
- Money & the Physical Preparation Coach - Melbourne, AU, 6 Nov 2014

Level 4 KSI Coach and above access

- Insights into the KSI Coaching Program
- The Art of Communication

Any questions? Email [question@kingsports.net](mailto:question@kingsports.net).

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## 3. Ask the Master

[My article's name is 'Stretching is King'](#)

Hi Ian, I have written an article based on the interview that you did with John Meadows and Shelby Starnes about stretching. It summarizes the things you talked about and I give my own take on parts of it. I just want to thank you for bringing this to my attention as it's not something I had ever previously considered in my training, but now I do. If you fancy taking a look its here: <https://www.facebook.com/pages/Paul-Hayes-Powerlifting/536020846487579>

--Paul

*Paul - if you want to give me the current url (could not find it) I'd like to share it with others if appropriate, thanks, and again apologies for not seeing this earlier (we get smacked by so many different forms of communication tough to keep up!)*

--Ian King

Ian I'd be honoured. I hope I've translated the messages correctly. My article's name is 'Stretching is King' I'm a primary school teacher and I've hopes of one day moving my learning on strength and conditioning education into the real world. I've trained for over 10 years myself and helped to coach friends during this time but as you say, and as I know from my current job, 'learning is doing' and in some capacity, whilst raring two children and holding down other obligations, this is my passion, education and teaching. I've done my best to read and watch everything you've done so far and the honest of your information is what is different to those who attach it to a sales or marketing ploy and it is tangible the passion you have. So like I say it's an honour. Thanks. Part 1 <https://dank.facebook.com/536020846487579/photos/pb.536020846487579.-2207520000.1395985026./553231818099815/?type=1> Part 2 <https://m.facebook.com/536020846487579/photos/a.546284098794587.1073741829.536020846487579/557198894369774/?type=1&refid=17>

--Paul

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

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#### **4. Your Say**

Your skills and credibility were a tremendous help

Hello Ian, Just a quick thank you from me too, for your time and expertise with the [professional sporting team] this morning. Your skills and credibility were a tremendous help and we all appreciate your support very much. Kind regards

--Jo

The 12 week program really was the kick starter

The 12 week program really was the kick starter. I have since, even through a very busy year of travel and work, been able to reduce weight by another 6 kilos (down to 123kg for 139kg before Reset) with the help of not so regular gym work, but mainly due to the supplements combined with a healthy diet. These weights allow for "not so good" eating or disruptive eating due to international travel but are being maintained.

--David

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#### **5. Athlete preparation**

Fighting for the world title in a couple of weeks!

Hey Ian ... xxxx wanted me to let you know that xxx is fighting for the world title in a couple

of weeks!! xxx is in Mexico now - he will be back end of November. He is LOVING your programme. See you this weekend.

--xxxx

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## 6. Coach education – The KSI Way

Would like to see if there are any opportunities for me to share my experience as an elite athlete and experienced coach

Dear Sir/Madam, I'm writing with interest in your company and would like to see if there are any opportunities for me to share my experience as an elite athlete and experienced coach. I have been coached and mentored by xxxx, ex-Olympic running and senior xxx coach. He has led me to win multiple xxxx and xxx Championships as well as place 4th and 6th in the world championships. In addition, I have lived and worked in the xxxx, where I received an athletics scholarship at xxxx, and during which time I was awarded 10 xxxx awards, won the xxxx in 2005 and am currently listed in the schools top ten fastest times for xxx. I have been fortunate enough to have been able to live and work in the UK, USA, Sweden and now Finland - I think that having this international experience makes me a much more open-minded coach! I have also been able to perform quite well academically in the field of sports science and sports coaching. Please see the following - - HNC in sports coaching and development - BA in sports science - MSc in sports coaching - UK level 2 athletics coach. If interested in my expertise. I can offer the following services - - an analysis of coaching behavior and athlete motivation - a tool for coaches to share the coaching role and to learn from each other - a detailed report is included - performance profiling - an analysis of the athlete and coaches strengths and weaknesses - the coach and athlete support each other in deciding how to move forward after they have identified performance factors. - group training programs for helping people of mixed abilities exercise at the same time without feeling left out. - a two days intensive course in coaching - international coaching seminars and training camps - with my connections in xxxx e.g. coaches in various sports and also in business. Please let me know if this interests you at all. Sincerely, xxxx

*xxxx– thank you for your email and congratulations on a great sporting career. Our approach to athlete preparation is to develop our own coaches through our coaching program. The only coaches who get access to our athletes are those who have reached the higher levels of the KSI coach education program. This program is open to anyone to enter. This is our preferred approach after trial and error in this process during the last 30 +years of coaching and educating coaches. That means we have made many mistakes and learnt a lot by engaging of non-KSI trained coaches. I trust this answers your question.*

*Thanks*

--Ian King

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

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## 7. Get Buffed!™ Q&A

### Jon Jon Park speaks on muscle maturity

Jon Jon, My name is Steve. I am a former powerlifter who is considering making a move to either Olympic Weightlifting or Bodybuilding. I am 33 years old, but I am confused about when an athlete peaks. I have been told that muscle maturity peaks in your early forties. But does muscle maturity equal peak strength? I imagine that I will have to be incredibly strong to make up for any explosiveness I may lose with age. Do you believe that strength athlete can peak in his early forties? Just out of curiosity, what about endurance? Regards,  
--Steve

*Re endurance that can last longer again there are many determining factors for all of the above. It depends on all that I mentioned earlier and life style I.E sleep and nutrition. Taking all these factors into*

*consideration, yes I do believe that an athlete can peak in strength in their early forties especially if they haven't done high intensity strength training in the past until their late thirties I.E it is a relatively new discipline then they can only improve in strength as they get more consistent training time under their belt. I hope that this has answered your questions. Yours in health,*

--Jon Jon Park

Son of the Legend, Reg Park

[Follow Get Buffed!™ on Face book](#)

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

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## 8. Book of Muscle Q&A

### I was diagnosed with a spondylolisthesis

I sincerely hope that you will have a chance to respond to my question. I was diagnosed with a spondylolisthesis Grade 1 at the L5-L4. I have been using your Book Of Muscle and was using it at the time (performing hang above knee deadlifts) when my back gave me the severe pain the first time around and so I went and got an MRI and that's when they found the injury (if it was old or new they weren't sure). Anyways my question comes down to this... are there any exercises that you would recommend I not perform out of the book? I decided to start all over from the beginning... so far feeling pretty well. I'm doing weeks 8-10 now and I see that you have me doing prone thigh extensions I believe they were called (the ones where I lay face down and lift my lower body), that one I was sort of worried about doing... and furthermore, do you recommend something entirely different? another book or workout routine? I hope you have time to respond I don't want to further hurt myself or hinder healing... I know there must be some course of action but doctors aren't much help.  
--William

*William – thanks for your email. If you have read my works I am an advocate of*

*individualized training programs i.e. programs that are prepared by a competent professional that reflect an individuals needs and challenges. The BOM is a generic program and this breaches this concept. I have dedicated considerable time and effort to explaining why I have produced and published the few generic programs that I have, and how I have not fully enjoyed the experience.*

*Your experience is an example of why I believe programs should be individualized. It's great that you are asking questions. You have more than enough evidence that you need a program designed for you and your unique, specific needs, challenges and goals.*

*On this basis I would not recommend any exercises that you 'can' or 'should not' do. I don't want you to hurt yourself either, which is why I am recommending you receive the appropriate individualized program from a suitably qualified person. I teach my KSI coaching program for this very reason – that there are more coaches out there trained to the level of rare competence needed to individualize a safe and effective program.*

*I trust you can effectively learn from your recent experiences and make decisions that are best for you, that allow you to avoid this and any other injury.*

*--Ian King*

I do thank you so much for your time and detailed message. I will take your advice to heart. I also want to add that I love the book and I do still use it as of lately. I experienced great results and the information in the book was great and everyone should know this foundation information... I felt I was doing it right for once. I also very much enjoyed learning the various change ups and varying workouts to keep things fun and effective for gains and strength etc..

I will definitely take your advice and get a personalized plan/trainer when I move to the Seattle area soon! I can't wait! Thanks again!

--William

### [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*

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## **9. 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	<a href="#">KSI Level 5</a>	Cape Cod, MA USA	6a-12p	<b>SOLD OUT</b>
19-21 Nov 2014 W-F	<a href="#">Get Buffed!™ Camp</a>	Cape Cod, MA USA	6a-12p	
19-21 Nov 2014 W-F	<a href="#">KSI Level 3</a>	Cape Cod, MA USA	8a-6p	
21 Nov 2014 Fri	<a href="#">Child 2 Champion</a>	Cape Cod, MA USA	7.30-9.30p	
22-23 Nov 2014 S-S	<a href="#">Coaching Mastery</a>	Cape Cod, MA USA	9a-5p	
29-30 Nov 2014 S-S	<a href="#">KSI Level 1</a>	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	<a href="#">KSI Level 1</a>	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*

## **10. Strength coaches and personal trainers create an additional income stream**

Thank you for the great guidance you offer every day/week of the year

Hi Ian, Teresa & Mitchell, I would like to thank you for the great guidance you offer every day/week of the year. I've learnt & changed a lot during the first 2 years with DTI and I'm confident that the best is yet to come. At this moment I rank number 15 in the European top 25 PC enrollers and again number 15 in the top 25 growth in Europe (see below). Looking forward to continuing this amazing journey with the DTI! Best wishes,  
-- David

## **11. 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 are 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)

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