



**The Between Sets Newsletter ☒The KSI Newsletter ☒No. 137, Nov-Dec
2014**

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In this issue

We begin with a quick wrap on our recent 2 month North American Tour. We then give you a rare insight into the type of content that has been loaded to the KSI E-video library during the last 2 months, almost exclusively for KSI Coaches.

We don't usually publish the content loaded for above Level 3, however we have made exception on this occasion because you deserve to know at least occasionally what is going on i.e. we do it, while many embellish or outright lie about their sports involvements – it's happening, and coaches within our program get exposed exclusively to it.

In the 'Ask the Master' section I deal with a dubious email. The sentiments in 'Your Say' are fortunately more genuine. The content in 'Athlete

Preparation' supports my hypothesis that the training world has lost the plot in relation to what is being done to young athlete, and the scars can be lifelong. In the Get Buffed! section we acknowledge the 7th anniversary of the passing of the great Rag Park. And in the Book of Muscle section we give further clarity to a point raised by a reader.

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 Wrap

As you know we spend Nov and Dec 2014 touring North America – US and Canada. We presented in 7 different locations and worked with athletes in individual consultations, large groups in seminars, and small groups in higher level workshop settings. We appreciate all the venue hosts who supported the tour, as well as the seminar attendees who joined the seminars.

As an added bonus most of the services (seminars, workshops and individual athlete consults) were recorded and shared at the appropriate level at the KSI E-Video Library at

<http://subscriptions.viddler.com/kingsports> within the KSI Coach Education LST.

We have plans for events in 2015 that will surpass all previous events, and we'll share them in upcoming releases. For those in the KSI Coaching Program get your current course complete so you can take advantage of some of these planned

events! <http://www.kingsports.net/Coach/courses/menu.htm>

Ian King

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:

- Level 1 Live Toronto 29-30 Nov 2014
- Level 1 Live Los Angeles 13-14 Dec 2014
- Stepping up for success - Sandwich MA USA, Wed 19 Nov 2014 (A presentation to high school athletes, coaches and parents)
- How to do the Olympic Lifts - MA USA Mon 17 Nov 2014'

Level 2 KSI Coach and above access:

- Child to Champion - Cape Cod Fri 21 Nov 2014

Level 3 KSI Coach and above access:

- Level 3 Course - Cape Cod 19- 21 Nov 2014
- Your Health, Your Life - Cape Cod Thu 20 Nov 2014

Level 4 KSI Coach and above access

- Coaching Mastery - Cape Cod Sat-Sun 22=23 Nov 2014

Level 5 KSI Coach and above access:

- Simultaneous speed coaching 2 diff sports - Cape Cod, MA The 20 Nov 2014
- Long Flex Session - Cape Cod Sat-Sun 22-23 Nov 2014
- Flex - High School flex, Reno, 6 Dec 2014
- Speed - High School speed, Reno, 6 Dec 2014
- Strength - High School strength, Reno, 6 Dec 2014

Level 6 KSI Coach and above access:

- Physical Assessment of A Talent Identified Soccer Player

Advanced Level 6 Coach and above access:

- Consult and Assessment with retired national level ski racer, Aug 2014, UT USA
- Consult with elite powerlifter, MA USA, Nov 2014
- Flex & Speed Training Session for Softball - 23 Nov 2014 Cape Cod MA USA
- W/lifting technical session with Masers Games Lifter -1 Dec 2014 Toronto ONT CA
- Assessment, Consult and Injury Rehab Session with 2016 Olympic Hopeful in Track & Field - 12 Dec 2014 Los Angeles USA

Level 7 KSI Coach and above access:

- Injury rehab - Pt 1, 2 and 3 - LA USA, Sat-Sun 13-14 Dec 2014
- Injury rehab – Bodybuilder’s Knee/quad - LA USA, Sat 13 Dec 2014

We don’t usually publish the content loaded for above Level 3, however we have made exception on this occasion because you deserve to know at least occasionally what is going on i.e. we do it, while many embellish or outright lie about their sports involvements – it’s happening, and coaches within our program get exposed exclusively to it.

However this exposure is limited to KSI Coaches involved in the Learning Support (LST) program. If you are not in the KSI Coaching Program, or joined the KSI program before the introduction of the LST program and would like to learn more, email us at question@kingsports.net.

3. Ask the Master

Wondering what your personal thoughts are on T Nation?

Hey Ian, I'm a big fan of your work and was wondering what your personal thoughts are on T Nation. I know you wrote many articles for years for the website, and have noticed that they seem to only print articles based on strength training and hypertrophy. You've mentioned in the past America has a tendency to do this, while neglecting other qualities. Do you think T nation is a quality website to gather info, and is it really the greatest strength and performance website ever created (as it's been crowned since 1998).--Bill

T nation has achieved a lot of great things and that needs to be credited and I wrote for it for about 7 years. I no longer do. It is as you have noted a narrow focused vehicle on subject and writers. Should you be looking to garner your information from this web vehicle? Well I can recommend my articles.--lan King

NB. If I wasn't such a cynic...These kind of emails (no disrespect to Bill) make we wonder what the real intent of the question is and who is driving it....

I kept reading how it was like an 8 week program on t-nation and I can't find it!

Hi, There was an article written on T-mag way back called " Heavy Metal". Any chance we can get it loaded on the site with the others? Thank you, --Jordan

Jordan - great point! From memory we believe it was a series of Q & A, rather than an article. Does this ring familiar with you?--lan King

I kept reading how it was like an 8 week program on t-nation and I can't find it! Maybe I am off. Do you have any free complete programs available? I have your Get Buffed and Book of Muscle. Huge fan! Thanks, --Jordan

There are heaps of programs free in online articles ñ have you checked out all the possibilities here?

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

<http://www.kingsports.net/GetBuffed/articles/menu.htm>

--lan King

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

4. Your Say

Words cannot describe the transformational growth I have experienced over the past week of professional and business training with you

Hi Ian, Thank you so much for your expertise, wisdom, guidance, accountability, pure honesty, compassion and strength. Words cannot describe the transformational growth I have experienced over the past week of professional and business training with you. It goes far beyond the classroom and has given me the valuable tools and skills that will change my future as an athlete preparation coach and also as a business person. My eyes are open wider, my ears listen more intently and my desire to always keep learning and growing is stronger than ever. Thank you for all of it. And I would be honored to follow the 18 KSI points. Thanks so much. Sincerely,

--Kristen

5. Athlete Preparation

Offering a life-line to a young injured athlete

I recently heard about a young athlete, 24 years of age, who was in so much pain from his high school sports training we was struggling to hold down a job. He had already had back surgery and was heading towards a second surgery, hip surgery. I reached out and offered a consultation to see if I could help redirect his life. This is what followed...

Hi Ian, Sorry to do this to you but my back has flared up the last 2 days and hasn't gotten any better so I'm bed ridden at the moment out at my parents place so will have to do it another time possibly after my hip operation which is coming up. Sorry if I have caused you any inconvenience!--xxxx

xxxx – I am more concerned about you, embracing hip surgery at your age. I am not sure if you got the message from your in-laws, so I will make sure you hear it from me. Surgery is a choice and there are alternatives. I cannot

be more specific because I have not seen your body. I had hoped to share this verbally with you well in advance of your surgery date, however that was and is your choice. The main thing from my perspective is I shared this with you prior to you having another surgery. I understand that when someone offers to do something for nothing (i.e. Look at your body and comment in a one-off consult) it is usually valued at the price, which in this case is zero. When you were in high school, you were not fully responsible for all your decisions. You are now.--lan King

6. Coach education – The KSI Way

I am planning on seeing you at Park City in 2015!

Hi Coach King, thank you for the response. Yes, I am planning on seeing you at Park City in 2015. I will have Level 2 done by then. I am really learning so very much from you and I cannot tell you how much I appreciate all that you share. I look forward to Level 3 and beyond! --Scott

The 12th Annual International KSI Athlete & Coach Camp will be held between

Thursday 13th to Tuesday 18th 2015, Park City Utah – put it in your diary NOWs!

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

7. Get Buffed!™ Q&A

Sat 22 Nov 2014 marked the 7th year anniversary of the passing of Reg Park

Hi All, This coming Saturday the 22nd. Marks seven years since Reg passed, I know many of you were his former pupils and he inspired and influenced many of you. If you are planning on working out on Saturday, please remember Reg and workout in his honor.

Please see attached what is interesting is you will see in the photo of Reg

lifting a London cab back in the sixties, (it's a few inches of the road) that he is wearing his jacket and if you consider most of the weight of the cab is in the front of the car, it is quite a feat.

For those of you who live in LA, you are welcome to come into Legacy and have a workout on Saturday morning and perhaps join some of us regulars for a breakfast at Good Stuff next door.

Yours in health,--Jon Jon Park, Son of the Legend, Reg Park

[Follow Get Buffed!™ on Face book](#)

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

8. Book of Muscle Q&A

Wondering what you mean when you say 10-15 reps of pushup hold with a tempo of 311?

Hey Mr King. I have been following the book of muscle and I love it so far. But on the beginner program I am just wondering what you mean when you say 10-15 reps of pushup hold with a tempo of 311?--Mike

Mike - great to hear from you. If you can hold the pushup position do isometric holds of say 5 secs or more. if not, use the speed indicated in the book. I trust this helps! Have you seen our FB page dedicated to the BOM? You can post questions here also: <https://www.facebook.com/pages/Ian-King/352442794035>--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

9. 2015 KSI Seminars

To be released shortly!

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)

King Sports International

Suite 209, 1135 Terminal Way
Reno, NV
89502
US

question@kingsports.net

(775) 327-4550

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