



**The Between Sets Newsletter**  
**The KSI Newsletter**  
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**In this issue**

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. The education of the physical preparation coach**

Tommi – Ian King here. Your pace through L1 has been noted!

I wanted to touch base with you and see if I can help you make the most of the educational opportunity of our coach education. The L1 course units typically take about 3 months to go through, and whilst there is no right or wrong in completion times, I hope you are moving at a pace that allows optimal learning. The philosophy upon which the KSI education has been built on is one that learning is an experience, rather than a collecting of information. I trust you will move at a pace in any future KSI Courses where you will be able to apply and experience the information, creating the opportunity to develop unconscious competence.

If you have any questions re how to make the best use of the KSI way of coaching I invite you to email me. Thanks for choosing KSI for your coach education.

--Ian King

*Ian - I think part of the reason I moved through the course as fast as I did, other than that I was very interested in it, is that I have been reading your articles ever since they first came out in [testosterone.net](http://testosterone.net) (late 90s or early 2000s). I have also ordered my first KSI products*

*about ten years ago, I have the flexibility series on VHS. I just somehow got side-tracked by all the trends and was not ready to continue my KSI education then. So I had been exposed to a lot of the ideas presented in the course years ago. I will be reviewing the course material several times in the future and using the principles daily when working with athletes so that I can one day get to the level that is expected of a KSI coach. Thank You*

--Tommi

*PS. I feel like just learning the saying, xxxxx, and applying it correctly is worth the price of level 2 course all by itself. This is something I need to constantly remind myself of when training athletes.*

Tommi – great to hear your explanation and great to meet someone who has been around prior to the 2000s, and has a greater appreciation of the origin and history of the info contained in the Legacy course. Appreciate also your long-term support of KSI through product purchases. I would like to include in your next physical order a complimentary dvd of the Flex Training Series (remind me of this with your next order) as a thank you.

I see a maturity in you in acknowledging you were drawn to brighter lights and or louder vessels, and I trust you are successful in emptying your cup from these experiences if you found certain concepts and philosophies were not as valuable as you may have first believed.

I see you have stepped up to the L2 and I know you are going to gain value and be serviced well by the content, delivery methods and mentoring that occurs at this level, and more so as you move up through the KSI coaching program. Talk soon.

--Ian King

Ps. great to see you have picked up great value already in L2 with saying/concepts that I am releasing in these courses that have not been published in prior or any other publications.

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### **3. Ask the Master**

I am interested in getting started with the KSI program and learn more about it.

*Good Morning, I am interested in getting started with the KSI program and learn more about it. I like to purchase a book but not certain which one to purchase. Either Get Buffed or Legacy. I am a high school track coach and personal trainer as well. Which book is the better option to start off with. Any input would be greatly appreciated. Thank you.*

--Jeff

Jeff – thanks for your email. As a coach of athletes, I would recommend you start with the Legacy type content. I believe the KSI Level 1 course is the best option:

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

... but understand that you may not be familiar enough with my works to take that leap so the next best thing would be the Legacy book. I believe if every physical preparation and sports coach had and studied at least this book, the athletes world would be a far better place!

I will keep an eye out for your order, and if you have any other questions just ask!  
--Ian King

I would like to purchase more of your DVD's ... What are your recommendations?

*Good afternoon Ian, I just placed an order for the Get Buffed DVD course along with Get Buffed Book 3. I found the original Get Buffed & Book of Muscle at John King Books which is a huge bookstore in Detroit, Michigan and subsequently was able to get Buffed II on Amazon.*

*I would like to purchase more of your DVD's but cannot afford to get all three at this time. What are your recommendations if I was able to purchase just one or two at this time. Abdominal Training, Stretching, Control Drills. Those are the ones that I want to buy but which in your estimation should be the first purchase and/or the second purchase. Also - is there any chance to purchase Buffed IV? since I will have your other three books. I hope the New Year is going well for you and if you do a seminar in or near Detroit. I will be in attendance. Thank you. Your customer!*

--Jim

Jim – thanks for your email and order. Great to hear you are building your ‘Ian King’ library!

John King book store – sounds like they could be related! GB on Amazon – was it new or second hand? Keen to learn because we don't sell them on Amazons, and we are the only reseller of new. May have to make a few calls to the book stores to see what is going on!

If I had to order those three DVDs, without knowing your and your specific needs, I would default to the order you would do them in training:

1. Stretch
2. Abdom
3. Control Drills

Note there is also a package that covers all three of these -

<http://kingsports.net/GetBuffed/packs/menu.htm>

As you have GB 1 and II sure you can order GB IV. Re seminar in Detroit – will hold you to that! Keen to come to Detroit one day! Thanks.

--Ian King

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

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#### 4. Your Say

Thanks again for coming on the show

*Thanks again for coming on the show and your episode is up at: [Episode 115: World renown strength coach Ian King on fat loss mistakes, Crossfit fence walkers, and optimal program design | Mahler's Aggressive Strength](http://mikemahler.com/blog/live-life-aggressively-podcast/ep-115.html)*

*<http://mikemahler.com/blog/live-life-aggressively-podcast/ep-115.html>*

*Live Life Aggressively!*

*--Mike Mahler*

I got feedback from Jeff and he was delighted with the session you ran for him

*Hi Ian, ...2014 was a phenomenal year for me. I am in a fantastic place here and now and.... 2015 is already amazing. I can only wish the same and better for the both of you and your families.*

*I wanted to follow up with you regarding Jeff. I got feedback from Jeff and he was delighted with the session you ran for him. He told me he's done quite a bit of Olympic lifting before but none of his coaches had the attention to detail you showed him. Suffice to say that he is a happy customer. Thank you for taking such good care of him.*

*I am progressing nicely with the level 1 content and I am coming up to my next phase of resistance training. In preparation for this phase I wanted to ensure I was executing all of the control drills you already showed us competently.... Have a Brilliant day*

*--Leo*

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## **5. Athlete Preparation**

The results have been excellent and even surprising

*I can report that for the last month or so I have focused more on stretching after neglecting it for a while. My weight training has been low volume and short in duration so I have been able to reach the 2 to 1 stretching to weight training ratio you recommend for people over 35. The results have been excellent and even surprising. Last week I helped my parents move some things to their apartment that is on the third floor. I have helped them many times before and usually my grip strength is the limiting factor when carrying heavy things like a sofa upstairs. This time I had no grip issues even though I have not done any training that even remotely challenges my grip in the gym. The only thing I can think of is that all the forearm and finger stretching I have done has increased the muscles range of motion so that they could operate further away from their end range.*

*I thought I would let you know that I just ordered the Speed Specialization DVD, and would really appreciate if you sent me the DVD of the Flex training series.*

*Also, Thank you for all the great information and see you at L3 this year!*

*--xxxx*

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## 6. Coach education – The KSI Way

I had a year of deep examination of what I thought I "knew", who I had learned it from, and had endless questions about the industry I am in that no one had really answered.

*Hello Ian, Perhaps you may or may not read this, but I wanted to thank you extensively both for the seminar, the courses, and simply having been yourself your entire career to offer such a thing as this program*

*As I told you at the seminar, I had a year of deep examination of what I thought I "knew", who I had learned it from, and had endless questions about the industry I am in that no one had really answered.*

*The context of your knowledge and experience, it felt as though I was talking to myself in a way, not in the sense of at all of my skills being equivalent to yourself,*

*But rather that I wasn't mad for thinking what I had been thinking, or questioning what I had been questioning, and that there was in fact individuals that existed that were true practitioners and learners, and not proclaimed "experts". And that my mental paradigm had validity and that my line of thinking wasn't so off, that there were in fact answers and methods and ways of being that fulfilled the questions*

*So thank you for all that.*

*And that said, I'd like to start the Level 2 course as soon as possible. Where in the forums do I register for it?*

*--XXXX*

xxxx– I definitely get to read it, just a matter of when....I do get behind on my emails from time to time especially when overseas. I am currently in New Zealand but working to get up to date!

To receive gratitude from you is not only appreciated, it is also a really encouraging sign of your personal values. I rate gratitude very high on my list of important values and I see this in you with your email.

I was very impressed when I heard your self-reflection during our recent time together, and believe you are at a really valuable stage of your journey in being able to step back and critically analyze what you had held to date as your truths.

I believe what I have hypothesized and applied and refined and reach objective conclusions regarding optimal effectiveness in training, and how I have served athletes and coaches with a true intent to help them, is a model that you will find value in the lessons, especially at this stage of your personal and professional development. I like what I am hearing and seeing from you.

As you know from the questions I asked you during the course, I learnt a lot from you, including the addition of another persons life experiences to date, and the way they reach their conclusions and learn.

You will find the L2 registrations in the L1 section forum. As you know have learnt the need

to protect our information and ensure that only those that have shown their deservingness to gain exposure to it get access. You have earned that right. You will find so much incredible info in the L2 course, including otherwise unpublished works.

I watch your journey with interest and hope that you continue on this path to self-actualization, being the best coach you can be, which as you know is a long way from the dominant model of pursuit of ego and income at the expense of others, the industry model that has dominated online during the last decade.

I expect we will be meeting again, and hopefully you will be at our peak annual event in Park City in August 2015, to meet many more of my coaches whose journey you will find massive value in learning about.

--Ian King

The 12<sup>th</sup> Annual International KSI Athlete & Coach Camp will be held between Thursday 13<sup>th</sup> to Tuesday 18<sup>th</sup> 2015, Park City Utah – put it in your diary NOWs!

Start your KSI coach education journey here  
<http://www.kingsports.net/Coach/courses/menu.htm>

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## 7. Get Buffed!<sup>TM</sup> Q&A

Some specifics regarding exercises found in GB IV

*Hi Ian - Could I take a moment of your time and ask about some specifics regarding exercises found in GB IV (will be ready to start it for my first time in about 4 weeks)?*

*I have the book "How to Teach Strength Training Exercises" (among many others, such as the whole GB series, BOM, How to Write..., Legacy, BB&BS, DVDs on Control Drills, Shoulder and Knee Injuries, the Squat and DL, and Individual Stretching), but I'd like to know where I could find specifics on the following exercises found in the GBIV program (I can deduce what some of them are, of course, but would appreciate knowing your exact requirements with regards to form and execution):*

*Ext. Leg Rotations*

*Doggy Extensions*

*SL ABD*

*SL Iso ABD*

*Prone SL Iso Hold Hip/Thigh Ext (the non-iso is*

*clear, but not sure if the hold for the latter is at the top. I imagine it is...)*

*Iso Leg Curl*

*Co-contraction limited range LE*

*Iso Co-contraction limited range LE*

*Single Leg Straight Leg Raise*

*Single Leg Iso Straight Leg Raise*

*Single Leg Iso Leg Extension*

*Alternate Leg Bench Step*

*Single leg Ski Squat*

*Is there a single source (DVD or other) where I would find all these?*

*Thanks a lot for your time Coach.*

--Eric

Eric – You have a fantastic collection of KSI educational material and as such I would be very happy to answer your question. I am also impressed you are asking questions and seeking guidance, rather than defaulting to the so-common ‘I know’. And finally, that you are coming to the source, rather than to the diluted copies that lack understanding and appreciation of the intent and finer details.

The five top visual resources to assist you would be:

- The first time I taught many of my original exercises was in my 1998 Australian Tour, which is included in the ‘Strength Specialization Series’ (DVD), now available only to L2 KSI Coaching students
- How to Teach DVD (same footage is then used in IK Guide to Control Drills);
- Get Buffed Workout DVD
- Ian King’s Killer Leg Exercises DVD (published by T-mag in about 2000)
- E-videos available at your level of KSI Coaching Program available at our E-Video Library – for example, we cover this in KSI Live L1, and footage from the last two courses are up on this site for L1 and above. There is literally hundreds of hours of video footage available only to KSI Coaches at the varying levels that will NEVER be seen by anyone else, such is the impact of the treatment of my original works. I strongly recommend you move down this path as far as you are willing to go as there is amazing stuff available the higher you go up the KSI Coaching Program levels.

Here are some further comments:

- Ext. Leg Rotations – External Leg Rotation
- SL ABD – Single leg abduction
- SL Iso ABD – Single leg abduction isometric holds
- Prone SL Iso Hold Hip/Thigh Ext (the non-iso is clear, but not sure if the hold for the latter is at the top. I imagine it is...) – Hold the iso at the top point of the movement
- Iso Leg Curl – hold at the acute angle
- Co-contraction limited range LE – How to Teach DVD or IK Guide to Control Drills
- Iso Co-contraction limited range LE – loaded extension of the above
- Single Leg Straight Leg Raise – in one of the 3 video options I suggest
- Single Leg Iso Straight Leg Raise – hold at top of movement
- Single Leg Iso Leg Extension – hold at top of movement
- Alternate Leg Bench Step – harder to think of footage as I don’t use this exercise much
- Single leg Ski Squat – GB workout or Ian King’s
- Killer Leg Exercises

I trust this helps. Again, really impressed you sought guidance from the source.

--Ian King

*Ian - As always, I am grateful for all you do, all you offer and, more importantly, for how you continue to remain so approachable and gracious with your time. Something all too rare in*

*this day and age.*

*A few of the rare examples I can think of in this field were the late Mel Siff and the late Charlie Francis, both of whom I was able to meet in person and to correspond with over many years (at a time where I was pursuing a different life/professional goal), so I can assure I do not say this lightly...*

*If, at this point in my life, this wasn't simply a (deep) passion of mine (and used for my personal advancement and as tools to eventually assist in the development our own little athletes – they are only 3 and 6 at the moment ), I would not hesitate one second on the path to follow to further my knowledge as a preparation coach.*

*To answer your question then, yes, this has been very helpful, indeed.*

*In the hopes of having the privilege of meeting in person in the not-so-distant future*  
--Eric

You are welcome Eric. I am a firm believer in being available to help genuine people with genuine questions. We share a similar motivation in our children. One of the reasons I continue to serve athletes is so they can learn the trade and share the experiences, should they chose to follow this path also.

--Ian King

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

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## **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 tempo 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. 2015 KSI Seminars

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

Date	Event	Location	Times	
25 Jan 2015 Sun	The Primary Lifts	Auckland, NZ	8a-1p	
13-14 Aug 2015 T-F	KSI Level 2 Prac	Park City UT USA	6a-10p	
15-16 Aug 2015 S-S	KSI Level 1 Prac	Park City UT USA	6a-10p	
15-16 Aug 2015 S-S	KSI Level 3 Prac	Park City UT USA	6a-10p	
13-18 Aug 2015 S-S	KSI Level 4	Park City UT USA	6a-10p	
29-30 Nov 2014 S-S	KSI Level 5	Park City UT USA	6a-10p	

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*

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## 9. 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>.

This footage cannot be bought – it can only be earned by way of the level in the KSI Coaching Program you are at.

During the last month we have added the following videos:

Level 3 KSI Coach and above access:

- Compound lifts practical lifting workshop - New Zealand Jan 2015

Level 7 KSI Coach and above access:

- Knee rehab with a recently crowned ju jitsu world champion

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](mailto:question@kingsports.net).

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## 10. Holism

I recently posed this question on the KSI Coaches forum at [www.coachking.net](http://www.coachking.net):

What do you think of this footage? <https://www.youtube.com/watch?v=Le73sWDlh4>  
--Ian King

This is one of the exchanges that resulted:

*First thing that comes to mind is the question, "How will this effect [my country]?"*

*Second question is, "How can I take advantage of this new market that will emerge?"*

*Definitely a lot to think about and makes me undoubtedly more motivated to make positive change in my life so I can be best prepared for the inevitable fallout.*

-Ryan

Ryan - great to see you thinking. None of us know what will happen or when, however what is clear is that there are fundamental flaws and serious concerns about how the economy is operating from the regulatory or control perspective of government funds and central banks.

Will it affect [your country]? A pull back of 50% or more in the US stock market along with other contractions in the US economy will affect every country in the world.

How you can you take advantage of this new market? by operating with the mindset and skills of the new economy. Using the ways that worked for our parents, or even the 'industry successful' (which i suggest is as much smoke and mirrors as the financial market) from the 2000-2010 period - which most strive to - is an approach laced with risks.

We have been teaching new age business mindset and skills for fifteen years now, just most don't care for it because they are blindly complacent in what they are currently doing.

I will be straight with you - there is a massive effort in the mind and action to bring one up to speed with the skills of the mind and action that provides the necessary buffer for risks moving forward. Not everyone has that. That is why the rich are getting richer and the poor are getting poorer. Each one of us has to decide which class we want to be in. The rise in cost of living is occurring so fast that even while those with a partly open mind contemplate their options, they are sliding behind.

I acknowledge my message falls on deaf ears for the most part - many will be wise in retrospect but too late. The choices we make, which is our uniqueness as humans, will have greater implications in the years to come than perhaps any other time in modern history.

--Ian King

## 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>

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