

Maki Performance Training Newsletter V1, I8

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Openers

Some of you may know that during the little spare time available to me I practice and compete in Judo, and some Brazilian Jujitsu. When my son was born a year ago the Judo training took a big hit, and I had to focus (joyfully) upon my duties as a father to two children while continuing to work on my training business. One year later, after growing impatient with lack-luster workouts and with a desire to get back into competition mode, I decided to step-up my Judo training.

Note: For those of you who aren't familiar with the art of Judo, it is an Olympic sport that focuses upon throwing, wrestling and submitting your opponent via arm and choke submissions. To win a match you can either throw or sweep your opponent so that they land flat on their back. A match can be won by choking, or being pinned on your backside for 30 seconds or submitted by an arm submission. If the match goes the full 5 minutes, a point system decides the winner.

I figured the best way to resume training was by entering a Judo competition. Bear in mind that this was my first encounter in over a year, and I had not participated in any pre-competition training prior to this event.

The competition, held in Steveston, is one of the Lower Mainland's major Judo tournaments with over a hundred Judoka travelling from Japan to compete. This meet ended up being the most difficult I had ever fought, as I faced four opponents.

I arrived at the tournament and weighed-in at 192 lbs. Then I sat back and relaxed until my moment arrived. One of the problems, however, with amateur tournaments is that you never really know when you're going to be called up to perform, so an effective, pre-match, warm-up isn't always possible. In my case, I was called upon almost immediately--leaving me no warm-up time at all.

I won my first two matches via ippon and had about 30 minutes before the third, which was the semi-final. That match was a tough one, and left me feeling very drained with almost nothing left in my reserves. I came out victorious, but commented to my wife Catherine afterwards that I was very concerned about the oncoming final match and my lack of energy.

Unfortunately, I lost the final, and the better man won. It went the full 5 minutes and when it was over I could barely stand up. I was not in the best of shape and, as a result, my full effort was not enough to take home the gold medal.

The lesson I learned that day, though, was about always giving your best. You have to dig deep and to continually give that full effort. It's the same message I share with my trainees after a hard workout, or when they're having an off-day with their training.

Of course I was disappointed with my finishing, but I also felt the satisfaction of knowing that I had given it my all. And that is, ultimately, what matters because in the end when you give a 100%, you're bound to win. So you can be sure that this fall, when the tournament season starts, I'll be back for gold!

As the legendary Babe Ruth once said,

It's hard to beat a person who never gives up.

Semi Final Match

Fit Bits :

“Fit bits” are items of information pertaining to the fitness industry which I've found to be interesting, humorous or just plain ridiculous.

Reading The Labels

Nutrition Tip:

Eat Clean

Why do so many nutritionists emphasize the importance of reading labels? What happened to eating food that doesn't have a label? Why not promote fresh foods that will eventually spoil? If you pick an apple from a tree, it doesn't come with a label. The more real food you can eat, the better. If you have to reach back to your old chemistry class to decipher the ingredients listed on a package, there's a good chance it isn't fit for human consumption.

Training Tip:

Open Up Your Hips

95% of the people I assess are tight through the hips. One of the simplest and most inexpensive ways to open up the hips for more mobility is to use a foam roller. Rollers can be purchased at any local fitness store, and they usually come with a description of exercises that can be performed. The following is a really effective exercise that will help open up your hips.

Begin, positioned as shown with foot crossed to opposite knee.

- Roll on the posterior hip area.
- Increase the stretch by pulling the knee toward the opposite shoulder.

If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

Maki Performance Training: A Testimonial

"Maki pushes you to challenge yourself in a very encouraging way. I feel stronger and better about myself as a result of his coaching."

Veronica Kelly

Powerful Quote

"We assume if we've heard something, we know it, and if we know it, we are acting upon it.

But people constantly repeat advice because all of us constantly ignore it.

This fact is actually a phenomenon: It's a form of magical thinking. We believe that when we hear something, we learn it, and that once we learn it, we believe we act on it.

We don't.

But knowing is not doing. And knowing and thinking never is enough.

So if you believe you have heard it before, you have. But ask yourself, and then answer with brutal honesty, the question: Am I acting on that knowledge?"

- Harry Beckwith

Question: How does this relate to fitness and losing body fat?

Business and Class Updates

If you have any suggestions for a Specialty Class you'd like to see offered, please drop me an email.

Here are the dates for some upcoming classes:

Sept 3rd 2008 – Maki Fit

Maki Fit: Small groups and intense workouts. Take your physical conditioning to the next level.

August Sept 4th 2008 – Fitness Boot Camp 7 pm Session

August 18th 2008 – Fitness Boot Camp 6 am Session

Fitness Boot Camp: This isn't any ordinary boot camp. If you're up for a challenge you'll love Fitness Boot Camp!

Until next time,

Maki Riddington

<http://www.dynamicconditioning.ca>