



EXAMINATION TEXT FOR BLACK GRADE (LEVEL 8) THEORY TRAINING YOUR MIND

Breathing and Meditation

Correct Breathing is a vital part of your martial arts. Let us first look at your breathing when you are training, remember inhale through your nose and exhale through your mouth, blow it all out when you strike. Never hold your breath. Correct breathing techniques alongside good posture throughout the day will increase your energy and vitality as your body functions more efficiently

Relaxation and recovery is a fundamental part of your training. Your breathing is the connection between your mind and your body. By calming your breath, you can relax your body and mind more deeply. There's a specific way in which you can breathe to help you remain calm, stay focused, and conserve energy.

Use your controlled breathing technique, which is explained below to calm and focus you in those nail-biting moment like your grading or before you climb into the ring. Try this technique to slow down your hyper-breathing and racing heart beat:

Step 1. Close your eyes and mouth

Step 2. Breath in through your nose

Step 3. Inhale slowly, for a four to five count, gently expanding your ribcage

Step 4. Exhale slowly for a count of eight through your mouth, remember not to blow the air out forcibly

Step 5. Think calm. Listen to the sound of your breathing it should be constant and unwavering. Find a steady comfortable rhythm.

These breathing techniques can also be done with your stretches or any time, especially when you are nervous or stressed out. However it is best not to do prolonged breathing or mediation techniques immediately after exercise. The best time is in the morning and on an empty stomach!

Hint! - Stop if you feel tightness or heaviness in the chest; your breathing sounds harsh or speeds up or you become hot.

Meditation

Many students are reluctant to meditate, they think that in order to meditate, they must sit cross-legged on the floor, quietly watching there breathe for 20 min. You don't have to; in fact you have already been practicing meditation. By bringing your attention inward to your movements and breathing, by focusing your energy, and by releasing mental and physical tensions Muay Thai becomes a moving meditation. Muay Thai philosophy suggests that our lives flow from a source of awareness and energy within each of us. Meditation makes us conscious of this higher, calm source of strength within .the more you are aware of this source the more you can appreciate the serenity and strength that comes from it

Training your mind

Understanding and being able to control fear and other negative thoughts in and out of the ring is a valuable tool. Training your mind is no different to training your body the two must work in unison here is a training regime designed to train your mind:

- Step 1. Relax the body Train your body to relax and your mind will soon follow a good time to practice relaxation is while you stretching after your work out. Inhale as you stretch exhale to release the stretch and say good bye to the tension
- Step 2. We have already covered in controlled breathing techniques
- Step 3. Focus - This is tough to do when you are nervous a match between two equally skilled fights will be won by the fighter who concentrates on his or her fight plan, so you need to focus, here is a exercise try sitting in front of a mirror. Look at yourself. Now pick a spot on the mirror and stare at it till you reach a trance like state combine you're breathing technique and see if you can cut out all distractions noise. Lights etc
- Step 4. Visualization - Where your mind goes your body will follow. If you are sparring or fighting visualize your favourite techniques jab, power angle kick, etc get a clear and realistic mental picture of your performance
- Step 5. Mental Rehearsal - Take five minutes to rehearse what to do in the following situations
- Step 6. What if he gets me on the ropes? What if he lands a clean shot? What if?
- Step 7. Take some time to think of different scenarios. Try to stick to your fight plan as much as possible.

Students are required to answer fifteen multi-choice questions from the above