



Outline of Training Concepts

We work with a training system that is based on a series of concepts or areas of concentration. There are 5 concepts in the system. They are:

- **Non Resistance**
- **Balance**
- **Accommodation**
- **Natural Order**
- **Talent**

Each of these areas can be described by sub concepts as follows:

Non Resistance

- The relaxation pace
- Trying
- Less is more
- Mind/body focus

Balance

- Body alignment
- Strength
- Range of motion
- Role of emotions

Accommodation

- Physical training
- Self concept
- Finding the “How”
- Managing change
- Overcompensation
- Perfection without speed

Natural Order

- Finding the steps
- Elements of the foundation
- Role of time

- Benefits of overtraining

Talent

- Mental
- Emotional
- Physical

Talent is a more complex concept than the others and so each of the attributes can be further detailed as follows:

Mental Talent

- Cause and effect problem solving
- Personal self concept
- High vs. Low self concepts
- Relationship between fear and failure
- Progressive self-criticism
- Single pointed attention

Emotional Talent

- Motivational inspiration and will
- Tension/Emotion relationship
- Breathing for freedom and control

Physical Talent

- Working to change
- Comfort zone
- Feeding the physical self
- Strength, suppleness, stamina and sensitivity
- Relaxation