

## **Rob Roy-Mental Training Session Winter Camp 2011**

### **Tournament Routine**

1. Impose structure on your day
2. Recon work-watch your opponents, take notes, techniques they do, techniques they get caught with, etc
3. Plan-imagery, “mindfulness meditation”
4. Warm up
5. Remind yourself of the critical key words before you step on the mat to fight
6. Execute your plan-stay in the moment

### **Mindfulness Meditation**

1. Deep breathing through nose (breath out through stomach if you like)
2. Clear your mind-concentrate on your stomach moving when you breath
3. Concentrate on the air going through your nose
4. Start at the top of your head and feel the stress leave your body as you breath out-work your way down your body. Breath out at least twice for each body part
5. Direct your thoughts on your breathing
6. Thoughts of the future=anxiety
7. Thoughts of the past=depression
8. Imagine yourself sitting in a dark theatre alone watching your thoughts on the screen
9. If you have thoughts of criticism, past, or future-let them go off the screen
10. Imagine the fight you are about to have. Imagine the techniques you are going to use, the strategy against this opponent, etc

Rob suggested [www.soundstrue.com](http://www.soundstrue.com) as a resource for more information on Mindfulness Meditation.