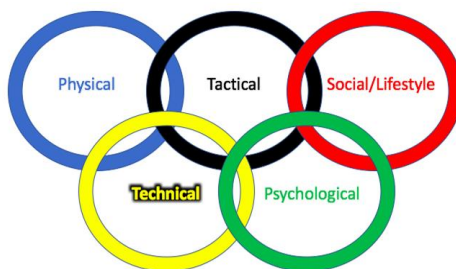


The mental side of fencing is emphasised in modern sport (and, in former times, the samurai tradition). It is another skill to develop...one of five overlapping rings:

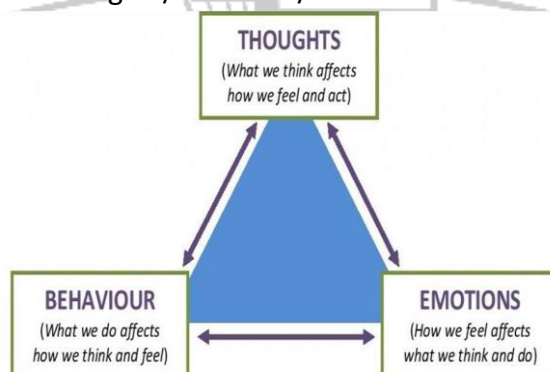


The mental side deals with the following:

- | | |
|-------------------------------|----------------------------------|
| 1. Commitment to Training | 2. Dealing with Pressure |
| 2. Concentration Endurance | 4. Self-Belief |
| 3. Consistent Improvement | 6. Response to Setbacks |
| 4. Consistency of Performance | 8. Emotional Control |
| 5. Team Leadership | 10. Positive Impact on Teammates |

Exercise for advanced fencers: Rank your performance out of 10 under each heading above.

There is a connection between Thoughts/Emotions/Behaviour...



...so controlling thoughts affects emotions and behaviour.

Thought Experiment: Recalling Best & Worst Performances

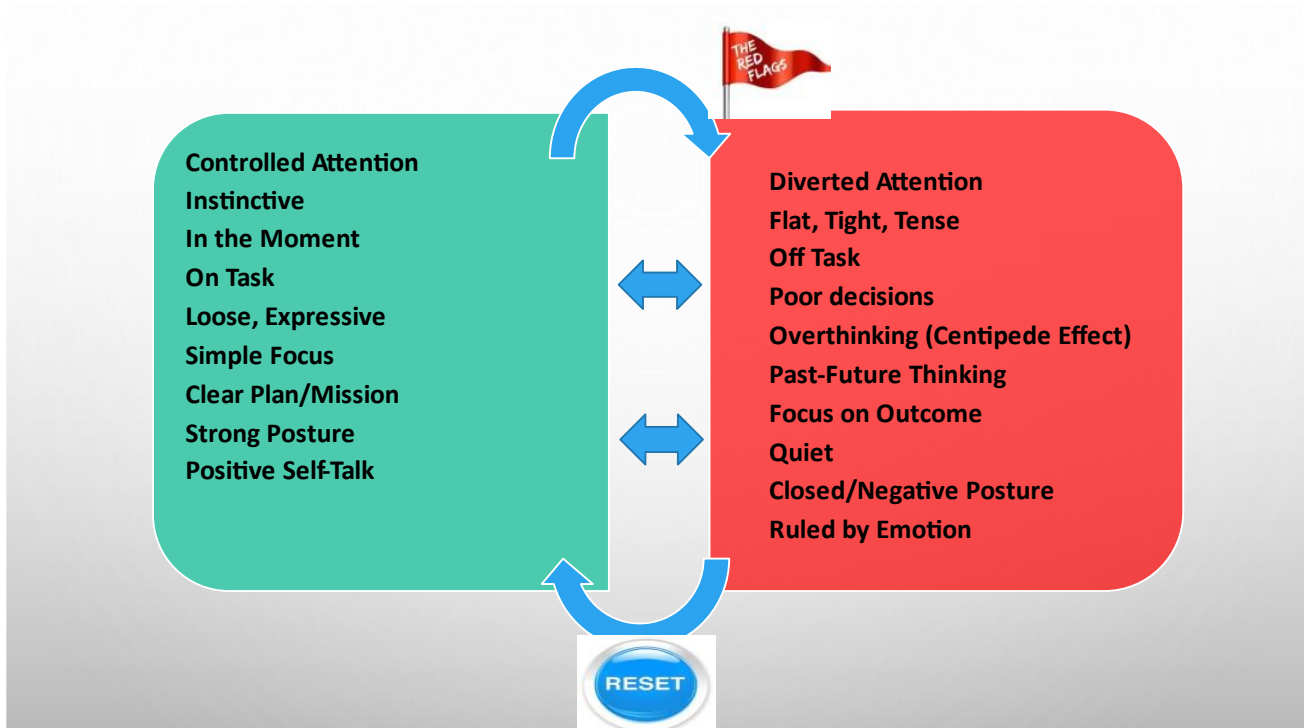
- How do you **THINK, FEEL, LOOK AND BEHAVE** when you perform at your best? Your A-Game.
- How do you **THINK, FEEL, LOOK AND BEHAVE** when you perform poorly? Your B-Game.

The mental side of the game is to recognise when you have slipped into your B-Game, and find the switch to take you back to your A-Game. The mental skillset helps you get out of your own way. In fencing, overthinking often triggers the B-game (the so-called 'Centipede Effect').

High Performance = Capability – Interference

Examples of Common Triggers: Expectations, Scrutiny, Consequences

Finding your Reset Button to A-Game: Self-talk, breathe, posture.



So catch, challenge, and replace the thoughts that accompany the B-Game.

Need to know your Optimal Performance Mindset: what blend of Assassin and Warrior are you?



V.A.R.K. – see it, say it, read it, do it.