

THE PSYCHOLOGY OF WINNING WRESTLING

131 Winning Sports Psychology Techniques, Skills and Strategies that Will Make You a Champion

12-SESSION AUDIO-CASSETTE PROGRAM

(Total length of program: 5 hours and 30 minutes)

Featuring

LEE KEMP

3-Time World Champion

and

DR. ROB GILBERT

World's Leading Expert on Sports Psychology and Wrestling

-- Session 1 --

THE ONE BIGGEST SECRET TO WRESTLING SUCCESS

- How you can use the amazing power of your mind to get that winning advantage over your competition.
- Why positive thinking isn't enough to make you a winner.
- What PETE ROSE and GREG LOUGANIS can teach you about self-confidence.
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- The one thing LEE KEMP learned that helped him go from an 11-8-3 record as a high school sophomore to being an undefeated state champ his junior year.
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- How to make sure this CD series will make you a winner.
- The very first thing you must do to become a champion.
- The one biggest difference that separates the champion from everyone else.
- The winning secret the greatest high-wire walker of all time can teach you.

-- Session 2 --

HOW YOU CAN DEVELOP THE SELF-CONFIDENCE OF A CHAMPION

- The 3 “magic” words in Sports Psychology that can help you have the winning self-confidence of a champion.
- The first thing you must do to develop self-confidence.
- Why many wrestlers do well in practice and so poorly in competition.
- What MUHAMMAD ALI can teach you about developing the self-confidence of a world champion
- How “N.M.W” can teach you to develop the rock-solid commitment to your goals.
- What DAN GABLE can teach you ABOUT BECOMING A CHAMPION.
- The one thing that is much more important than winning.
- How the “success bank” can give you that extra boost of self-confidence during those tough matches.
- Why most champions “daydream”.

- How LEE KEMP'S "awards practice session" can help you become a champion.
- A specific technique you can practice (no matter where you are) that'll help you become a champion.

-- Session 3 --

HOW YOU CAN DEVELOP A POSITIVE WINNING ATTITUDE

- What SYLVESTER STALLONE'S ROCKY can teach you about becoming a winner.
- 3 questions you must ask yourself after every match.
- PRESIDENT REAGAN'S favorite story and how it can help you develop a winning attitude.
- The specifics of what to do right now to develop a positive winning attitude.
- Why all champions have "bounce-backability."
- How champions overcome devastating losses.
- What Coca-Cola and Pepsi can teach you about being positive.
- Why you should have your own "personal Hall of Fame."
- A simple, 3-letter word that'll change your negative attitude instantly.

-- Session 4 --

HOW TO MOTIVATE YOURSELF TO GET THAT WINNING ADVANTAGE OVER YOUR OPPONENTS

- How "fear of losing" can motivate you.
- DR. GILBERT'S secret motivation formula.
- The one deadliest mistake that keeps most wrestlers from getting motivated.
- Why setting goals isn't enough if you really want to be a champion.
- An amazing strategy that'll make sure you never "burn out"
- The one most important goal you'll ever set.
- An incredibly effective technique you can use to motivate yourself NO MATTER WHAT.
- What LEE KEMP does to get motivated every day.

-- Session 5 --

RELAXATION – HOW TO TURN STRESS INTO STRENGTH

- 14 words you should never say to yourself.
- Why champions "fake it till they make it."
- WHAT YOU CAN DO TO MAKE SURE YOU WIN THE BIG ONE.
- Why you must not make the season "one week too long."
- The secret of developing mental consistency.
- Exactly what you should be thinking about when you're wrestling.
- 3 sure-fire techniques for overcoming anxiety.
- One incredibly simple thing you can do right now to reduce tension.
- DR. GILBERT'S basic relaxation rule.
- A three-part relaxation technique that'll help you relax before the most important match.
- Why most wrestlers make themselves more tense when they're trying to relax.
- How to control tension even when you're super-stressed.
- What baseball great YOGI BERRA can teach you about proper mental focus.

- LEE KEMP'S pre-match stress reduction technique.
- The 4/8 relaxation technique.
- What to do so you'll never be psyched out again.
- One mistake you should never make.
- How JOHN McENROE and COACH BOBBY KNIGHT psych out their opponents.
- How you can develop rock-solid mental consistency.

-- Session 6 --

**THE NIGHT BEFORE THE MATCH:
WHAT YOU HAVE TO DO TO GET THE WINNING EDGE**

- What you should be thinking about the night before the match.
- LEE KEMP'S "night before" ritual.
- Why being with your best friends might be the worst thing you can do the night before a match.
- WHY "BEING IN CONTROL OFF THE MAT" IS KEY TO YOUR SUCCESS IN WRESTLING.
- The first thing you must do to have a successful tournament.
- The one biggest mistake you should never make the night before a match.
- What to eat the night before the match.
- What you should never eat the night before.
- Why "the best surprise is no surprise" for champions.
- Why the first time should never be the first time.

-- Session 7 --

**THE DAY OF THE MATCH::
WHAT YOU HAVE TO DO TO GET THE WINNING EDGE**

- LEE KEMP'S "blinder" strategy.
- How to get up for the match even when you're in school all day.
- What you should eat right after you weigh in.
- What you should do right after you weigh in.
- A technique to use when you're psyched out or "scared to death".
- How to get back in control when you feel emotionally "out of control"
- HOW YOU CAN MAKE THE RULE BOOK WORK FOR YOU.
- How to deal with a poor seeding.
- How to bounce back from a devastating loss.
- How to get up for the consolations when you were expected to win the tournament.

-- Session 8 --

**IN THE HEAT OF COMPETITION:
HOW TO USE YOUR MIND TO WIN THE MATCH**

- An amazing technique to psych out the opponent who's trying to psych you out.
- THE HANDSHAKE THAT CAN PSYCH YOUR OPPONENT OUT.
- How superstitions can ruin you.
- What to do when you feel "in a daze"
- What to do when you get taken-down right away.

- How to train yourself to be a “fighter.”
- What MUHANNAD ALI can teach you about never quitting.
- MIKE TYSON’S pre-fight philosophy of winning.
- An incredible story of the workout that changed LEE KEMP’S Life.
- How to get your opponent to quit.
- Specific things you can do to outsmart your opponents.
- How you can make a devastating defeat motivate you.
- The psychology of choosing top or bottom.

-- Session 9 --

**ONLY THE STRONG SURVIVE:
WORLD CHAMPIONSHIP SECRETS OF MAKING WEIGHT
AND GETTING INTO THE BEST SHAPE OF YOUR LIFE**

- The 5-word weight loss formula.
- The one biggest mistake almost every wrestler makes in trying to lose weight.
- How to determine your proper weight class.
- The “carrot” test.
- Why you must know the difference between “appetite” and “hunger”
- How you can make tremendous improvements once you understand the “power of habits.”
- LEE KEMP’S surprising strategy for building yourself up to a weight class.”
- The weight-loss mistakes you must not make the day before the match.
- “Light” foods versus “heavy” foods.
- What THE GREAT GAMA can teach you about training like a champion.
- How the DAN GABLE card game can get you into super shape and help you win those tough matches.
- What ROGER BANNISTER can teach you about intensity.
- A great motivational quote that’ll get you psyched to work out every time you read it.

-- Session 10 --

**INTIMIDATION:
HOW NEVER TO LET ANY OPPONENT EVER INTIMIDATE YOU AGAIN**

- What MIKE TYSON and the NOTRE DAME FOOTBALL TEAM can teach you about intimidation.
- Your personal game plan for overcoming intimidation.
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- One of the greatest wrestling stories of all time. How LEE KEMP overcame intimidation to defeat Olympic Champion DAN GABLE. This is an inspiring story that you’ll never forget.
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- The Impossible Assignment and how it will make you a better wrestler.
- A story that’ll get you psyched. What a handicapped wrestler can teach you about courage.

-- Session 11 --

THE ONE BIGGEST SECRET TO SUPER-SUCCESS IN WRESTLING

- Discover the one thing all super-successful wrestlers have in common.
- The one thing that is more important than winning.
- What BRUCE SPRINGSTEEN and MICHAEL JACKSON can teach you about becoming a champion.
- The one biggest mistake almost every wrestler makes at practice.
- The one thing you must do before you can be a champion.
- How pride can work for you or against you.
- LEE KEMP'S philosophy of how to deal with defeat.
- How "synergy" can make you a winner.
- Why you will never be a winner if you believe wrestling is an individual sport.
- How to bring out that superstar wrestler that's already inside you.

-- Session 12 --

PUTTING IT ALL TOGETHER: MAKING YOURSELF A WINNER

- The 8 great motivational movies you must see.
- The one most motivational book of all time that'll get you psyched.
- A special phone number that you can call to get a pep talk 24 hour-a-day/7 days -a-week.
- A demonstration that proves you have unlimited potential.
- What you really mean when you say "I can't".
- The word "G.O.Y.A."
- Why loser "try".
- THE ONE BIGGEST SECRET TO WRESTLING SUCCESS.
- The best kept secret that all the champions know.
- How to make yourself a two per-center.