

Questions

- Elementary school and junior high school students is how to teach that the mind and body are one?

Teaching that the Mind/Body are integrated and not separate entities. It's called the Neuromuscular System. Our BRAIN is the control center our MIND is the motivator (that which is outside the Brain – Heart/Spirit/Mindfulness). Though the body does the work – it is also the most fragile part of our being. The MIND is where our true strength lies.

As for Elementary School and Junior HS kids this is taught in the same fashion as with adults – but with the volume turned down. The concept of Mind/Body is progressively taught through the training, coaching, rapport process. Although athletes are physical – They learn through visual, hearing, kinesthetics, and verbal cues just like anyone else. Coaches must educate themselves on Sports/Motivational Psychology and Mindful Awareness and use these skills to communicate the power of The Mind and Body Language as it applies to Performance. Overtime this will bridge the gap between the separation of Mind/Body and begin integrate and bridge the gap between the two.

- Head in the direction that the limitation of the number of games coming in basketball?

Basketball is a high impact sport and impact sports can put stress on bones, joints, and connective tissues. We must all understand that Joints have a SHELF LIFE. The more the mileage on the body, the quicker joints will experience degradation. Our training is focused on Injury Reduction, Efficiency of Movement, Productive Movement, and teaching stability, proper posture, flexibility, strength, mobility, and movement techniques that will allow the athletes to move in ways to reduce the stress on joints and connective tissue. Other areas that are important are: Cross Training, Rest, Restoration (nutrition), and Recovery (Active Recovery, Massage, Pilates, Yoga etc.).

Reduction in games is an obvious remedy. More is NOT better... The Human body works best when the training allows for adaptation and Variability in training. Overtraining and Overreaching without adhering to proper Rest, Restoration, and Recovery will not allow adaptation to set. Initial gains might be experienced initially, but eventually the athlete will experience voluntary and involuntary nervous system shut down (burn-out), plateau and/or diminished performance levels, and leave the body vulnerable to acute and/or chronic injury.

- Try teaching, differences between Japanese and Americans and their causes?

AMERICA

I do not have enough information regarding Japanese training methods to have a logical opinion. I can only go off what I've experienced thus far (antidotal). America has existed for 241 years. Japanese culture has existed for over 1000 years. Sports in America mirrors our society as a whole – which sometimes represents our contradictory and skewed nature. America honors individualism more than the collective, but does not necessarily honor the struggle within that individualism. Like in Roman times (i.e. Gladiators) – our athletes are considered to be here to entertain not necessarily inspire. If the public (fans, sponsors) feels that the entertainment value is sufficient – then the league, team, and/or athletes will be financially reward by them (i.e.fans will by tickets/merchandise/fantasy football etc.). In short; In SPORTS mirrors AMERICA. Like our So called Democratic Systems (Corporate Democracy) – Sports at all levels (Club, AAU, College, & Pros) is BIG Business. This is why you see so many African Americans in Basketball and Football and Afrocentric Latin Baseball Players in Baseball – Our Social Economic / Class System forces those with limited resources to direct their attention to Sports instead of Systematic, Societal, and Class Restraints given to the unequal among our country (visual message – example: <https://www.youtube.com/watch?v=v2xGoeKsiDA&sns=em>).

JAPANESE

(With respect to Collegiate, NBA, and Global Basketball Game)

OMOTENAHSI

“The Customer is GOD” The customer being the everyone that represents the collective. With your mono-ethnic, high population and limited space – Japanese culture is successful because of this mindset. America – with its wide spaces, extreme diversity, and a mindset centered on individualism is having a very difficult time reaching a utopia of an all inclusive society.

With respect the game of Basketball. Japanese are chasing the Americans without recognizing the strength of your history. America's strength in Basketball comes from overcoming Social/Economic and historical discrimination as well as a sports that is suited for Western African Decent (Explosive / Improvisational Sports – i.e. Football / Basketball). Soccer in the US historically been a sport participated by affluent, but in the rest of the world – Soccer is a Poor man's sport.

Japanese culture needs to work within their own strengths not Americas unique and ongoing transgressions. The systematic, integrated, and progressive approach demonstrated by your ancient Martial Arts discipline (thats also congruent to your spirituality) is your strength. Your weakness is that your sports culture thinks that “More work is Better”. Athletic Performance Enhancement Training, Sports Specific Tactical Skill Mastery (i.e. Basketball Specific Training/Practice), Rest, Restoration, Recovery, Academics, Career, Spiritual needs to be integrated, complimentary and blended into a state of homeostasis. I would be interested in research the training styles of you global sports successes in Track & Field and Gymnastics?

FACILITIES: With respect to facilities; I noticed a beautiful court, but the athletes will also need a dedicated / separate Strength & Conditioning Facility to work in this area Training outside

of Basketball. Also – additional Active Recovery (Massage, Manual Stretching) and Medical Staff (Medical Athletic Trainer Certified & Physios / Physical Therapy) should be considered to optimize the athletes joint/muscle health.

Also — Basketball should never be approached from a standpoint of rigidity. The old rigid staccato nature of Symphony music (i.e Mozart, Beethoven, Bach) is how American Ballers view the Japanese game. The America game respects the Classics formulation of the game (i.e. fundamentals), but respect the individualism that can be expressed in the game. The American game isn't defined by Classic Music, but incorporates the very American musical improvisation of Jazz (i.e. Miles Davis, Coltrane, Ellington, Monk, etc.).

I would like to introduce your to a Basketball Trainer who has been on the trenches, has been exposed to the greatest of the game, and teaches the Jazz of the game / wishing the framework of the fundamentals of the game:

Donald Watts

<http://wattsbasketball.com>

- And own weaknesses and things like that?

Note: Information above

- Takes injuries occur in low-load conditions?

BASKETBALL INJURY ANALYSIS

- And is not affiliated with a team personal training gym in there?

I do not understand the question (need clarification)?

- How to strengthen stretched out her arms

With respect to Basketball or any ground based movement sports: Strength training should not focus on spot strengthening and/or muscle building specific body parts. Athletes should not body build, but focus on developing the stability necessary to develop and leverage strong, powerful, coordinated muscles for the purpose of developing efficient and productive movement that will allow the body to become durable, reduce injury rates, and improve the athletic genetic potential of the athletes.

- And if you have a text book please tell.

I will make a note to provide everyone my personal book list at a later date. I have a sense of urgency to get these initial questions answered.

- View from the evaluation order of the players try to muscle?

I do not understand the question (need Clarification)?

- The preference order of the stability, flexibility, proprioception and posture?

The PILLARS of Athletic Performance Enhancement (integrated order)

- a. Stability
- b. Proprioception, Balance & Body Awareness
- c. Flexibility
- d. Strength
- e. Neuromuscular Control
- f. Mobility
- g. Power
- h. Speed, Agility, Quickness, Reaction
- i. Mental & Psychological Confidence
- j. Seamless Transfer to Sports Specific Movement
- k. Rest, Restoration, and Recovery

- “Attitude” and standing posture or attitude while playing?

I do not understand the questions (need clarification)?

- How to correct postural system is?

Correcting Posture and implementing and incorporating a corrective exercise protocols in ones program takes education and a trained eye. I cannot answer this questions with a simple answer. I adhere to the Functional Movement Screen protocols and utilize this protocols with the framework of my exercise programming everyday. Please note a website that details the educational options/perspective to know what to look for and how to incorporate corrective exercises in your general programming.

Note: Functional Movement Screen website below:

<https://www.functionalmovement.com/system/fms>