

THE PSYCHOLOGY OF WINNING WRESTLING

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

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12-SESSION AUDIO CD PROGRAM

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

by

LEE KEMP

2008 USA Olympic Coach

Three-Time World Champion

Arguably the Greatest American Wrestler

www.LeeKemp.com

and

DR. ROB GILBERT

World's Leading Expert on Sports Psychology and Wrestling

-- Session 1 --

GETTING READY TO WIN

THE ONE BIGGEST SECRET TO WRESTLING SUCCESS

1. How you can use the amazing power of your mind to get that winning advantage over your competition.
2. Why positive thinking isn't enough to make you a winner. The winning secret the greatest high-wire walker of all time can teach you.
3. What PETE ROSE and GREG LOUGANIS can teach you about self-confidence.

4. 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.

5. How to make sure this CD series will make you a winner.

-- Session 2 --

THE CONFIDENCE FACTOR

HOW YOU CAN DEVELOP THE SELF-CONFIDENCE OF A CHAMPION

6. Why many wrestlers do well in practice and so poorly in competition.
7. What MUHAMMAD ALI and TY Cobb can teach you about developing the self-confidence of a world champion
8. The very first thing you must do to become a champion.
9. The one biggest difference that separates the champion from everyone else.
10. The first thing you must do to develop self-confidence.

11. The 3 “magic” words in Sports Psychology that can help you have the winning self-confidence of a *champion*.
12. How “N.M.W” can teach you to develop the rock-solid commitment to your goals.
13. What DAN GABLE can teach you ABOUT BECOMING A CHAMPION.
14. The one thing that is much more important than winning.
15. How LEE KEMP’S “awards practice session” can help you become a champion.
16. Why must champion’s “daydream”
17. A specific technique you can practice (no matter where you are) that’ll help you become a champion
18. How the “success bank” can give you that extra boost of self-confidence during those tough matches.

--Session 3 --

WINNING ATTITUDE

HOW YOU CAN DEVELOP A POSITIVE WINNING ATTITUDE

19. What SYLVESTER STALLONE’S ROCKY can teach you about becoming a winner.
20. PRESIDENT REAGAN’S favorite story and how it can help you develop a winning attitude.
21. The specifics of what to do right now to develop a positive winning attitude.
22. Why all champions have “bounce-backability.”
23. 3 questions you must ask yourself after every match.
24. A simple, 3-letter word that’ll change your negative attitude instantly.
25. How champions overcome STAY POSITIVE.
26. What Coca-Cola and Pepsi can teach you about being positive.

--Session 4 --

INSTANT MOTIVATION

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

27. DR. GILBERT’S secret motivation formula.
28. How “fear of losing” can motivate you.
29. The one deadliest mistake that keeps most wrestlers from getting motivated.
30. Why you should have your own “personal Hall of Fame.”
31. Why setting goals isn’t enough if you really want to be a champion.
32. An amazing strategy that’ll make sure you never “burn out”
33. What LEE KEMP does to get motivated everyday
34. An incredibly effective technique you can use to motivate yourself NO MATTER WHAT.
35. The one most important goal you’ll ever set.

--Session 5 --

RELAX & WIN

RELAXATION – HOW TO TURN STRESS INTO STRENGTH

36. 14 words you should never say to yourself.
37. Why champions “fake it till they make it.”
38. WHAT YOU CAN DO TO MAKE SURE YOU WIN THE BIG ONE.
39. Why you must not make the season “one week too long.”

40. The secret of developing mental consistency.
41. Exactly what you should be thinking about when you're wrestling.
42. 3 sure-fire techniques for overcoming anxiety.
43. One incredibly simple thing you can do right now to reduce tension.
44. DR. GILBERT'S basic relaxation rule.
45. A three-part relaxation technique that'll help you relax before the most important match.
46. How to take the Edge off of the Anxiety you're feeling right now.
47. LEE KEMP'S pre-match stress reduction technique.
48. What baseball great YOGI BERRA can teach you about proper mental focus.
49. The 4/8 relaxation technique.
50. How LEE KEMP gets ready for a match
51. What to do so you'll never be psyched out again.
52. How JOHN McENROE and COACH BOBBY KNIGHT psych out their opponents.
53. One mistake you should never make.
54. How you can develop rock-solid mental consistency.

-- Session 6 --

THE NIGHT BEFORE:

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

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

--Session 7 --

MATCH DAY

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

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

--Session 8 –
COMPETING TO WIN
IN THE HEAT OF COMPETITION:
HOW TO USE YOUR MIND TO WIN THE MATCH

75. An amazing technique to psych out the opponent who's trying to psych you out.
76. THE HANDSHAKE THAT CAN PSYCH YOUR OPPONENT OUT.
77. How superstitions can ruin you.
78. What to do when you feel "in a daze"
79. What to do when you get taken-down right away.
80. How to train yourself to be a "fighter."
81. What MUHAMMAD ALI can teach you about never quitting.
82. MIKE TYSON'S pre-fight philosophy of winning.
83. An incredible story of the workout that changed LEE KEMP'S Life.
84. How to get your opponent to quit.
85. Specific things you can do to outsmart your opponents.
86. How you can make a devastating defeat motivate you.
87. The psychology of choosing top or bottom.

--Session 9 –
MAKING WEIGHT
ONLY THE STRONG SURVIVE:
WORLD CHAMPIONSHIP SECRETS OF MAKING WEIGHT
AND GETTING INTO THE BEST SHAPE OF YOUR LIFE

88. The 5-word weight loss formula.
89. The one biggest mistake almost every wrestler makes in trying to lose weight.
90. How to determine your proper weight class.
91. The "carrot" test.
92. Why you must know the difference between "appetite" and "hunger"
93. How you can make tremendous improvements once you understand the "power of habits."
94. LEE KEMP'S surprising strategy for building yourself up to a weight class."
95. The weight-loss mistakes you must not make the day before the match.
96. "Light" foods versus "heavy" foods.
97. What THE GREAT GAMA can teach you about training like a champion.
98. How the DAN GABLE card game can get you into super shape and help you win those tough matches.
99. What ROGER BANNISTER can teach you about intensity.
100. 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

- 101. What MIKE TYSON and the NOTRE DAME FOOTBALL TEAM can teach you about intimidation.
- 102. Your personal game plan for overcoming intimidation.

- 103. 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.

- 104. The Impossible Assignment and how it will make you a better wrestler.
- 105. A story that'll get you psyched. What a handicapped wrestler can teach you about courage.

--Session 11 --
THE WINNING SECRET

THE ONE BIGGEST SECRET TO SUPER-SUCCESS IN WRESTLING

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

--Session 12 --
WIN MORE

PUTTING IT ALL TOGETHER: MAKING YOURSELF A WINNER

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

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