

# R-E-S-P-E-C-T Find out What it Means to be – A Winner!

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## DEFINITION OF A WINNER

What does it mean to be a winner? Who is considered the real winner? These are the most asked questions by athletes from all sport and the answer is simple: A winner is someone who competes against themselves – not the other competitor – with great focus, humility and grace. A winner understands that the other competitor is simply a more or less challenging part of themselves, and the tournament is simply an opportunity to come up against that part of them.

## HOW WINNERS TRAIN

Winners condition their bodies; they train hard and often and are in the Dojang 3-5 days per week. Winners also train their mind. They learn how to relax, calm their mind, focus, and visualize their wins, efficiency, body movements, and emotional regulation on a regular basis – usually 3-5 days per week for half an hour per day. True winners know that they may be talented but they also need to be internally motivated.

## HOW WINNERS COMPETE

At competitions, a true winner is the person who pulled from deep within themselves to perform better than they did before – especially when things get tough. They pull from the part of themselves that

want to win more than anything else in that moment because they realize they have nothing to lose and everything to gain. Any fear, anger or uncertainty comes together and is transformed into courage, perseverance and precision.

In the end, they may have lost a round or match, but, they are memorable because they gave their competitor(s) a run for their money. This is why people are often more impressed by how much a person has improved over time than the individual who competes at the same level with no growth – even if they always win.

*If you have the will to win,  
you have achieved half  
your success; if you don't,  
you have achieved half  
your failure."*

*~David Ambrose*

*"Motivation will  
almost always beat  
mere talent,"  
~Norman R.  
Augustine*

### **AND, THE WINNER IS ...**

The winner is the person who defeated their opponent; and there are many factors that go into how a person wins the match or event. However, the VICTOR is someone who wins and meets the following criteria:

- Strive to compete at their highest level with each person(s) in their division;
- Moves up to a more challenging level once they have outgrown their current level;
- Raises the bar they use to measure themselves against;
- Raises the bar for everyone else;
- Knows how to R-E-S-P-E-C-T the sport, honor their competitors, and challenge themselves.

**You can train and compete like a winner, too! If you are up to it, try the following:**

**R**emember to compete at your best

**E**mbrace your fear, anger and uncertainty

**S**trategize your movements

**P**repare your mind and body

**E**xecute precisely

**C**alm your mind and body

**T**hank your opponent

To learn more on how to develop a plan that will help you to improve your mental development, call International Sport Achievers at 312-382-8710 or visit [www.HighAchiever.net](http://www.HighAchiever.net). Webinars for athletes, their parents, and club owners are available through USAT. Go to [www.USA-Taekwondo.us](http://www.USA-Taekwondo.us) and click on the International Sport Achievers logo to view the education calendar for 2010-2011, or call 312-382-8710 for more information or to register.