

CAMP TISDALE – BLOG – Monday, Jun 20th, 2011

By Coach Tisdale

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HAT was



....the lesson to be learned as we take the mat tonight?

"Patience,is a VIRTUE", but also VITAL to our long term success as it relates to **CONDITIONING**.



Case in point, we start class late tonight, not until actually 6:15pm, but I get a surprise MMA guest in to chat with before so I wait. Sure enough Hoop and Kris come riding in, then Autumn, my lady wrestler, wife comes with me, even HOOPER BRINGS IN HIS girlfriend, and you can just feel the atmosphere BUILD all of the sudden.

You'd be surprised to know that when one is "feeling FROGGY and wants to leap", that most are typically ready for such, even a coach. But, on this day I want to impress that PAITENCE, that very BUDGETING of strength, stamina, conditioning then, and WIND basically; so, as KRIS grabs me instead of Hooper, I let it go.

Kris earns the takedown, and I am observing what he does. He works so HARD that I wonder how long he will last. I don't LET HIM do anything, instead I rely on counter attacking and passivity to see all he has and has now LEARNED. I doesn't let me down.

First takedown goes to Kris and he throws BOTH legs, and holds his position. I am poised, blocking now a days after realizing that I can NOT Jiu Jitsu, jajajaa, I block and hand control every second to merely reduce my movements and BREATH as Kris continues his onslaught.

MANY minutes go by and right when I have regained just enough hand control I need I am POSTURED, UP, TRIPODED and PASSED to be out of bottom, and into Kris's guard. I am not tired, but Kris is. Lesson one: Kris is winning the battle, plain and simple. But, I won the war.

Everyone RUSHES to matside to gather up coaches jewelry as we are obviously now ON, and the main attraction or something for warm up. Kris is infamous for wanting to beat up coach in our feet, but now down on the mat, I, that coach, is a bit more ready after watching the kids the last few months, not much, but a little bit.

FRONT FACELOCK/HEADLOCK and coach has now KRIS into a Gilloutine. We scramble because ofcourse Coach does NOT know how to truly even finish this move! jajaj, sorry, but I don't. I try two more times and the one time have it SUPER tight but to no avail, Kris is all heart, he literally will NOT TAP, and he survives to pass.

Kris back on top, and I now am back concentrating on breathing, short, simple, deliberate movements ONLY, need to budget all if going to survive, ready, laying DORMANT till ready to strike and once more COUNTER attack. I try MANY times when the time is about right but to no avail. KRIS HAS LITERALLY LEARNED much better LEGS!

Both legs in, and I have been able to regulate my breathing, and survive all choke attempts. We BOTH are learning then maybe! But, every lesson must end up somehow. When the next opening clears, I am UP tripodding,

barreling out the back door to catch Kris for a final pass, but I am greeted by a rear naked choke to end our match.

Kris is happy and of course I am PISSED. I wait though, watch, talk to the others, and further observe Kris as Hoop still sits in surprise of the match. Kris is SO TIRED after the entire exchange that he can't go on. AND HE WAS THE ONE ON TOP! jajaja, he as to break.

LESSON STILL LEARNED here, do awesome, win if you can, but always be able to do it in a way where you plan LONG TERM for a war, not just one battle. As I look at Kris hung over to the side table unable to catch his breath, Hoop looks confused seeing Kris unable to breathe as Coach isn't even breathing yet - PRICELESS, someone might have CAUGHT ON.

BUDGET, conserve what is in that engine on fight day, competition night whatever, and explode as possible to capitalize on mistakes, sudden openings, or even to CREATE ONE if necessary and or when READY. That is what I think could have most been learned today. Winning a battle is NECESSARY, especially when EARNED, like Kris did today.

But, if after you see the truth, that you can't even go on, remember that in a true match, there is much more than just ONE round, period, or match. YOU MAY HAVE THREE OR FIVE, and what will YOU be like going into that last and final ROUND is the question?

Rest of practice was awesome too, some other conditioning, isolation go's on some wrestling vs striking scenarios for takedowns and takedown defense I had wanted to show, along with technique training "off the cage", or in our case the WALL, to do some other strategic things further after I saw Yolada's match/win on Saturday.

BACK TO ADRIAN for the camp till Sunday, so hope everyone has fun with Jun in for practice tomorrow evening, 5:30pm arrival for our new times, 5:45pm to start by if anyone is late till 7:15pm or so. Jun also doing his clinic series on Saturdays from noon-2pm with that same Muay Thai for all those super interested like ME!

Good work, get your roadwork in, get your running shoes and your DUESSSSS in for this month plus now NEXT MONTH coming up in a week and a half, and thank your MMA Resident Coach/Coordinator - Mike Kraz once more for being there to coach this weekend, coming to practice last week and even the week before, WOPA!

MOP YOUR MATS TOMORROW before you start PLEASEEEE and put all your stuff AWAY plus the mops before you LEAVEEEEEEE, as I don't want to walk back in like I did today to pick up after everyone please.

Keep it up, ..."the future IS OURS" (Warriors, 1978).
Coach Shane

Let me know who I forgot, or if any places need correction, and thanks All pix, video, and website updates are being uploaded as we speak. now complete. If you you'd care to link directly to download such indirectly, please see any of below, along with our respective link to our video library which I am working on now to get uploaded also, and thanks!

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<http://WWW.Camptisdale.com/blog.html>

<http://WWW.Youtube.com/shanetisdale>

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Thanks everyone,
Coach Shane ;)