

# Martial-Arts Tune-Ups: Avoiding Burnout

by Keith Pascal

Have you ever heard of Jon Spoelstra?

As far as I know, he isn't a martial artist, though he is involved in sports. He was the marketing genius behind the 'original' Blazer Mania campaign (Portland Trailblazers Basketball Team).

He is also responsible for the successful marketing turnaround of other famous teams. And Jon Spoelstra is an author ... a marketing guru.

In one of his books, "Success Is Just One Wish Away," characters in the story talk about getting professional "oil changes."

These professional tune-ups keep you fresh in your field.

If you have been in martial arts for a long time, maybe you have gone through a period of stagnation.

Oh? More than once?

Are you feeling training burnout? Lacking motivation?

One way to get back in the groove of martial arts is to give yourself a tune up.

Note: I'd only recommend complete oil changes for folks who aren't happy with their style of choice. :-)

Here are a few ideas on how you can regain a little enthusiasm for training:

- \* Train with someone new from an unfamiliar style
- \* Go to a seminar in your style
- \* Go to a seminar in something totally unfamiliar

\* Download a martial arts ebook and actually practice something from the book

\* Watch a martial arts movie. Pick some astounding technique from the film and practice it (after the movie, please — in the privacy of your own home). Turn it into a practical technique by making necessary adjustments.

In each of the above cases, look for something that really interests you. Focus on the one element. Remember, you are trying to build some enthusiasm — in yourself.

Also, allow your creativity to focus on elements of any of the above that disturb you. Rejection and modification can also help

Do you ever find yourself saying, "I wouldn't do it that way"?

This is a good thing.

If you wouldn't do it "that way," then how would you perform the technique?

What makes you uncomfortable about what you just read, saw, or experienced? How would you tweak the situation?

And now, you are off and running ....

"I" feel more enthusiastic already.

Do something soon to keep yourself fresh.

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**Looking for an Entertaining Martial-Arts Parable?** Keith Pascal is the author of **Tiptoeing to Tranquility: The Parable for Finding Safety and Comfort in Dangerous Times**. Easily incorporate these principles into your own life. [www.TiptoeingToTranquility.com](http://www.TiptoeingToTranquility.com)