



Z-Health Newsletter - October 2008

Your monthly insight to Life in Motion

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Calendar of Events

We have recently released the first part of our 2009 calendar. View it below and be sure to check our [website](#) regularly for updates.

Conferences & Workshops

- Minneapolis, MN: Oct 31 - Nov 2 - The Essential Secrets of Elite Performance www.dragondoor.com/zhealth

R-Phase (Level 1)

- New York, NY: Sept 26-28 & Nov 14-16
- San Diego, CA: Oct 20-25
- Phoenix, AZ: Jan 23-25 & Mar 6-8
- Durham, NC: Jan 30-Feb 1 & Mar 13-16
- Edinburgh, Scotland: Mar 30 - Apr 4

I-Phase (Level 2)

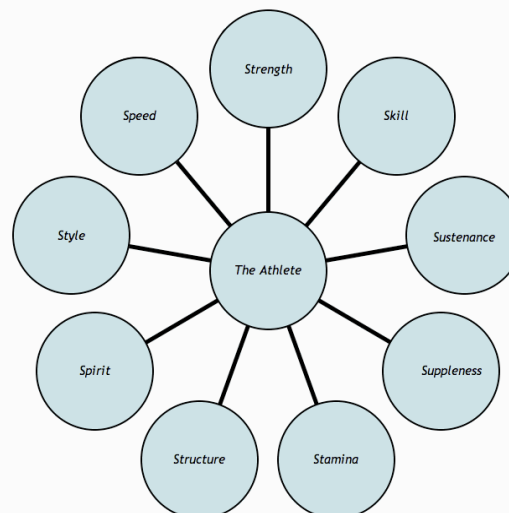
Ask Dr. Cobb

If you have a question you'd like Dr. Cobb to answer in a future column, send it to askdrcobb@zhealth.net.

Q: I am an avid golfer and I am trying to change my swing. I have some very old ingrained swing patterns that I can easily overcome when not actually hitting the ball, but they seem to dominate when I actually am hitting a ball. It almost looks like 2 different people looking at my practice swing and actual swing. How can I use Z-Health to break certain movement patterns and develop new ones?

Thanks in advance

A: Thanks for writing. This is a VERY common issue for many athletes of all sports – not just golf. I call it the **Practice/Performance Gap (PPG)** and it can occur for many different reasons. In the Z-Health training system, we use what we call the 9S Model to specifically identify and correct this gap. Before discussing your specific question, let me quickly introduce the 9S model. Graphically, it looks like this:



What you see represented here is the fact that in every coaching encounter in Z-Health, the athlete is at

- Denver, CO: Oct 9-12
- Fremont, CA: Nov 6-9
- Northeast US: Feb 19-22

S-Phase (Level 3)

- Phoenix, AZ: Dec 4-7

T-Phase (Level 4)

- Phoenix, AZ: Feb 11-14 *NOTE: Wed-Sat

9S: Sustenance

- Phoenix, AZ: Mar 19-22

Master Trainer Live Training

- San Diego, CA: Jan 5-10

the center of the process. Surrounding the athlete are the nine different attributes that "make up" athleticism:

1. Strength
2. Skill
3. Speed
4. Suppleness
5. Stamina
6. Spirit
7. Sustenance
8. Style
9. Structure

This model allows us to analyze an athlete from every possible perspective to determine WHY their old motor patterns are so dominant and how to most quickly change them.

Based on experience with many different types of athletes, Z-Health starts with the Suppleness attribute the majority of the time. Suppleness includes all forms of mobility training. What we have seen is that the specific, detailed drills of R-Phase are fantastic for "reorganizing" existing movement patterns by enhancing the body's movement maps at a **pre-cognitive** level. This is very important to understand as it may explain your Practice/Performance Gap.

In typical practice sessions it is easy to slow down your technical performance to the point that you can cognitively and purposefully correct your swing errors. However, when you actually move to real world performance, the speed and power you are generating, as well as the stress induced by competition, will override your cognitive ability to correct technique – so you automatically revert back to what you have already "perfected".

My recommendation would be to begin exploring the R-Phase series immediately and to track your swing progress by video. This way you can see exactly how adding mobility work into your training is changing your swing. We tell all of our athletes that before trying to change TECHNIQUE they first need to change the BODY THAT IS PERFORMING THE TECHNIQUE. Give it a try and let us know how it goes.

Keep Moving,

Dr. Cobb

SAID Principle is Specific

If you have ever attended a Z-Health workshop, seminar, or certification, it seems like most questions are answered with one of two responses. The first is, "it depends" -- because anything can cause anything and the nervous system is individual, so everyone will respond differently. The second generally involves the SAID Principle.

The foundational, underlying concept in human physiology is the SAID Principle -- an acronym that stands for Specific Adaptation to Imposed Demand. In other words, the SAID Principle states that the body/mind system **always** gets better at **exactly** what it does.

The word EXACTLY is a critical word in this sentence. You have seen "EXACTLY" in action a million times and were probably never aware of it. Let's do a few quick activities you are pretty comfortable with to see how this works.

Fold your arms across your chest in front of you. Now, reverse your arms so the opposite arm/hand is on top. How does that feel?

Pick up your phone and hold it up to your ear. Now, switch hands and hold the phone up to the other ear. How does that feel?

Both of those probably feel awkward the "other" way unless you already spend a lot of time in that position. This is how the word "EXACTLY" applies -- something as simple as changing arms in an "unskilled" task can make you feel completely un-coordinated. Yet, if you were to start practicing it with your awkward side, in a pretty short period of time it would start to feel natural.

Now, let's apply the concept of EXACTLY to Z-Health and your training.

Body Position. Z-Health drills should be done in the positions where you spend a significant amount of time. If you:

- Sit at a desk all day, do Z-Health drills seated
- Are on your feet all day, do drills standing
- Are an athlete who spends a lot of time in certain stances or positions, do Z-Health drills in those stances or positions

By doing drills in the position that most closely mimics how you spend your time, you are making your body comfortable with moving through the possible ranges of motion in that position. That will make everything else you do in that body position easier.

Speed of Movement. Everyone who has ever learned to play the piano intuitively understands the role of speed in the SAID Principle. When learning a new song, you start at a nice, slow tempo. You hit all of the right keys in the right sequence, pedal correctly, and the crescendo and decrescendo are timed right. You start feeling confident, and decide to play "at tempo" -- your body tenses up, your key sequence is off, and forget the crescendo and decrescendo. What happened? Your body had become accustomed to playing at one speed, and can only change that variable a certain amount before the

"form" breaks down. The same thing will happen with a song you have mastered fast that you try to play slow – your body has forgotten how to do that.

That is why we suggest you do your Z-Health drills at a wide variety of speeds – because life doesn't happen at one speed. Even if you think you "never" move fast, you never know when you might have to move out of the way quickly or catch something that is falling (or stop it from falling).

Environmental Factors. We've all seen this – the professional athlete that chokes when the game is on the line. Nerves get in the way, the stadium is noisier than they are accustomed to, it's cold, it's hot, jet lag, or any other environmental change. It's these sorts of little things that are affecting the golfer in the Ask Dr. Cobb question as well. The body knows it's "different" this time -- the little white ball changes the visual field, his nerves are higher, what he's focusing on visually is probably different.

This is why, if you are a competitor of any sort, you want to practice in an environment that most closely mimics the competition environment. Things like noise, temperature, altitude, and colors all count.

Much like death and taxes, the SAID Principle is a given in life -- you are constantly retraining your body by everything you do. What are YOU adapting to?

Workshop: The Essential Secrets of Elite Performance

It's not too late to register. Attend for free!

Here's the deal:

- Sign up for R-Phase (Level 1) certification and receive a \$300 Discount
- Sign up for R and I Phase together (Levels 1 and 2) and receive a \$400 Discount
- Sign up for R, I and S Phases together (Levels 1-3) and receive a Discount equal the full tuition you paid for this event (up to \$797). That's like getting this workshop for free.

These incredible discounts toward Z-Health Professional Certifications cannot be combined with any other offers or discounts.

This is the most complete introduction ever presented to the Z-Health system of mobility and the amazing, often instantaneous, results it produces.

Whether you're an athlete, trainer, or just looking to improve the quality of your life, this is simply THE one event you can't afford to miss.

Join us for three full days of Z-Health that will supercharge the future of your training and active lifestyle.

This course will present, in an immediately usable format, the drills and skills of R, I, & S Phases (Levels 1-3) of Z-Health that are the foundations for healthy, pain free movement and outstanding athletic performance.

Minneapolis, MN

Friday, October 31, 2008 - Sunday, November 2, 2008

Friday: 9:00am–12:30pm & 2:00pm–6:00pm

Saturday: 9:00am–12:30pm & 2:00pm–6:00pm

Sunday: 9:00am–12:30 pm & 2:00pm-4:00pm

Sponsored by: Dragon Door Publications

Concepts and benefits include:

- Why the nervous system rules (this is the secret to instant results)
- The 4 elements that you must master to maximize the results of any training program
- 7 ways to get out of pain in less than 5 minutes
- How to harness your body's drive for survival to melt away excess body fat
- Hundreds of movement drills and how to apply each of them
- The Z-Health Movement Template approach - Create perfect training sessions on the fly
- How vision and balance problems can put the brakes on strength and movement -- and what to do about it
- Master key Visual Drills that create lightning-fast responsiveness.
- Develop linear and lateral speed that leaves your opponents in the dust.
- Uncover explosive power, the Z-Health way

To register, contact Dragon Door at www.dragondoor.com/zhealth or call 1-800-899-5111.

Workshop Code: WZ01

Workshop Reference: Z-Health Seminar

Tuition: \$797.

NEW! 2009 Calendar

We are pleased to announce the calendar for the beginning of 2009. We have exciting new things on tap for 2009, including our first Master Trainer Live Training event, and the second in our series of 9S courses - Sustenance.

Calendar specifics are available in the sidebar on the left as well as on the [website](#).

Don't forget -- prices are going up in 2009. The only way to reserve current pricing for a 2009 certification is to make a deposit before the end of 2008. Call the office at 888.394.4198 or email info@zhealth.net to sign up or for more information.

Newsletter Archive

Did you miss an issue of the Monthly Newsletter? Delivered on the 15th of every month, the newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance Solutions.

Did you forget to sign up for the Weekly Training Tips? The Weekly Training Tips is a new series that started on June 22nd. Delivered to your inbox every Sunday, these brief training nuggets will be sure to enhance all of your activities.

Catch up on all of our [back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

<http://www.zhealth.net>

[Affiliate](#)

[Calendar](#)

[Certification](#)