



Hilevel Hawaii (HLH)

GED

Performance Breathing



**Settle-Down:
Be Calm, Clear and Confident**

This isn't old-school GED. The HiLevel GED is a magical combination of power and grace, flow and serenity. No going back to study for this one! Just follow the process that allows you to embrace the moment and all of the blessings it has to offer.

Settle-Down: Be Calm, Clear and Confident

In the sequence of performance breathing that includes four essential phases: The settle-down, be aware, prepare and execute. The settle-down is the most critical and requires the most awareness regarding the ability to be settled. Or more specifically, do you recognize the distractions that prevent you from being calm, clear and confident before, during and after the critical moments of your performance?

Distractions

There are three categories:

For each category there is a range from extreme to mild.

Over the Top:

(Emotional)

The issue here is the negative emotion that prevents you from being calm and present. In golf, the extreme negative emotions result in a broken club and the mild emotion creates tension in your hands. Either way, your performance will suffer.

Reflection: The challenge is to breathe, settle-down and get back to feeling calm about the expectations.

Over-Think:

(Too Much Chatter)

The issue here is that the chatter creates frustration. In endurance events, the extreme frustration blocks the "feel" for the action and the mild frustration creates false-fatigue or the lack of an honest effort.

Reflection: The challenge is to breathe, settle-down and clear away the frustrations and focus on taking care of business.

Over-Whelm:

(Not Engaged)

The issue here is that you are not engaged. In a distance swim, the extreme doubt or fear prevents you from feeling proper form or effort, and mild doubt or fear makes it seem like you don't care or you are not doing well.

Reflection: The challenge is to breathe, settle-down and be confident in your ability to work hard and have fun and/or find value from your efforts.

GED to the Rescue

When you are unable to settle-down and be calm, clear and confident in the moment review the power of appreciation. This power comes from accessing three emotions that are essential to settle-down: trust, acceptance and gratitude.

Trust

The belief that you have the strength, determination and stamina to endure your event — no matter how painful it gets.

Acceptance

The willingness to embrace the challenge with clearing breathes and rethinking (shrinking) the situation.

Gratitude

The appreciation for the opportunity to compete at this level sends a powerful signal to the brain to enjoy the challenge. With this signal comes the awareness that the challenge is manageable.

GED Performance Breathing



HILEVEL HAS HELPED TO STABILIZE MY MIND, CREATE CALM AND FOCUS ON GIVING MY BEST EFFORT.

THE BREATHING ALLOWS ME TO SETTLE DOWN BEFORE AND DURING THE RACE.

I NOW FEEL CONFIDENT THAT I CAN WIN.

MAHALO, TREY

Photos courtesy of Balding family.

Trey Balding, 29

Trey recently won the O'Neil Sup and Paddleboard race from Waimea Beach Park to Haleiwa Beach Park. And he won going away. Trey is Deaf and is the only Deaf athlete competing at this level. He is an amazing talent with an extremely strong work ethic.

Trey is clear about what he wants to accomplish: Win the M2O paddle board race and be one of the best Ocean Racers in the world. Along with clarity, he is warm, extremely sensitive and a joy to work with. Competition is very personal for him. He is beginning to enjoy the process.

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